

## COMMUNITY RESOURCES

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. The programs listed here may be helpful to you. 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.  
603-225-0900  
<http://www.healthynh.org/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/)

## EMPLOYMENT

**NH Employment Security** – Helping people find work and file for benefits.  
800-852-3400 TDD Access: Relay NH  
1-800-735-2964  
[www.nh.gov/nhes/](http://www.nh.gov/nhes/)

## HOUSING

**NH Housing Finance Authority Assisted Housing Division** - Helping families find affordable housing in NH.  
800-640-7239 TDD (603) 472-8623  
[www.nhhfa.org/](http://www.nhhfa.org/)

**Homeless Outreach Intervention**  
800-852-3345 ext 9196  
**TDD Access Relay** (800) 735-2964  
<https://www.dhhs.nh.gov/programs-services/housing-services/homeless-assistance-prevention-services>

**NH Department of Energy** – Helps struggling families pay for heat and electric.  
603-271-3670  
<https://www.energy.nh.gov/energy-information/programs-initiatives>

## LEGAL AID

**NH Legal Assistance** – Offers low- or no-cost legal help to low-income families and seniors.  
[www.nhla.org/](http://www.nhla.org/)

Berlin  
800-698-8969  
Manchester  
800-562-3174

Concord  
800-921-1115  
Portsmouth  
800-562-3174  
Claremont  
800-562-3994

## OTHER RESOURCES

**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/)

**Bureau of Family Assistance** – Provides financial, 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/apply-assistance>

**Child Care Aware of NH** – Educates and supports families about child care.  
855-393-1731 or 603-578-1386  
<https://www.nh-connections.org>

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

**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>

**Meals On Wheels** – Delivers meals to homebound individuals.  
1-888-998-6325  
<http://mealsonwheelsamerica.org>

**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.  
603-224-6669  
<http://www.communityloanfund.org/>

**State of NH Division of Veterans Services** – Helps veterans and dependents get benefits.  
800-622-9230 **TDD Access:** Relay NH  
1-800-735-2964  
<https://www.dnavs.nh.gov/veterans-services>

**Pet Neutering Referrals** – Helps low-income pet owners with the costs of spaying or neutering their pet.  
(603) 271-3697

**Office of Health Equity**  
Provides refugee settlement assistance services. 603-271-3986  
<https://www.dhhs.nh.gov/programs-services/diversity-culture-inclusion>

**Relay Services for the Hearing Impaired**  
800-735-2964 or 711

**School Breakfast/Lunch Program**  
Provides free or reduced breakfast and lunch to children at school.  
Department of Education  
603-271-3494  
[info@doe.nh.gov](mailto:info@doe.nh.gov)

**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)

**SNAP-Ed** - Provides nutrition education to SNAP recipients. 603-255-3612  
<https://extension.unh.edu/health-well-being/programs/nutrition-connections>

**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/)

**Waypoint** – Provides help for families and children.  
800-640-6486  
<https://waypointnh.org/>

**Women, Infants & Children (WIC)** – Provides education and food to pregnant women, mothers, & children.  
800-942-4321 **TDD** (800) 735-2964  
<https://www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutrition-program>

BFA Form 77u  
12/22  
BFA SR 22-37

# Community Resources



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

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