

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/



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/

Homeless Outreach Intervention

800-852-3345 ext 9196 TDD Access
Relay (800) 735-2964
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.

www.nhla.org/

Berlin
800-698-8969

Manchester
800-562-3174

Concord
800-921-1115

Portsmouth
800-334-3135

Claremont
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/



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/

Al-Anon / Alateen

603-369-6930

www.nhal-anon.org

Alcoholics Anonymous

800-593-3330

www.nhaa.net/

Child and Family Services – Provides help for families and children.

800-640-6486

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

<http://www.greenpath.com/cccs-of-new-hampshire-and-vermont.htm>



Division 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

http://www.nhcadv.org/crisis_centers.cfm

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://qsana.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/

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

Social Security Administration (SSA)

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

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

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

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Division of Family Assistance
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