

Mental Health Resources

Common Resources During COVID-19

General Support

When in doubt start here!

- **2-1-1:** Directs to all information and supports available during COVID-19. Call 2-1-1 or visit www.211nh.org.
- **Family Resource Centers:** FRCs as a "front-door" to services – they provide many supports directly and help families navigate to whatever else they might need. Find your local FRC at www.nhchildrenstrust.org/connect.
- **Waypoint Warm Line:** Free guidance and support for parents/caregivers. Call: 1-800-640-6486 M-F, 8:30-4:30.
- **Find mental health resources** at the [NH Community Behavioral Health Association](http://www.nhcommunitybehavioralhealth.org).
- **How Right Now** is an initiative to address people's feelings of grief, loss, and worry during COVID-19. Support for the How Right Now initiative is provided by the CDC Foundation.

Financial & Other Assistance

- **Unemployment Insurance Benefits have been expanded during COVID-19:** Call NH Employment Security at 603-271-7700 or visit www.nhes.nh.gov/ to assess eligibility and get further instructions, e.g. call times.
- **Cash and other Assistance:** For TANF and other state assistance, visit <https://nheasy.nh.gov/#/> or call 1-800-852-3345. Visit www.dhhs.nh.gov/dfa/covid19-changes.htm for temporary eligibility and program changes.


Food & Nutrition

- **Food Pantries:** NH Food Bank's list of local agencies: www.nhfoodbank.org/need-food/agency-list.
- **NH Food Access Map:** Crowd-sourced listing of food resources during COVID-19: bit.ly/nhfoodaccessmap
- **WIC:** Nutrition support for pregnant-women, new mothers, children 0-5. Services remain accessible by telephone only. More info: www.dhhs.nh.gov/dphs/nhp/wic/index.htm or 1-800-942-4321.
- **Food Stamps (SNAP):** Visit <https://nheasy.nh.gov/#/> or call 1-844-275-3447

Housing

- **Housing Assistance:** If you are experiencing a housing crisis, call NH 2-1-1, or contact your local city or town welfare office (searchable at <https://www.nhmunicipal.org/municipal-directory>). Call ahead for current operations.

Crisis Support

- **Domestic Violence Helpline:** 24/7 help at 1-866-644-3574 or www.nhcadv.org for free, confidential support.
- Crisis Text Line: Text 741741 or visit crisistextline.org for free, 24/7 support from a trained Crisis Counselor.
- **NAMI NH:** For more information on a variety of crisis and mental health supports visit www.naminh.org/resources-2/covid-19 or call (800) 950-6264 M-F, 10am-6pm. For 24/7 crisis support text "NAMI" to 741741.
- **Access crisis mental health services** in your local community by reaching out to your [community mental health center or mobile crisis response team](#).
- **Read the NH DHHS flyer** [Behavioral Health During COVID-19](#) .

Substance Use

- **NH Doorways:** Call 2-1-1 for information on substance use disorder treatment during COVID-19, or visit www.thedoorway.nh.gov.




Child Care

- **ChildCare Aware:** Visit <http://nh.childcareaware.org/> for COVID-19 childcare support for essential workers and others.

COVID-19

- **NH DHHS:** Visit www.covid19.nh.gov or call 2-1-1 for COVID-19 related guidance and resources

Additional Resources

- [Strong Youth Strong Communities New Hampshire Virtual Youth Summit](#)
- [Break The Stigma Intro Video](#)
- [NAMI NH 24/7 Connectedness to Technology: Impact on Health and Well-Being](#) 
- [Coping Strategies for COVID-19 Stress](#) 
- [Supporting Child and Family Wellbeing During the COVID-19 Emergency](#) 
- [Common Warning Signs of Mental Illness](#) 