New Hampshire Family Support Groups Provide Emotional Support & Help

- We share stories of hope and resiliency
- We support one another and have very often experienced similar concerns
- We learn about valuable resources such as:
  - Different treatment options
  - Peer recovery support services
  - Case management options
  - Crisis and relapse prevention planning

Contact us today

Lynn Fuller
Family Support Coordinator,
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Engaging the treatment system isn’t always easy, but we’re here to help.

Crisis Information

Are you concerned about a loved one’s drug or alcohol use?
Let’s talk.

NEW HAMPSHIRE recovery hub
nhrecoveryhub.org/family-groups

New Hampshire’s family support groups are a program of:

GRANITE PATHWAYS

The Doorway
YOU ARE NOT ALONE. HELP IS LESS THAN AN HOUR AWAY!

If you or your loved one is experiencing a substance-use crisis, dial 2-1-1.

Family Support Groups

Our Family Support Groups are free and led by trained facilitators who understand. Connect today by visiting:

nhrecoveryhub.org/family-groups
YOU ARE NOT ALONE!

New Hampshire is in the midst of a substance use crisis, with staggering overdose rates, increases in the use of stimulants, and entrenched intergenerational alcohol use disorder. No family or community has been left untouched by the effects of substance use disorder, but too often isolation, shame and stigma prevent people from getting the help they need.

SHAME, BLAME OR JUDGMENT

We understand what you’re going through because we’re family members and caretakers just like you. We have felt isolated, alone, and blamed for a loved one’s substance use disorder, and we know what a negative effect this can have on us emotionally and physically.

When you visit one of our family support groups, you have found your peers, we will listen compassionately and offer you the support of people who have walked on the same path.

New Hampshire family support groups provide a safe and confidential environment for families of loved ones living with a substance use disorder. We expect a better future in a realistic way.

These groups offer parents, caregivers, and adult siblings a safe space to share experiences, struggles and successes.

WHAT DO YOU NEED TO KNOW ABOUT FAMILY SUPPORT GROUPS?

New Hampshire family support groups are absolutely free and are hosted in locations convenient to most communities.

We help as you navigate the system
Support group members understand the system of care, how to fill out insurance and intake forms and where to turn during a crisis. You don’t need to find these paths alone because we will walk them with you.

We provide support
We can provide emotional support and resources for you, no matter where your loved one is on his or her journey. If a setback occurs, we can help you determine your next best step.

We help develop strategies
Because we have similar life experiences, we can help you develop coping techniques to ensure your mental wellbeing and physical health.

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