

## IT TAKES A VILLAGE

When you are struggling to make ends meet, it is hard to remember that you are not alone. There are many groups and services that can help you – a whole village of them! The programs listed here may be helpful to your family. We've listed contact information for most of them, but if you need help finding one of the programs, or if you have any questions, call 1-844-275-3447 (1-844-ASK-DHHS).

## MEDICAL

**NH Medication Bridge Program** - Helps people get needed medications. 603-415-4297  
<http://www.healthynh.com/medication-bridge.html>

**HAVEN** – Services for victims of domestic and sexual violence. 1-603-994-SAFE (7233) [24-hour confidential hotline]  
[www.havennh.org/](http://www.havennh.org/)



## HOUSING

**NH Housing Finance Authority Assisted Housing Division** - Helping families find affordable housing in NH. 800-439-7247 TDD (603) 472-2089  
[www.nhhfa.org/](http://www.nhhfa.org/)

**Homeless Outreach Intervention**  
800-852-3345 ext 9196 TDD Access Relay (800) 735-2964  
[www.dhhs.nh.gov/dcbcs/bhhs/homelessness.htm](http://www.dhhs.nh.gov/dcbcs/bhhs/homelessness.htm)

**NH Office of Energy & Planning** – Helps struggling families pay for heat. 603-271-8317 or (603) 271-2685  
<http://www.nh.gov/oep/energy/programs/fuel-assistance/index.htm>

## LEGAL AID

**NH Legal Assistance** – Offers low- or no-cost legal help to low-income families and seniors.

<a href="http://www.nhla.org/">www.nhla.org/</a>	<u>Concord</u> 800-921-1115
<u>Berlin</u> 800-698-8969	<u>Portsmouth</u> 800-334-3135
<u>Manchester</u> 800-562-3174	<u>Claremont</u> 800-562-3994

## EMPLOYMENT

**NH Employment Security** – Helping people find work and file for benefits. 800-266-2252 TDD Access: Relay NH 1-800-735-2964  
[www.nh.gov/nhes/](http://www.nh.gov/nhes/)



## FAMILY

**2-1-1 NH** – Connects people for free to services available in their community. In state, dial toll-free 2-1-1 or 866-444-4211 TTY Number: 603-634-3388  
[www.211nh.org/](http://www.211nh.org/)

**Al-Anon / Alateen**  
603-369-6930  
[www.nhal-anon.org](http://www.nhal-anon.org)

**Alcoholics Anonymous**  
800-593-3330  
[www.nhaa.net/](http://www.nhaa.net/)

**Child and Family Services** – Provides help for families and children. 800-640-6486  
[www.cfsnh.org/](http://www.cfsnh.org/)

**Child Care Aware of NH** – Educates and supports families about child care. 855-393-1731 Ext. 31  
<http://nh.childcareaware.org/>

**Consumer Credit Counseling Services** – Helps families manage money, pay bills, and save. 800-550-1961  
<https://www.greenpath.com>



**Bureau of Family Assistance** –

Provides cash, medical, and food assistance to low-income people, and helps with child care costs.

1-844-275-3447 (1-844-ASK-DHHS)

<http://www.dhhs.nh.gov/dfa/index.htm>

**Domestic Violence Hotline** – Serving victims of domestic violence.

866-644-3574

<https://www.nhcadv.org/member-programs.html>

**Food Pantries** – Provides food to needy families.

603-669-9725

<http://www.nhfoodbank.org/Agency-Listings.aspx>

**Meals On Wheels** – Delivers meals to homebound individuals.

<http://mealcall.org/us/>

**Narcotics Anonymous** – Focuses on addiction and recovery.

888-624-3578

<http://gsana.org>

**NH Community Loan Fund** – Helps low-income families save for a home, college, or to start a business.

800-432-4110

<http://www.communityloanfund.org/>

**NH State Veterans Council** – Helps veterans and dependents get benefits.

800-622-9230 **TDD Access:** Relay NH

1-800-735-2964

[www.nh.gov/nhveterans/](http://www.nh.gov/nhveterans/)

**Pet Neutering Referrals** – Helps low-income pet owners with the costs of spaying or neutering their pet.

(603) 271-3697

**Relay Services for the Hearing Impaired**

800-735-2964 or 711

**Service Link** – Help for elders, adults with disabilities, and their families.

866-634-9412

[www.servicelink.nh.gov/index.htm](http://www.servicelink.nh.gov/index.htm)

**Social Security Administration (SSA)**

Provides benefits to disabled, retired, and surviving family members.

800-772-1213 TTY: 800-325-0778

[www.ssa.gov/](http://www.ssa.gov/)

**Women, Infants & Children (WIC)** –

Provides education and food to pregnant women, mothers, & children.

800-942-4321 **TDD** (800) 735-2964

[www.dhhs.nh.gov/dphs/nhp/wic/index.htm](http://www.dhhs.nh.gov/dphs/nhp/wic/index.htm)

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Department of Health and Human Services  
Bureau of Family Assistance  
State Office Park South  
129 Pleasant St, Brown Bldg  
Concord, NH 03301  
[www.dhhs.nh.gov/dfa/index.htm](http://www.dhhs.nh.gov/dfa/index.htm)

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