

Chemical Dependence and Abuse Resources

Local & National Resources

- [Day One Intensive Outpatient for Adolescents](#), Portland, ME: 207-874-1045. Open to those age 16 and over.
- [Day One Residential Treatment](#), Cape Elizabeth, ME: 207-767-0991
- [Southeastern New Hampshire Alcohol & Drug Abuse Services](#), Dover, NH: 603-749-3981. Offers one-on-one counseling for adolescents.
- [Sweetser Children's Services](#), Kennebunk, ME: 207-985-7275
- [York Hospital Chemical Dependency Section](#): 207-351-2118. York Hospital offers one-on-one counseling for adolescents; they offer an intensive outpatient for adults 18+. They also offer a group called Option, a group which explores teen drug and alcohol use.

Help/Hotlines

- Al-Anon: 1-800-498-1844
- The Alcohol Hotline: 1-800-ALCOHOL
- Cocaine Helpline: 1-800-COCAINE
- Marijuana Anonymous: 1-800-766-6779
- National Council on Alcoholism Information Line: 1-800-NCA-CALL National • Inhalent Prevention Coalition 1-800-269-4237
- PRIDE Drug Information Hotline: 1-800-241-7946
- NIDA Hotline: 1-800-622-HELP. Directs callers to local cocaine abuse treatment centers