

Recovery: A word with many meanings.

Relapse: A minor set back of continued use.

Personal Growth: Define your recovery path by choosing the direction.

Recovery Supports: Help guide your chosen path.

Treatment: Clinical support to help you choose the best option.

Start Where You Are



Take a Step on Your Path to Recovery!

Resources for creating your path:

- ▶ For Emergencies, call: 9-1-1
- ▶ For the *Suicide Hotline*, call: 1-800-273-8255
- ▶ For connection to *The Doorway* program for treatment services, call: 2-1-1
- ▶ To connect with a **Community Health Worker/ Recovery Coach** with the *NCHC Wellness And Recovery Model*, call: 603-259-1729

Reducing the impact of Opioid Use Disorder
in the North Country through:
Education ▶ Access ▶ Support ▶ Treatment ▶ Recovery

North Country
HEALTH CONSORTIUM



Wellness
And
Recovery
Model



What Does
Your Path
to Recovery
Look Like?