



SYRINGE SERVICE PROGRAMS

There are 13 registered Syringe Service Programs in New Hampshire. These programs provide sterile supplies, safe syringe disposal, Naloxone, support, and referrals.

Mt. Washington Valley Supports Recovery
Conway

LEX
Laconia

H2RC
Lebanon

Concord Exchange
Concord

GROW Syringe Services
Keene

Revive Recovery Center
Nashua

Queen City Exchange
Manchester

Hand Up
Rochester
Somersworth
Dover

SOS RCO
Rochester
Dover

The Doorway at WDH
Dover

Insubordination Station
Dover

Portsmouth Exchange
Portsmouth

SOS RCO
Exeter

Manchester
Queen City Exchange (NHHRC)
Weekly pop-up exchanges on Tuesdays (2:00 - 4:00 p.m.) & Thursdays (11:00 a.m. - 1:00 p.m.)
Call or text: 603-223-7245.

Another Day Harm Reduction

Nashua
Revive Recovery Center (formerly SSANA)
Call: 978-743-9636

Seacoast & Strafford County
Hand Up: Rochester Exchange
Weekly pop-up exchanges on Mondays & Fridays (6:00 - 7:30 p.m.)
3 Wallace St, Rochester, NH
Call or text: 603-333-6547

Hand Up: Dover Exchange
Weekly pop-up exchange on Tuesdays from (5:00 - 6:00 p.m.)
5 Hale St. Dover, NH
Call or text: 603-333-6547

Hand Up: Somersworth Exchange
Weekly pop-up exchange on Wednesdays (6:00 - 7:00 p.m.)
Elm St, Somersworth, NH
Call or text: 603-333-6547

Portsmouth Exchange (NHHRC)
Weekly pop-up exchange on Fridays (11:00 a.m. - 1:00 p.m.)
865 Islington St., Portsmouth, NH
Call: 603-333-6547

SOS Recovery Organization
Walk-in HR services in Dover, Rochester & Hampton.
Call: 603-841-2350

Keene
GROW Syringe Services
By appointment only.
Call or text: 603-903-4049

Mt Washington Valley
Mt. Washington Valley Support Recovery Coalition
Call: 603-662-0668.

The Doorway @ Wentworth Douglass
798 Central Avenue, Dover
Call: 211, select option #1.

Insubordination Station
Call: 603-805-0256
Email: courtney.e.peters@gmail.com

Concord
Concord Exchange (NHHRC)
Weekly pop-up exchanges on Mondays (9:00 a.m.- 2:00 p.m.)
Call or text: 603-545-5506

Lakes Region
Laconia Exchange
Weekly exchange on Fridays (10:00 a.m. - 3:00 p.m.)
Call: 603-524-5939

Upper Valley
HIV/HCV Resource Center @ Valley Regional Hospital
By appointment only.
Call or text: 603-448-8887