**LOCAL RESOURCES**

**Navigating Recovery**
Recovery Community Center, with workshops, classes, and recovery support.
635 Main Street, Suite 303
Laconia, NH 03246
(603) 524-5939
www.navigatingrecovery.org

**LRGH Recovery Services**
Hospital-run recovery and treatment clinic.
Lakes Region General Hospital
80 Highland St. Laconia, NH 03246
603.524.3211
http://www.lrgh.org/programs-services/occupational-health-services/lrghealthcare-recovery-clinic

**Belknap County Restorative Justice**
Aims to reduce recidivism through different programs, with treatment, counseling, and community reparation.
Belknap County Restorative Justice/Court Diversion
34 County Drive, Laconia, NH 03246
(603) 527-5493
http://www.belknapcounty.org/pages/belknapcounty_justice/index

**Riverbank House (Men Only)**
Local 28-day and long-term recovery and addiction center. Not an institutional drug rehab facility.
96 Church Street, Laconia, NH 03246
Phone: (603) 505-7912
https://riverbankhouse.net/

**Horizons Counseling**
Confidential and affordable outpatient treatment and referrals for individuals and families dealing with substance abuse.
Village West Building 7, 25 Country Club Rd.
Suite 705, Gilford, NH 03249
Phone (603) 524-8005
http://horizonsnh.org/

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**HEALTH RESOURCES**

**DRUG ADDICTION**

Gilford Public Library
31 Potter Hill Road
Gilford, NH 03249
603-524-6042
www.gilfordlibrary.org

We can help you find any resources you need at the circulation desk. If you don't feel comfortable asking for help with this topic, you can always find more information online at gilfordlibrary.org
**Nonfiction Resources**

- **Gratitude & Trust** by Paul Williams (158.1 Wil)
  - Author Paul Williams examines principles of recovery theory.

- **No More Letting Go** by Debra Jay (204 Jay)
  - Author Debra Jay details spirituality and drug/substance abuse.

- **Be The One** by Sam Quinones (Y 362.7 Pit)
  - Teen resource sharing stories of 6 young people dealing with addiction, abuse, & more.

- **Dreamland** by Sam Quinones (362.29 Qui)
  - Sam Quinones chronicles the evolution from sugar cane farmers to black tar heroin kingpins.

- **Unbroken Brain** by Anthony Stolar (362.29 Sza)
  - Examines addiction as a learning disorder, and how that changes treatments.

- **Chasing the Scream** by Johann Hari (363.45 Har)
  - What is the War on Drugs, and why does it continue? These questions and more are reported on by reporter Johann Hari.

- **Memoirs of an Addicted Brain** by Marc Lewis (B Medical Lew)
  - Marc Lewis, a neuroscientist, reflects on his life as a drug addict.

- **Everything is Horrible & Wonderful** by Stephanie Wittels Wachs (B Personal Mem Wac)
  - Stephanie Wittels Wachs writes of her brother, a famous comedian and his relationship with comedy and heroin.

**Online Resources**

- **Granite State Narcotics Anonymous**
  - Statewide resource for local Narcotics Anonymous meetings, and other helpful information.
  - [gsana.org](http://gsana.org)

- **National Institute on Drug Abuse**
  - Government resource for individuals with drug addiction and families of those with addictions.
  - [www.drugabuse.gov/patients-families](http://www.drugabuse.gov/patients-families)

- **Substance Abuse and Mental Health Services Administration**
  - Government service. Information and resources on local and state resources, as well as 24/7 helpline
  - [https://www.samhsa.gov](http://https://www.samhsa.gov)