

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, ask your Family Services Specialist to help you.

Medical

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

Sexual Assault Hotline – Services for victims of sexual assault and abuse. 888-747-7070
www.sassnh.org/



HOUSING

NH Housing Finance Authority Assisted Housing Division - Helping families find affordable housing in NH. 800-439-7247
www.nhhfa.org/

Homeless Outreach Intervention
800-852-3345 ext 9196
www.dhhs.nh.gov/dcbcs/bhhs/homelessness.htm

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

Legal Aid

NH Legal Assistance – Offers legal help to low-income families and seniors.
www.nhla.org/

Berlin
800-698-8969

Concord
800-921-1115

Portsmouth
800-334-3135

Manchester
800-562-3174

Claremont
800-562-3994

EMPLOYMENT

NH Employment Security – Helping people find work and file for benefits. 800-266-2252
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
www.211nh.org/

Al-Anon / Alateen
603-645-9518
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.
<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.
800-852-3345 ext. 9700
<http://www.dhhs.nh.gov/dfa/index.htm>

Domestic Violence Hotline – Serving victims of domestic violence.
866-644-3574
www.aardvarc.org/dv/states/nhdv.shtml

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/>

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
www.nh.gov/nhveterans/

Pet Neutering Referrals – Helps low-income pet owners with the costs of spaying or neutering their pet.
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.nh.gov/servicelink/index.html

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
www.dhhs.nh.gov/dphs/nhp/wic/index.htm

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Division of Family Assistance
State Office Park South
129 Pleasant St, Brown Bldg
Concord, NH 03301
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