



# Your Life Matters

## **Concerned about alcohol or drug use?**

**VT: 1-802-295-3031 or [healthvermont.gov/adap/adap.aspx](http://healthvermont.gov/adap/adap.aspx)**

**NH: 1-844-711-HELP or visit [nhtreatment.org](http://nhtreatment.org)**

**Local Support and Counseling: 1-802-295-9800**

## **Depressed? Anxious? Thinking about Self-Harm?**

**Local Crisis Hotline: 1-800-564-2578 or 1-603-448-4400**

## **Worried about a loved one's substance use?**

**Family of Children/Young Adults with a substance use disorder:**

**1-603-359-3321 or 1-802-295-5206**

**Individual and Family Peer Support Groups: 1-802-295-9800**

## **Worried about overdose of a friend or family member?**

**Purchase Narcan over the counter at CVS, Rite Aid, Walgreens or visit [drugfreenh.org/anyoneanytime#How Do I Access Naloxone?](http://drugfreenh.org/anyoneanytime#How Do I Access Naloxone?)**

## **Need Health Care Coverage?**

**VT: [info.healthconnect.vermont.gov](http://info.healthconnect.vermont.gov)**

**NH: [coveringnewhampshire.org](http://coveringnewhampshire.org)**

**Dial 2-1-1 for more information on local resources**