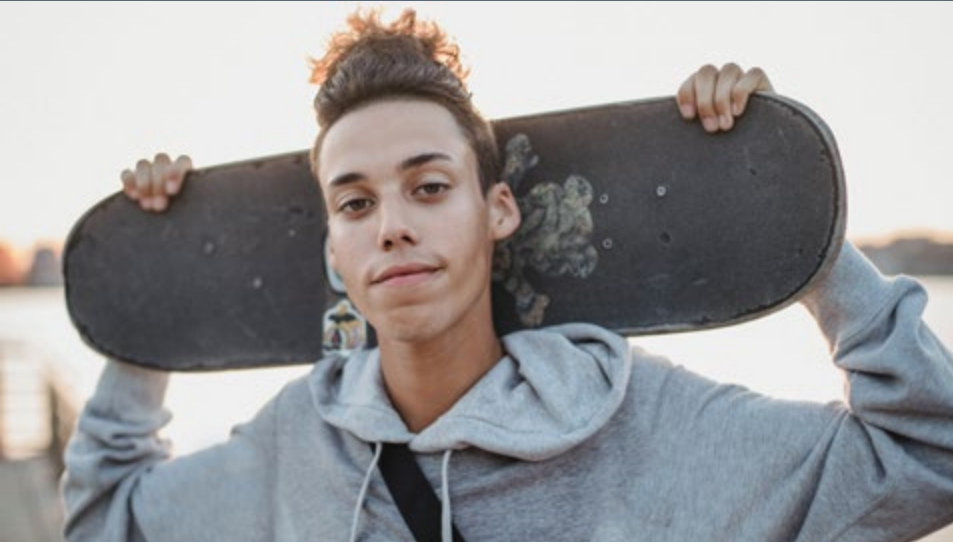


# Do You Know a Young Person Who Is Concerned about Their Drug or Alcohol Use?



The Seven Challenges model is a comprehensive, therapeutic counseling program that helps youth and young adults work on their alcohol and other drug problems. It can be delivered in a variety of settings, including school, home, community health site, outpatient service, or group home. It is designed to support

## The Seven Challenges®

young people to develop the life skills they need to take control of their own lives, recognize what's going well and what's not, and make thoughtful decisions, including about drugs.

## Contact a Seven Challenges provider in New Hampshire



### STATEWIDE

Foundations Counseling  
[fc-nh.com](http://fc-nh.com) | (603) 260-0646

### PORTSMOUTH/EXETER

Seacoast Mental Health  
[smhc-nh.org](http://smhc-nh.org) | (603) 431-6703

### CONCORD/FRANKLIN/ MERRIMACK COUNTY

Riverbend Community  
Mental Health Center  
[riverbendcmhc.org](http://riverbendcmhc.org)  
(603) 228-0547

### NASHUA

Greater Nashua Mental  
Health  
[gnmhc.org](http://gnmhc.org) | (603) 889-6147

### Harbor Care

[c.loder@harborcarenh.org](mailto:c.loder@harborcarenh.org)  
(603) 881-4848

### TILTON/FRANKLIN/ PLYMOUTH

Archways  
[archwaysnh.org](http://archwaysnh.org)  
(603) 702-2461

### MANCHESTER

The Mental Health Center  
of Greater Manchester  
[mhcgmm.org](http://mhcgmm.org) | (603) 668-4111

### DERRY/SALEM

Center for Life Management  
[centerforlifemanagement.org](http://centerforlifemanagement.org)  
(603) 434-1577

### STRAFFORD COUNTY

Community Partners  
[communitypartnersnh.org](http://communitypartnersnh.org)  
(603) 516-9300