




# Building Awareness


## Are you unsure about where to get information to help your family?

We know that raising children to make positive decisions can be a challenge. There are many resources available in the greater Nashua area to help! Call today!

### Information & Referral Services for New Hampshire


 Dial 211  
[www.211nh.org](http://www.211nh.org)

### Family Resource Center of Greater Nashua (at the Boys & Girls Club)


 (603) 883-0523 x 215  
[www.sites.google.com/site/familyresourcetrnashua/](http://www.sites.google.com/site/familyresourcetrnashua/)

### Lamprey Health Care


22 Prospect Street, Nashua, NH

 (603) 883-1626  
[www.LampreyHealth.org](http://www.LampreyHealth.org)

### Parent Information Center

 Concord: (603) 224-7005  
[www.picnh.org/](http://www.picnh.org/)

### National Eating Disorder Association

 (800) 931-2237  
[www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)




# Taking Steps


## Are you ready to reach out for help?

### Child & Family Services of NH


Teen Resource Center, Manchester, NH

 (603) 518-4170  
[www.cfsnh.org](http://www.cfsnh.org)

### Gr. Nashua Mental Health Center

 (603) 889-6147  
24-hours (800) 762-8191  
[www.gnhmc.org](http://www.gnhmc.org)


### Milford Regional Counseling

 (603) 673-2508  
[www.mrcs.org](http://www.mrcs.org)

### NH Catholic Charities

 (800) 562-5249  
[www.nh-cc.org](http://www.nh-cc.org)

### The Youth Council, Nashua, NH

 (603) 889-1090  
[www.TheYouthCouncil.org](http://www.TheYouthCouncil.org)




# Finding Support

 **merrimack safeguard**  
helping youth and families make positive choices


## Do you want to connect with others experiencing similar issues?

### F.A.S.T.E.R. Parent Support Group

Families Advocating Substance Treatment, Education & Recovery


 at St. Joseph's Hospital  
172 Kinsley Street, Nashua  
Contact Sue at (603) 351-8356

### NH Al-Anon/Alateen

 (603) 645-9518


### PFLAG-New Hampshire

Parents & Friends of Lesbians and Gays

 (603) 536-3823  
[www.PFLAGNH.org](http://www.PFLAGNH.org)

### NAMI NH – Nashua Resources

National Alliance on Mental Illness Nashua

 Norma or Scott (603) 882-6771  
Pam (603) 888-6219  
[NashuaNAMINH@gmail.com](mailto:NashuaNAMINH@gmail.com)  
[www.naminh.org/nami-nashua](http://www.naminh.org/nami-nashua)



## Do you need immediate assistance?

Please see other side!



# Acting NOW!

Do you need immediate assistance?

## Emergency Help



Dial 911

## Merrimack Police Department



Non-Emergency Calls  
(603) 424-2222  
www.MerrimackNH.gov

## Bridges: Domestic & Sexual Violence Support



Nashua (603) 889-0858  
Milford (603) 672-9833



24-hour Crisis Line  
(603) 883-3044

## Nashua Soup Kitchen & Shelter



(603) 889-7770  
www.nsk.org

## NH Alcohol and Drug Treatment Locator



www.NHTreatment.org

## Runaway Safe Line



(800) 786-2929  
www.1800Runaway.org

## Suicide Prevention Hotline



(800) 273-8255  
Spanish (888) 628-9454

## Who Are We?



Since 1988, Merrimack Safeguard has grown from the Merrimack Drug Advisory Council to include more than 25 members that represent our community, including law enforcement, education, parents, youth, business, faith communities, youth-serving organizations, civic organizations, and the like. We gather monthly to develop and implement strategies to measurably improve the lives of Merrimack residents and reduce high-risk behavior among youth. Our mission is to help youth and families in Merrimack, NH, make positive choices.

**Join Us!**  
1<sup>st</sup> Thursday of every month  
6:00pm – 7:30pm  
St. James UMC = 646 DW Highway

For more information, contact  
**Tom Prentice, Coordinator**  
tprentice@merrimacknh.gov

## Be Responsible! CHECKLIST



- Do you know it's **illegal to host a party that provides alcohol** to anyone under 21 regardless of the circumstances? You could face a \$2,000 FINE and a year in jail.
- Twenty percent of our students said they've ridden in cars where the **driver had been drinking**. It takes at least an hour to absorb one 12 ounce beer, one 6 ounce glass of wine or one ounce of hard liquor. Always make sure you're safe to drive.
- Do you make sure that you wear your seat belt, keep your cell phone in your pocket and keep your eyes on the road? **Our kids do what we do!** Let's keep them safe!
- Many people use designated drivers for a night on the town. However, most adults aren't aware of the **physical impact of excessive drinking**. Please talk to your health care provider to ensure you are within safe limits for you!

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## Merrimack



A guide to help Merrimack youth and families make positive choices



www.MerrimackSafeguard.org  
Merrimack, New Hampshire