

# Home & Community-Based Services Resource and Referral Tool

## Sections Key:

-  Food & Nutrition Services
-  Service Connection - General
-  Informational Resources – Food and Nutrition
-  Farmers Markets, Farm Stands, CSA
-  Health & Wellness Education, In-person
-  Health & Wellness Education, Online
-  Social, Emotional, and Recovery Support
-  Local Resources

## Acronyms

- ADRC – Aging & Disability Center (formerly ServiceLink)
- AARP – American Association of Retired Persons
- CAPBM – Community Action Program, Belknap-Merrimack
- CSA – Community Supported Agriculture
- CSFP – Commodity Supplemental Food Program
- DHHS – Department of Health & Human Services
- EBT – Electronic Benefits Transfer
- NHFB – New Hampshire Food Bank
- RPHN – Regional Public Health Network
- SFMNP – Senior Farmers Market Nutrition Program
- SNAP – Supplemental Nutritional Assistance Program
- SSI – Supplemental Security Income
- FANF – Financial Assistance to Needy Families
- TEFAP – The Emergency Food Assistance Program
- UNH – University of New Hampshire
- VNA – Visiting Nurse Association

# DISCLAIMER

The Bureau of Adult & Aging Services (BAAS) Resource & Referral Tool is the outcome of a 2-year pilot project focused on the reduction of food insecurity and malnutrition amongst New Hampshire's adults, older adults and adults with disabilities. This resource was developed in response to the needs expressed by BAAS staff, statewide service providers, and community partners. And, is the result of the collaboration of BAAS' Nutrition Services Providers, Adult Protective Services, and New Hampshire Hospital's Department of Food & Nutrition Services; along with input from community partners.

Our goal was the creation of a state-level and community-based service resource & referral document for New Hampshire that would support improved awareness and communication of services for both providers and the residents of New Hampshire.

On behalf of the BAAS, the content within is informational in nature. It is the responsibility of the resource/service provider to provide updates to BAAS when provider specific content changes are needed. Notification of content updates should be sent to the BAAS general email @ [BAAS@dhhs.nh.gov](mailto:BAAS@dhhs.nh.gov)

## ■ Food & Nutrition Services

| Resource Information                                                                                                                                                                                                                                                  | QR                                                                                  | Contact Information                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>NH Food &amp; Nutrition Assistance Programs</b><br><br>List of congregate and home delivered meal providers. Additional Information on CSFP, SNAP, and TEFAP available.                                                                                            |    | <a href="https://www.dhhs.nh.gov/programs-services/adult-aging-care/food-meals-nutrition">https://www.dhhs.nh.gov/programs-services/adult-aging-care/food-meals-nutrition</a>                                                                                                                                                                                                                                                                                                                          |
| <b>SNAP</b><br><br>Provides nutrition benefits to eligible low-income individuals and families. Online applications may be made through NH Easy link on website.<br>Need help applying? - Call NHFB SNAP team.                                                        |    | <a href="https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap">https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap</a><br><br><b>Bureau of Family Assistance Client Services, Phone:</b><br><i>603-271-9700, option 3 or</i><br><b>DHHS Services Helpline:</b> <i>1-844-275-3447, option 3</i><br><b>NHFB SNAP team, Phone:</b> <i>1-877-347-7627 or 1-603-669-9725 ext. 1147</i> |
| <b>SNAP - Elderly Simplified Application Project (ESAP)</b><br><br>ESAP extends recertification from 12 months to 36 months for eligible adults who are disabled, and/or age 60 or older. Details available on website.<br>Need help applying? - Call NHFB SNAP team. |    | <a href="https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap">https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap</a><br><br><b>Phone: NHFB SNAP team, Phone:</b> <i>1-877-347-7627 or 1-603-669-9725 ext. 1147</i>                                                                                                                                                              |
| <b>SNAP - Electronic Benefits Transfer (EBT)</b><br><br>EBT cards are used for benefit recipients to access SNAP and cash benefits. Link is to EBT management portal. Apply for assistance through NH Easy.<br>Need help applying? Call NHFB SNAP team.               |  | <a href="https://www.ebtedge.com/">https://www.ebtedge.com/</a><br><br><b>Phone:</b> <i>888-997-9777</i><br><br><b>NHFB SNAP team, Phone:</b> <i>1-877-347-7627</i>                                                                                                                                                                                                                                                                                                                                    |

## ■ Food & Nutrition Services

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| <b>Commodity Supplemental Food Program</b><br><br>CSFP provides eligible seniors aged 60+ with prepackaged boxes containing nutritious foods and healthy recipes. Packages may include canned vegetables, cereal, cheese, fruits, juice, meat, milk, pasta; and fresh produce during the summer months (see below). |  | <a href="https://capbm.org/Commodity-Supplemental-Food-Program">https://capbm.org/Commodity-Supplemental-Food-Program</a><br><br><b>Phone:</b> 1-800-578-2050 or 603-225-2050 (CAPBM)<br><b>Address:</b> 2 Industrial Park Drive,<br>Building 2 Concord, NH 03301                     |
| <b>Senior Farmers Market Nutrition Program</b><br><br>Provides low-income seniors with access to locally grown fruits, vegetables, honey, and herbs. Apply Through NH Easy.<br>For appointment or information call CAPBM.                                                                                           |  | <a href="https://www.dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-seniors">https://www.dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-seniors</a><br><br><b>Phone:</b> 800-942-4321<br><br><b>CAPBM Phone:</b> 1-800-578-2050 or 1-603-225-2050 |
| <b>NH Food Bank – Mobile Pantry Schedule</b><br><br>Provides an assortment of produce and shelf-stable foods.<br>Mobile food pantries are drive-thru format.<br>Food distributions takes place on a first-come, first-served basis and while supplies last – no identification or other requirements needed.        |  | <a href="https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/">https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/</a><br><br><b>Phone:</b> 603-669-9725                                                                                                           |

## ■ Service Connection - General

| Resource Information                                                                                                                                                                                                                                                                                                                                                                                                                                      | QR                                                                                                                                                                         | Contact Information                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>NH Easy Gateway to Services</b><br><br>Resource and service connection hub for DHHS services.                                                                                                                                                                                                                                                                                                                                                          |                                                                                           | <a href="https://nheasy.nh.gov/#/">https://nheasy.nh.gov/#/</a><br><br><b>Phone:</b> 1-844-275-3447                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>ADRC (formerly ServiceLink) – Resource List</b><br><br>Provides individuals seeking assistance with information, referral and awareness of a variety of services and support options with the goal of connecting them with the support and services they need. They also provide Medicaid application support, counseling and decision-making support, assistance to caregivers, information regarding Medicare options and Medicare fraud prevention. | <br><br> | <a href="https://www.dhhs.nh.gov/programs-services/adult-aging-care/serviceLink">https://www.dhhs.nh.gov/programs-services/adult-aging-care/serviceLink</a><br><br><i>ADRC county locator</i><br><a href="https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers/contact-aging-disability">https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers/contact-aging-disability</a><br><br><b>Phone:</b> 1-866-634-9412 |
| <b>SNAP Application Assistance – NH Food Bank</b><br><br>SNAP Outreach Coordinator can be called to receive assistance in applying for SNAP.                                                                                                                                                                                                                                                                                                              |                                                                                          | <a href="https://nhfoodbank.org/what-we-do/snap-supplemental-nutrition-assistance-program/">https://nhfoodbank.org/what-we-do/snap-supplemental-nutrition-assistance-program/</a><br><br><b>Phone:</b> 1-877-347-7627 or 1-603-669-9725 ext. 1147                                                                                                                                                                                                                                                      |
| <b>211 – New Hampshire Community Resources Search Tool</b><br><br>211 NH connects residents to the most up to date resources they need. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access are also available.                                                                                                                                                                                                         |                                                                                         | <a href="https://www.211nh.org/search/">https://www.211nh.org/search/</a><br><br><b>Phone:</b> 1-866-444-4211<br><b>Email:</b> <a href="mailto:211nh@211nh.org">211nh@211nh.org</a>                                                                                                                                                                                                                                                                                                                    |
| <b>NH Food Bank Food Map – Resource Search Tool</b><br><br>Interactive map/list of NH Food Bank community partners including food pantries, homeless shelters, and soup kitchens. For information on child/older adult programs please contact NHFB.                                                                                                                                                                                                      |                                                                                         | <a href="https://nhfoodbank.org/find-food/food-map/">https://nhfoodbank.org/find-food/food-map/</a><br><br><b>Phone:</b> 603-669-9725                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Kinship Navigator Program – NH Children’s Trust (serves children under 18 yrs of age)</b>                                                                                                                                                                                                                                                                                                                                                              |                                                                                         | <a href="https://www.nhchildrenstrust.org/kinship">https://www.nhchildrenstrust.org/kinship</a>                                                                                                                                                                                                                                                                                                                                                                                                        |

## ■ Service Connection - General

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| Assistance connecting kinship families (non-biological parent) to services. Including but not limited to Food Assistance and State Benefits.                                                                                                                                                                       |                                                                                     | Email: <a href="mailto:kinship@nhchildrenstrust.org">kinship@nhchildrenstrust.org</a>                                                                                                                                             |
| <b>Keep NH Moving</b>                                                                                                                                                                                                                                                                                              |    | <a href="https://keepnhmoving.com/">https://keepnhmoving.com/</a>                                                                                                                                                                 |
| Provides transportation directory, information on available options in NH, where to find transportation; and helps you connect with Mobility Managers who can help solve your transportation needs.                                                                                                                |    | Email: <a href="https://keepnhmoving.com/contact-us/">https://keepnhmoving.com/contact-us/</a>                                                                                                                                    |
| <b>Generations Online – Self-Guided</b>                                                                                                                                                                                                                                                                            |    | <a href="https://www.generationsonline.com/">https://www.generationsonline.com/</a>                                                                                                                                               |
| Offers online classes that guide you through learning technology and internet literacy skills such as using the internet, email, apps, Zoom, job hunting online, texting, videochats, and all the basic tools on any tablet or smartphone, as well as finding and reading digital newspapers, using QR codes, etc. |                                                                                     | Email: <a href="mailto:KBurke.GoL@comcast.net">KBurke.GoL@comcast.net</a><br><br>Phone: 215-222-6400                                                                                                                              |
| <b>Harbor Care -Veterans Services</b>                                                                                                                                                                                                                                                                              |  | <a href="https://harborcarenh.org/veteran-services/">https://harborcarenh.org/veteran-services/</a>                                                                                                                               |
| Provides a broad range of specialized services for veterans including housing assistance (transitional and permanent), outreach & support, employment, healthcare and suicide prevention ensuring those who served receive the care and respect they deserve.                                                      |                                                                                     | Health & Wellness Center<br><b>Phone:</b> 603-821-7788<br><b>Address:</b> 45 High Street, Nashua, NH 03060<br><br>Administrative Offices<br><b>Phone:</b> 603-882-3616<br><b>Address:</b> 77 Northeastern Blvd., Nashua, NH 03062 |

## ■ Informational Resources – Food & Nutrition

| Resource Information                                                                                                                                                                                              | QR                                                                                  | Contact Information                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>U.S. Department of Agriculture – Nutrition by Life Stage</b><br><br>List of nutrition information for older adults to eat healthy, reduce disease risk, and deal with changes that affect appetite and eating. |    | <a href="https://www.nutrition.gov/topics/nutrition-life-stage/older-adults">https://www.nutrition.gov/topics/nutrition-life-stage/older-adults</a>                                                                                                                                                                                                                                                                                                         |
| <b>UNH Food Access Map</b><br><br>Interactive map of nutritional services, resources, and local meals/food.*                                                                                                      |    | <a href="https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebbba50a0297d15&amp;entry=2">https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebbba50a0297d15&amp;entry=2</a><br><br>*Homepage, left side, provides 3 options. 1. select MOBILE MAP VERSION (phone); 2. <i>UNH EXTENSION FOOD MAPS</i> (computer); 3. Or scroll down to select the specific access you are interested in. |
| <b>UNH Farms Map</b><br><br>Interactive map of local food resources such as farms, markets, retail, etc.                                                                                                          |    | <a href="https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=c78f08fba0d5431ab2c8d64d8b2d9b30">https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=c78f08fba0d5431ab2c8d64d8b2d9b30</a>                                                                                                                                                                                                                                       |
| <b>SNAP - Granite State Market Match</b><br><br>Receive tokens that double SNAP/EBT benefits for fruits and vegetables at participating farmers markets, farm stands, and CSAs.                                   |   | <a href="https://granitestatemarketmatch.org/">https://granitestatemarketmatch.org/</a>                                                                                                                                                                                                                                                                                                                                                                     |
| <b>SNAP - Double Up Food Bucks</b><br><br>50% off fruits, vegetables, herbs, seeds, and/or seedlings when Double Up Food Bucks are used at participating sites.                                                   |  | <a href="https://granitestatemarketmatch.org/double-up-food-bucks/">https://granitestatemarketmatch.org/double-up-food-bucks/</a>                                                                                                                                                                                                                                                                                                                           |

## Farmers Markets, Farm Stands, CSA

| Resource Information                                                                                                                                                                                                             | QR                                                                                | Contact Information                                                                                                                                                                                                                                                         |
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| <b>Farmers' Markets Directory</b><br><br>List of Farmers Markets in NH (updated annually in late spring-early summer)*<br>Locations where multiple farmers and sometimes vendors gather to sell a wide range of foods and goods. |  | <a href="https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm">https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm</a><br><br>*Once on the website scroll down and click on: "New Hampshire Farmer's Market Directory" |
| <b>Farm Stands</b><br><br>List of Farm Stands in NH (updated periodically)*.<br>Single farms selling produce directly to customers.                                                                                              |  | <a href="https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm">https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm</a><br><br>*Once on the website scroll down and click on: "New Hampshire Farm Stand Directory"      |
| <b>Community Supported Agriculture</b><br><br>List of CSAs in NH (updated periodically)*.                                                                                                                                        |  | <a href="https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm">https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm</a><br><br>*Once on website scroll down and click on: "New Hampshire CSA Directory"                 |

## ■ Health & Wellness Education, In-person

| Resource Information                                                                                                                                                                                                                                                                                                                                                                                                                    | QR                                                                                  | Contact Information                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Aging Mastery Program – classes at Granite VNA</b><br><br>10, 90-minute classes for older adults to gain skills and tools to manage their health, remain economically secure, and contribute actively to society as they age.                                                                                                                                                                                                        | Unavailable                                                                         | <b>Class meetings dependent on staff capacity.</b><br>Recommended to call and ask for program availability.<br><br><b>Phone:</b> 603-224-4093                                                                                                                                                                                                                                                                                    |
| <b>Hannaford Dietitian Free In-store classes</b><br><br>List, by town, of local dietitian's contact info, link to schedule of free In-Store Demos, Activities & Events. Activities & events are available upon request and include the options of interactive virtual classes, personalized tours (onsite or virtual) and off-site events.                                                                                              |    | <a href="https://www.hannaford.com/health-wellness/dietitians/free-classes-demos-nh">https://www.hannaford.com/health-wellness/dietitians/free-classes-demos-nh</a><br><br>If you do not have a store with a dietitian, send nutrition questions to <a href="mailto:dietitian@hannaford.com">dietitian@hannaford.com</a><br>There is also the option to sign up to receive emails on handouts, recipes, nutrition tips and more. |
| <b>NH Fall Prevention Hub – Fall Prevention Classes</b><br><br>8, 2-hour classes to help older adults, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.                                                                                                                                                                                                     |    | <a href="https://nhfalls.org/programs/falls-prevention-map.php">https://nhfalls.org/programs/falls-prevention-map.php</a><br><br><b>Email:</b> <a href="mailto:falls.prevention@hitchcock.org">falls.prevention@hitchcock.org</a><br><br><b>Phone:</b> 603-653-3415                                                                                                                                                              |
| <b>Walk With Ease – Free Online Classes</b><br><br>University of NH offers 6-week workshops (1 hour per week) through zoom using any device. Walk on your own schedule. Pre-registration is required to attend weekly support and share group. Persons with disabilities requiring special accommodations should contact the program prior to the event. Given ample time, they will make any reasonable effort to make accommodations. |  | <a href="https://extension.unh.edu/health-well-being/programs/walk-ease">https://extension.unh.edu/health-well-being/programs/walk-ease</a><br><br><b>Email:</b> <a href="mailto:rebecca.betts@unh.edu">rebecca.betts@unh.edu</a><br><br><b>Phone:</b> 603-679-9447                                                                                                                                                              |

## Health & Wellness Education, Online

| Resource Information                                                                                                                                                                                                                                                                                                                                   | QR                                                                                  | Contact Information                                                                                                                                                                                                                                                                                                                         |
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| <b>Generations Online – Self-Guided</b><br><br>Online classes available to guide you through how to find and sign up for a vaccine locally, and how to use telehealth.                                                                                                                                                                                 |    | <a href="https://www.generationsonline.com/">https://www.generationsonline.com/</a><br><br><b>Email:</b> <a href="mailto:KBurke.GoL@comcast.net">KBurke.GoL@comcast.net</a><br><br><b>Phone:</b> 215-222-6400                                                                                                                               |
| <b>Hannaford Dietitian – Free Online Classes</b><br><br>Free online classes covering nutrition trends, living with diabetes, heart health, meal planning on a budget and more.*                                                                                                                                                                        |    | <a href="https://www.eventbrite.com/o/hannaford-dietitians-30746473208">https://www.eventbrite.com/o/hannaford-dietitians-30746473208</a><br><br>*Once on the website scroll down to <b>Events</b> and choose from Upcoming or Past classes.<br><br><b>Email:</b> <a href="mailto:dietitian@hannaford.com">dietitian@hannaford.com</a>      |
| <b>Understanding Diabetes: Reducing Risk – Free Online Class</b><br><br>Lists dates and times of available classes led by Hannaford dietitian, covers the pre-diabetes & diabetes diet. Explore the role nutrition plays in managing blood sugar, reducing risk factors, and lowering risk of diabetes side effects, particularly in type 2 diabetes.* |    | <a href="https://www.eventbrite.com/e/understanding-diabetes-reducing-risk-tickets-117437381369?aff=ebdsoporgprofile">https://www.eventbrite.com/e/understanding-diabetes-reducing-risk-tickets-117437381369?aff=ebdsoporgprofile</a><br><br>*Website allows you to reserve your spot by selecting a date and time that works best for you. |
| <b>Heart Healthy Eating – Free Online Class</b><br><br>Lists dates and times of available classes led by a Hannaford Dietitian discussing foods that can help improve your blood pressure, cholesterol, and overall health.                                                                                                                            |  | <a href="https://www.eventbrite.com/e/heart-healthy-eating-tickets-114187907104?aff=ebdsoporgprofile">https://www.eventbrite.com/e/heart-healthy-eating-tickets-114187907104?aff=ebdsoporgprofile</a><br><br>*Website allows you to reserve your spot by selecting a date and time that works best for you.                                 |
| <b>Nutritious Meals on a Budget – Free Online Class</b><br><br>Lists dates and times of available classes led by a Hannaford dietitian, learn to incorporate foods that fit your budget, and shopping habits that will save you time and money throughout the year.                                                                                    |  | <a href="https://www.eventbrite.com/e/nutritious-meals-on-a-budget-tickets-227242296827?aff=ebdsoporgprofile">https://www.eventbrite.com/e/nutritious-meals-on-a-budget-tickets-227242296827?aff=ebdsoporgprofile</a>                                                                                                                       |
| <b>Chronic Disease Self-Management Program – Free Online Classes</b>                                                                                                                                                                                                                                                                                   |  | <a href="https://extension.unh.edu/health-well-being/programs/chronic-disease-self-management-program#workshops">https://extension.unh.edu/health-well-being/programs/chronic-disease-self-management-program#workshops</a>                                                                                                                 |

## ■ Health & Wellness Education, Online

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| <p>Evidence-based self-management programs designed to give you the skills, tools, and confidence you need to help take control of your chronic condition(s). Caregivers of those who manage chronic conditions or pain are also encouraged to participate.</p>                |                                                                                   | <p><b>Phone:</b> 603-255-3716<br/> <b>Email:</b> <a href="mailto:melissa.lee@unh.edu">melissa.lee@unh.edu</a></p>                                                          |
| <p><b>SNAP-Ed - Nutrition Connections – Online classes and resources</b></p>                                                                                                                                                                                                   |  | <p><a href="https://extension.unh.edu/health-well-being/programs/nutrition-connections">https://extension.unh.edu/health-well-being/programs/nutrition-connections</a></p> |
| <p>Nutrition Connections provides nutrition education at no cost to low-income families with children and seniors. We reach people through group or individual meetings. Adults with children and seniors who receive SNAP, WIC, CSFP, FANF, or SSI automatically qualify.</p> |                                                                                   |                                                                                                                                                                            |
| <p><b>Powerful Tools for Caregivers – Granite VNA</b></p>                                                                                                                                                                                                                      |  | <p><a href="https://www.granitevna.org/calendar/">https://www.granitevna.org/calendar/</a></p>                                                                             |
| <p>Course for any NH resident 50+ on self-care skills to help manage being a caregiver. Held 1-2x per year. Recommended to call and ask for program availability.</p>                                                                                                          |                                                                                   | <p><b>Phone:</b> 603-224-4093</p>                                                                                                                                          |

## ■ Social, Emotional, and Recovery Support

| Resource Information                                                                                                                                                                                                                                                                                                                                                 | QR                                                                                  | Contact Information                                                                                                                                                                                                               |
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| <b>Caregiver Connection – Online Support Group</b><br><br>Support group for family caregivers to connect and support each other through similar challenges in a safe space. Recommended to call and ask for program availability.                                                                                                                                    |    | <a href="https://www.granitevna.org/calendar/">https://www.granitevna.org/calendar/</a><br><br><b>When:</b> 4 <sup>th</sup> Thur. every month. 10-11am<br><b>Phone:</b> 603-224-4093                                              |
| <b>Waypoint</b><br><br>Free online or in-person activities such as support groups, social events, and classes. Link to general activities page.                                                                                                                                                                                                                      |    | <a href="https://waypointnh.org/activities/">https://waypointnh.org/activities/</a><br><br><b>Phone:</b> 603-518-4000                                                                                                             |
| <b>AmeriCorps Senior Companion Program – Volunteer and Recipient</b><br><br>Provides friendly visitation and transportation to homebound adults. Volunteers also provide respite to family caregivers in need of a break. Visits available M-F 8:30am-4:30pm. Must be 55 and meet income requirements. Call to register.                                             |    | <a href="https://capbm.org/Senior-Companion">https://capbm.org/Senior-Companion</a><br><br><b>Phone:</b> 603-225 -3286                                                                                                            |
| <b>AARP Friendly Voice – Phone Calls</b><br><br>Trained AARP Friendly Voice volunteers standing by ready to chat, listen, or just say hello. Also available in Spanish. The caller ID will say “800 Service.” Please take note of this number so that you recognize it when a volunteer calls. If you have voice mail and you miss the call we will leave a message. |  | <a href="https://www.aarp.org/home-family/friends-family/friendly-voice/">https://www.aarp.org/home-family/friends-family/friendly-voice/</a><br><br><b>English Phone:</b> 1-888-281-0145<br><b>Spanish Phone:</b> 1-888-497-4108 |
| <b>WellnessLink</b><br><br>Assists in connections to conversations, classes, activities and events in local communities. Hosts community calendar to share and promote statewide events                                                                                                                                                                              |  | <a href="https://wellnesslinknh.org/community-calendar/?tribe_ecp_custom_3[0]=Online">https://wellnesslinknh.org/community-calendar/?tribe_ecp_custom_3[0]=Online</a><br><br><b>Phone:</b> 1-866-452-1693, press 2                |

## ■ Social, Emotional, and Recovery Support

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| (online and in-person) for Granite Staters age 60 and over.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                     |                                                                                                                                                                                               |
| <b>Community-Based Recovery – support services</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    | <a href="https://www.dhhs.nh.gov/programs-services/health-care/recovery-support-services">https://www.dhhs.nh.gov/programs-services/health-care/recovery-support-services</a>                 |
| Provides information on recovery support services for individuals and families in NH. Including housing, family supports and peer recovery support service organizations.*                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                     | <i>Once on the website greater detail is provided including contact information.</i>                                                                                                          |
| <b>Recovery Community Centers – Center locations</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |    | <a href="https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/rco-referral-guide.pdf">https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/rco-referral-guide.pdf</a> |
| Provides location of peer-led and peer-run agencies that provide services to support people in their recovery from alcohol and drug use problems. All recovery centers throughout the state of New Hampshire are low barrier and no cost for services; the only requirement is a desire to focus on your recovery.*                                                                                                                                                                                                                                                                 |                                                                                     | Once on the website you can find local providers information, location and contact information.                                                                                               |
| <b>Interventions &amp; Crisis Lines for Mental Health and Substance Misuse</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                     |                                                                                                                                                                                               |
| <b>NH Rapid Response Access Point</b><br>Available 24/7 for any adult, youth, or family experiencing a mental health or substance use crisis in New Hampshire. Responder can talk or come to see caller in person<br><b>Call 988 Someone to talk to</b><br>For suicide prevention and behavioral health crises that <u>do not</u> require emergency services response. Connects callers to the national network of call centers.<br><b>211 NH Doorway</b><br>For individuals with substance use disorder. Provides information, resources and referral to local community services. |                                                                                     | <b>Phone:</b> Call or text NH Rapid Response at 833-710-6477<br><br><b>Phone:</b> 988<br><b>Veterans:</b> Press 1 for the Veterans Crises Line<br><br><b>Phone:</b> 211                       |
| <b>NH Harm Reduction Coalition</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | <a href="https://www.nhhrc.org/">https://www.nhhrc.org/</a>                                                                                                                                   |
| Provides compassionate supports, advocacy, education, and care coordination (for complex cases) to people who use                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                     | <b>Email to contact them directly:</b> <a href="mailto:info@nhhrc.org">info@nhhrc.org</a><br><br><b>Mailing Address:</b> 1 Washington Street, Suite 3114, Dover, NH 03821                     |

## ■ Social, Emotional, and Recovery Support

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| drugs. They work collaboratively with other harm reduction programs.                                                                                                                                                                                                                                                                                                                                                                               |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Referral Education Assistance &amp; Preventions Program (REAP)</b>                                                                                                                                                                                                                                                                                                                                                                              |    | <a href="https://smhc-nh.org/our-services/older-adult-services-reap/">https://smhc-nh.org/our-services/older-adult-services-reap/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| REAP counselors provide older adults and their caregivers with brief counseling, technical assistance, and educational programs to address concerns around mental health, substance use and cognitive functioning. Services are available to NH residents age 60 and over; anyone living in Senior Housing; caregivers and family members of anyone eligible for REAP; and professionals who work with and/or on the behalf of older adults in NH. |                                                                                     | <p><b>Phone, Portsmouth:</b> 603-431-6703</p> <p><b>Phone, Exeter:</b> 603-772-2710</p> <p><b>Call:</b> 1-866-634-9412 <i>-If you have questions about eligibility</i></p> <p><b>Address:</b></p> <p><b>Other:</b> Website offers a brochure you can download that includes a list of local Community Mental Health Centers.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Veterans Crisis Line</b>                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Service provided through the U.S. Department of Veterans Affairs                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                     | <b>Phone:</b> 988, then press 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Veterans Suicide Prevention Coalitions</b>                                                                                                                                                                                                                                                                                                                                                                                                      |  | <p>More information and points of contact:</p> <p><a href="https://www.dnavs.nh.gov/community-based-military-programs/nh-veterans-coalitions">https://www.dnavs.nh.gov/community-based-military-programs/nh-veterans-coalitions</a></p> <p><a href="https://www.dhhs.nh.gov/programs-services/population-health/regional-public-health-networks">https://www.dhhs.nh.gov/programs-services/population-health/regional-public-health-networks</a></p> <p>Click on the NH DMAVS link above for the most up to date contact information for the coalitions.</p> <p><b>For more information:</b></p> <p><b>Phone:</b> 603-203-3641; Justin Moeling, LSW serving as Community Engagement &amp; Partnerships Coordinator for Veteran suicide prevention through Manchester, VA.</p> <p><b>Email:</b> <a href="mailto:contact-John.moeling@va.gov">contact-John.moeling@va.gov</a></p> |
| Community coalitions of Veterans' family members and community members interested in supporting Veterans. Coalitions promote education, advocacy, outreach, and social connectedness events. 8 coalitions are Imbedded within RPHNs.                                                                                                                                                                                                               |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

■ **Local Resources:** *Content on this page will be completed and maintained by user.*

| Resource Information |  | Contact Information                    |
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|                      |  | Email:<br>Phone:<br>Address:<br>Other: |
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