

If you or someone you know is in crisis, please reach out:

Dartmouth-Hitchcock Medical Center Crisis Line:
(800) 556-6249

Suicide Prevention Line: (800) 273-8255

New Hampshire

West Central Behavioral Health: (800) 564-2578

Headrest: (603) 448-4400

Vermont

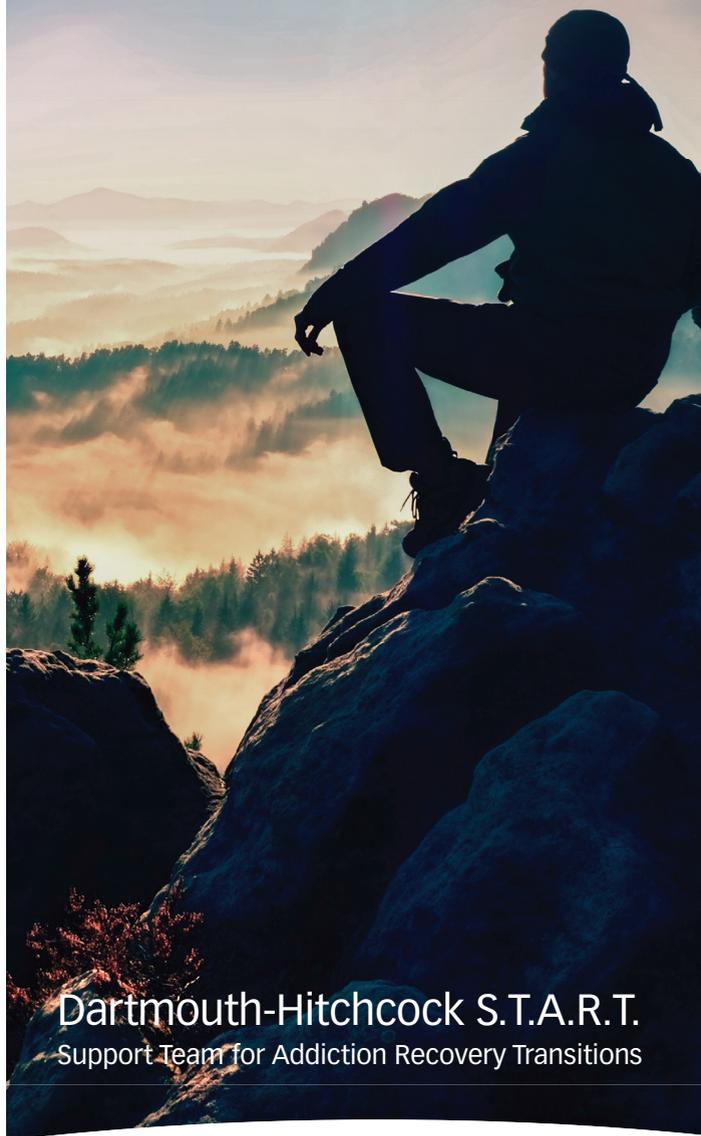
Healthcare & Rehabilitation Services (HCERS):
(800) 622-4235

Clara Martin Center: (800) 639-6360

For general information and resources in your region, call 211.

For more information about Dartmouth-Hitchcock S.T.A.R.T., contact a program coordinator at: (603) 676-7760

Are you ready to
make a fresh
Start?



Dartmouth-Hitchcock S.T.A.R.T.
Support Team for Addiction Recovery Transitions

How to S.T.A.R.T.

Your care team has expressed concerns about your alcohol and/or substance use, and would like to offer you the chance to talk with one of our substance use recovery coaches. Recovery coaches can help you think about whether you would like to reduce or end your alcohol/substance use, and if so, can help you find services in your community that can help you meet your goal.

A recovery coach will assist you with scheduling an assessment with a licensed provider to determine the appropriate level of care and/or link you to a recovery organization who can provide long-term ongoing peer support.

A recovery coach can:

- Provide you with links to or refer you to professionals who can determine the best care to meet your needs
- Help you connect with services that can be helpful if you are thinking of harming yourself
- Connect you with local community organizations that will support your recovery
- Link you to a professional that can provide assistance with basic needs that may be preventing or limiting your access to treatment/recovery services, such as housing or health insurance

A recovery coach cannot:

- Provide you with clinical care, such as assessments, a diagnosis or treatment
- Offer you transportation or monetary support
- Provide you with direct services you may need to improve your health care circumstances, such as help with completing health insurance or housing application, providing childcare, arranging transportation or other case management services.

Hours of operation

Currently, select departments at Dartmouth-Hitchcock Medical Center have recovery coach services. If a recovery coach is unavailable to meet you, your care team can arrange a referral. A recovery coach will then contact you after you leave Dartmouth-Hitchcock Medical Center. A recovery coach can plan to meet you at Dartmouth-Hitchcock Medical Center, at a community location of your choice or talk with you by phone, text and/or email to link you to the services that will help you meet your goals.

The programs services are:

- Free
- Determined by the patient
- Non-judgmental
- Confidential

S.T.A.R.T. services are currently available for select Dartmouth-Hitchcock Medical Center department patients only.

Please speak to your provider about the recovery resources available within the department you are receiving care in.