

## 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.  
603-225-0900

[www.healthynh.com/fhc/initiatives/access/medicationbridge.php](http://www.healthynh.com/fhc/initiatives/access/medicationbridge.php)

**Sexual Assault Hotline** – Services for victims of sexual assault and abuse.

800-277-5570

[www.sassnh.org/](http://www.sassnh.org/)



## HOUSING

### **NH Housing Finance Authority**

**Assisted Housing Division** - Helping families find affordable housing in NH.

800-439-7247

[www.nhhfa.org/](http://www.nhhfa.org/)

### **Homeless Outreach Intervention**

(NH Help Line)

800-852-3388

### **NH Office of Energy & Planning** –

Helps struggling families pay for heat.

800-856-5525

[www.nh.gov/oep/programs/fuelassistance/contact.htm](http://www.nh.gov/oep/programs/fuelassistance/contact.htm)

## Legal Aid

**NH Legal Assistance** – Offers legal help to low-income families and seniors.

[www.nhla.org/](http://www.nhla.org/)

Northern Area

800-548-1886

Seacoast Area

800-334-3135

Central/Southern

800-562-3174

Western/Central

800-562-3994

## EMPLOYMENT

**NH Employment Security** – Helping people find work and file for benefits.

800-266-2252

[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

[www.211nh.org/](http://www.211nh.org/)

### **Al-Anon / Alateen**

603-645-9518

[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 Resource and Referral** –

Educates and supports families about child care.

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

### **Consumer Credit Counseling**

**Services** – Helps families manage money, pay bills, and save.

800-327-6778

[www.cccsnh-vt.org/](http://www.cccsnh-vt.org/)



**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

[www.dhhs.nh.gov/DFA](http://www.dhhs.nh.gov/DFA)

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

866-644-3574

[www.aardvarc.org/dv/states/nhdv.shtml](http://www.aardvarc.org/dv/states/nhdv.shtml)

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

603-669-9725

[www.nhfoodbank.org](http://www.nhfoodbank.org)

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

[www.mealcall.org/meals-on-wheels/nh/](http://www.mealcall.org/meals-on-wheels/nh/)

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

800-432-4110

[www.nhclf.org/](http://www.nhclf.org/)

**NH State Veterans Council** – Helps veterans and dependents get benefits.  
800-622-9230

[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.  
271-3697

**Relay Services for the Hearing Impaired**

800-735-2964

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

866-634-9412

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

**Social Security Administration (SSA)**

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

800-772-1213

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

**Women, Infants & Children (WIC)** –

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

800-942-4321

[www.dhhs.state.nh.us/DHHS/WIC/.htm](http://www.dhhs.state.nh.us/DHHS/WIC/.htm)

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Department of Health and Human Services  
Division of Family Assistance  
State Office Park South  
129 Pleasant St, Brown Bldg  
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[www.dhhs.nh.gov/DFA](http://www.dhhs.nh.gov/DFA)