

SAU #63 Community Resource List

DIAL 2-1-1 and contact NH 2-1-1 24 hours a day, 7 days a week to find local and statewide resources or visit www.211nh.org

Abuse or Neglect

DCYF Nashua

Central Intake: 1-800-894-5533

www.cac-nh.org

CASA of NH

603-626-4600

www.casanh.org

Bereaved Children & Teens

Adolescent Grief & Loss Support

Eleanor Owen: 603-420-1914

www.childrengrieve.org

www.dougy.org

www.compassionatefriends.org

www.grievingstudents.com

Clothing

SHARE Clothing Barn

1 Columbus Ave, Milford, NH 03055

603-673-9898

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

Dental

Greater Nashua Dental Connection

31 Cross St., Nashua NH 03060

603-879-9314

www.greaternashuadentalconnection.org

Department of Health and Human Services-Nashua

26 Whipple St, Nashua, NH 03060

603-883-7726

www.dhhs.nh.gov

Disabled Children

Social Security

1-800-772-1213

1-800-325-0778

www.socialsecurity.gov

Domestic Violence

NH Coalition Against Domestic & Sexual Violence

<https://www.nhcadsv.org/>

Bridges Milford

16 Elm St, Ste 2 Milford, NH 03055

603-672-9833

www.bridgesnh.org/resources/greater-nashua-milford-resources/

Bridges Nashua

28 Concord St, Nashua, NH 03064

Nashua: 603-889-0858

www.bridgesnh.org/resources/greater-nashua-milford-resources/

Elderly Services

www.dhhs.nh.gov/programs-services/adult-aging-care

English Classes (ESL)

Adult Learning Center

4 Lake St, Nashua, NH 03060

603-882-9080

www.nashuaalc.org/adult-programs/english-for-speakers-of-other-languages-esol/

Families

Granite State Child & Family Counseling
(Provides a variety of services)

468 Route 13 South Milford, NH 03055

603-672-1881

www.granitestatechild.com

Family Guidance Center

16 Elm St Milford NH

603-672-5005

www.familyguidancecenternh.com

Child and Family Services

464 Chestnut St Manchester NH

603-518-4000

www.cfsnh.org

Bridges Milford
16 Elm St, Ste 2 Milford, NH 03055
603-672-9833
www.bridgesnh.org/resources/greater-nashua-milford-resources/

Food

SHARE Clothing Barn
1 Columbus Ave, Milford, NH 03055
603-673-9898
www.sharenh.org/

WIC
<https://www.fns.usda.gov/wic/applicant-participant/eligibility>

Open Cupboard Food Pantry
6 Burns Hill Rd #5, Wilton, NH 03086
603-809-6114

Meals on Wheels
46 Milford St, Manchester NH
603-424-9967
www.hcmow.org

Nashua Soup Kitchen and Shelter, Inc.,
603-880-4689 or 603-889-7770
www.sjnnh.org or www.nskns.org

Fuel Assistance

Electrical Assistance, Neighbor
Helping Neighbor, Fuel Assistance,
And weatherization: 603-924-2243

Southern NH Services (CAP)
Peterborough Office: 603-924-2243
Milford Office: 603-673-0756

Grief Support Resources

NH Victim's Office of Victim/Witness
Assistance
Tol Free: 1-800-300-4500 or
603-271-1284
www.doj.nh.gov/bureaus/victims-compensation-program
TDD Access Relay NH 1-800-735-2964

Center for Loss in Multiple Births
www.climb-support.org

Web Healing
www.webhealing.com

SUID/SID Resource Center
www.sidscenter.org

Grief Haven
www.griefhaven.org

The Healing Place
www.thehealingplaceinfo.org

Good Grief - Grief Support Center for Children
& Families
www.goodgrief.org/links.html

Mothers against Drunk Driving
www.madd.org

POMC
www.pomc.com

Homeless & Transitional Housing
Department of Health & Human Services
www.dhhs.nh.gov/programs-services/homeless-services/shelter-services

Anne-Marie House
3 Crown St, Nashua NH
603-883-7338
www.familypromisesnh.org

Families in Transition
122 Market St, Manchester NH
603-641-9441
www.fitnh.org

Nashua Soup Kitchen & Shelter
2 Quincy St, Nashua NH
603-889-7770
www.nskns.org/housing-shelter

Liberty House - for Veterans:
221 Orange St, Manchester NH
603-669-0761
www.libertyhousenh.org

Marguerite's Place
87 Palm St. Nashua NH
603-598-1582
www.margueritesplace.org

The Way Home
214 Spruce St, Manchester, NH
603-218-1452

Housing

NH Housing Finance Authority
Family Self Sufficiency FSS
1-800-439-7247

www.nhhfa.org/rental-assistance/housing-choice-voucher-program/family-self-sufficiency

Harbor Homes
77 Northeaster Blvd, Nashua NH
603-821-5620

www.harborcarenh.org

Jobs

Unemployment Office
6 Townsend West Nashua NH
603-882-5177

www.nhes.nh.gov/locations/nashua.htm

NH Works Job Match System
<https://nhworksjobmatch.nhes.nh.gov/vosnet/default.aspx>

Legal Assistance

603 Legal Aid, NH Legal Advice & Referral Center

93 South State St, Ste 200 Concord NH
603-224-3333

www.603legalaids.org

Medical/Health

Cancer/Terminally Ill

National Cancer Institute
800--422-6237

www.cancer.gov

American Cancer Society:
Response Line: 1-800--227-2345

www.cancer.org

Harbor Care Health &
Wellness Center
45 High St, Nashua NH
603-821-7788

www.harborcarenh.org

Lamprey Health Care,
22 Prospect St, Nashua NH
603-883-1626

www.lampreyhealth.org/locations/nashua-center

Health Resources in the greater Nashua Area

www.nashuanh.gov/DocumentCenter/View/2571/Template-Health-Resources-Flyer-English-PDF

Medical Equipment

Charron Medical Services
222 Main St, Nashua NH
800-660-7221

www.charronmed.com

Colonial Medical
14 Celina Ave Unit 1 Nashua, NH
603-881-8351
800- 323-6794

www.colonialmedical.com

Medical Equipment
www.dartmouth-hitchcock.org/patients-visitors/medical-equipment

Wingate's Pharmacy: 882-9733
www.wingatespharmacy.com

Mental Health 24/7

[NH Rapid Response Access Point](#) – **Call/Text 1-833-710-6477** – If you or someone you care about is experiencing a mental health and/or substance use crisis, you can call and speak to trained and caring clinical staff. You'll be served by compassionate providers from mental health centers in your community who can help you access vital resources in an emergency.

[988 Suicide & Crisis Lifeline](#) – **Call or text 988** for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. (Chat option is also available at 988lifeline.org).

[Veterans Crisis Line](#) – Veterans and their loved ones can call 988 and Press 1, [chat online](#), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.

[The 988 Suicide & Crisis Lifeline](#) is committed to inclusive mental health support for all. Specialized LGBTQI+ services are available nationwide for youth and young adults to connect with a skilled, compassionate counselor 24/7 via text, call, and chat. Text PRIDE to 988. Press 3 when calling 988. Select LGBTQI+ in the pre-chat survey at [988lifeline.org](#).

[Crisis Text Line](#) – Free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.

[The National Maternal Mental Health Hotline](#) provides free 24/7 confidential support, resources and referrals to pregnant and postpartum mothers facing mental health challenges (and their loved ones). Call or text 1-833-TLC-MAMA (1-833-852-6262).

[Trans Lifeline](#) – Call 1-877-565-8860 for a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have.

[Disaster Distress Helpline](#) – Call 1-800-985-5990 for a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

For additional resources, visit NAMI New Hampshire's [The Connect Program](#).

[Recognize the Warning Signs](#) for Suicide to Save Lives

Substance Abuse and Mental Health Services Administration (SAMHSA)
800-662-HELP (4357)

National Hopeline Network:
800-SUICIDE (784-2433)

National Suicide Prevention Lifeline:
800-273-TALK (8255) | for the hearing impaired: 1-800-799-4889

National Youth Crisis Hotline: 1-800-448-4663

SUICIDE HOTLINE – 988

Abortion Hotline – 800-772-9100

Al-Anon/Alateen –800-356-9996

Alcoholics Anonymous – 212-870-3400

American Trauma Society – 800-5567890

Compulsive Gambling Hotline --800-LOSTBET

Center for Substance Abuse Treatment (CSAT) -- 800-662-HELP

Grief Recovery Helpline – 800-445-4808

Narcotics Anonymous -- (818) 773-9999

National Clearinghouse for Alcohol & Drug Info -- 800-729-6686

National Council on Alcoholism and Drug Dependence Hope Line –
800- 475-HOPE

National Institute of Mental Health Depression and Panic Disorder Hotline -- 800-421-4211

National Mental Health Association –
800- 969-6642

National Mental Health Services Knowledge Exchange Network – 800-789-CMHS

NYU Health and Wellness Relaxation –
212-404-3800

Relapse Prevention Hotline – 800-RELAPSE

Mental Health (Local)

Positive Pathways Behavioral Health
15 Main St, Unit 10 Wilton NH
603-721-2173

www.positivepathways.clientsecure.me

Family Guidance Center of Milford
16 Elm St Milford NH
603-672-5005

www.familyguidancecenternh.com

Greater Nashua Mental Health Center
Multiple Locations
603-889-6147
www.gnmhc.org

24/7 Rapid Response Access Point for
Behavioral Crisis Support
1-833-710-6477 or chat at NH988.com

Harbor Homes
77 Northeaster Blvd, Nashua NH
603-821-5620
www.harborcarenh.org

Riverbend Treatment Works
24/7 Crisis Support 1-833-710-6477
www.riverbendcmhc.org

Monadnock Family Services
64 Main St, Keene NH
603-357-5270
www.mfs.org

Mental Health Center of Greater
401 Cypress Street, Manchester, NH
603-668-4111
www.mhcgmm.org

Monadnock Area Peer Support Agency, 24
Vernon St Keene NH
Respite 603-352-5093
www.monadnockpsa.org

New Heights Behavioral Consultants
www.newheightsga.com/resources

Attention Deficit Disorder

NAMI HelpLine -800-950-NAMI (6264) or email
info@nami.org for support and resources

National Resource Center (NRC)
866- 200-8098 Monday–Friday, 1–5 PM ET for
questions about ADHD

Attention Deficit Disorder Association
(ADDA): Call 800- 939-1019 for technical or
membership assistance

LifeStance Health Therapists & Psychiatrists- Various Locations

Bedford, NH
8 Commerce Drive, Suite 305 Bedford, NH
Phone: 603-824-8782
[See Location Detail](#)

Concord, NH
70 Commercial Street, Suite 200 Concord, NH
Phone: 603-824-8782
[See Location Detail](#)

Dover, NH
16 5th Street Dover, NH
Phone: 603-824-8782
[See Location Detail](#)

Exeter, NH
24 Front Street, Suite 100 Exeter, NH
Phone: 603-824-8782
[See Location Detail](#)

Londonderry, NH
77 Gilcreast Road, Suite 3000
Londonderry, NH
Phone: 603-824-8782
[See Location Detail](#)

Manchester, NH
148 Coolidge Avenue Manchester, NH
Phone: 603-824-8782
[See Location Detail](#)

Manchester, NH
15 Nelson Street, 2nd Floor Manchester, NH
Phone: 603-824-8782
[See Location Detail](#)

Nashua, NH
15 Trafalgar Square, Suite 202 Nashua, NH
Phone: 603-824-8782
[See Location Detail](#)

Nashua, NH
1 Main Street Nashua, NH
Phone: 603-824-8782
[See Location Detail](#)

Nashua, NH
30 Temple Street Nashua, NH
Phone: 603-824-8782
[See Location Detail](#)

Nashua, NH
8 Auburn Street Nashua, NH
Phone: 603-824-8782
[See Location Detail](#)

Peterborough, NH
45 Main Street, Suite 101 Peterborough, NH
Phone: 603-824-8782
[See Location Detail](#)

Portsmouth, NH
100 Eileen Dondero Foley Ave, Ste 302
Portsmouth, NH
Phone: 603-824-8782
[See Location Detail](#)

Portsmouth, NH
539 Islington Street, Suite 4 Portsmouth, NH
Phone: 603-824-8782
[See Location Detail](#)

Salem, NH
25 Pelham Road, Suite 203 Salem, NH
Phone: 603-824-8782
[See Location Detail](#)

Milford Regional Counseling Service
15 Union St Milford NH
603-673-2508
www.mrcs.org

Family Guidance Center of Milford
16 Elm St Milford NH
603-672-5005
www.familyguidancecenternh.com

Granite State Child & Family Services
468 Route 13 South Milford NH
603-672-1881
www.granitestatechild.com

Acadia Counseling
One Chalet Dr, Ste 106 Wilton, NH
(603) 654-2181
www.nhhealthcost.nh.gov/provider/acadia-counseling/costs/medical

Sarah Benoit, LICSW
468 Route 13 South Milford NH
Milford: 603-601-4686
www.sarahcbenoit.com

Charlene Curtis, LICSW
109 Ponemah Rd Amherst NH
603-672-0344

Ralph Natale, Jr PhD
31 Old Nashua Rd Amherst NH
603-320-7390

Barton Bryant, PhD
109 Ponemah Rd # 12, Amherst NH
603-673-1661

David Brower, MDiv, STM, PhD
Life Resource Center
17 Old Nashua Rd, Amherst, NH
Amherst: 603-673-7700

Kristie Plumb, LCMHC, LADC-Merrimack Valley Counseling Assoc.
39 Simon St, Unit 2A Nashua NH
603-888-4347
www.merrimackvalleycounseling.org

Psychiatrists
Dr. Devra Cohen
6 Concord St, Nashua NH
603-598-0022

Dr. Kaladish, Amherst
109 Ponemah Rd, Amherst, NH
603-673-5558

Pregnancy Options & Counseling

Free Women's Center
30 Temple St, Ste 315 Nashua NH
603-883-9355
Phone: 603-883-1122
**Text: 603-623-1122
infonashua@realoptionsnh.org
www.carenetnh.org

Free Women's Center
340 Granite St, Unit 202 Manchester
Phone: 603-623-1122
**Text: 603- 623-1122
infomanchester@realoptionsnh.org
www.carenetnh.org

Lamprey Health Care,
22 Prospect St, Nashua
603-883-1626
www.lampreyhealth.org/locations/nashua-center

Planned Parenthood
Manchester Health Center
24 Pennacook St Manchester NH
603-669-7321
[Manchester Planned Parenthood](http://www.plannedparenthood.org/locations/manchester)

Planned Parenthood
Derry Health Center
4 Birch St. Derry NH
603-434-1354
[Derry Planned Parenthood](http://www.plannedparenthood.org/locations/derry)

Planned Parenthood
Keene Health Center
8 Middle St. Keene NH
603-352-6898
[Keene Planned Parenthood](http://www.plannedparenthood.org/locations/keene)

Prescription Assistance Programs

Costco Member Prescription Program
800-806-0129 www.costco.com

CVS/pharmacy Health Savings Pass
888-616-CARE (2273)
www.cvs.com/healthsavingspass

Hannaford Healthy Saver Plus 866-315-6421
www.hannaford.com Humana

Walmart-Preferred Rx Plan 800-899-0679
www.walmart.com/rxplan NH

Medication Bridge Program 603-415-4297
<http://www.healthynh.com>

Rite Aid Rx Savings Program 800-700-3957
www.riteaid.com RX Hope 1-877-267-0517
www.rxhope.com RX Assist www.rxassist.org

RxRelief Pharmacy Discount Card
855-251-3690 www.rxreliefcard.com

Shaw's Osco Pharmacy 877-728-6655
<http://www.shawsoscopharmacies.com>

Southern New Hampshire Health System & St.
Joseph Hospital 603-577-2348
<http://www.snhhs.org/Prescription-Assistance>
OR <http://www.stjosephhospital.com/Community-Health-Programs/PrescriptionAssistance-Program>

Target Pharmacy 877-798-2743
www.target.com/pharmacy/generics

The Salvation Army 603-889-5151
www.use.salvationarmy.org

Walgreens Prescription Savings Club
866-922-7312
www.walgreens.com/rxsavingsclub

Preventative Health Care Services

City of Nashua, Division of Public Health and
Community Services
603-589-4560
www.nashuanh.gov/497/Public-Health-Community-Services

- HIV/STD/Hepatitis C Testing
- Immunizations

CVS Pharmacy
800-746-7287
www.cvs.com/immunizations/get-vaccinated

- Immunizations

Hannaford Pharmacy

866-315-6421

www.hannaford.com/pharmacy

- Blood pressure screenings
- Immunizations

Harbor Care Health & Wellness Center

603-821-7788

www.harborhomes.org

- Blood pressure screening
- Body composition testing
- Blood glucose testing
- Cancer screenings
- Cholesterol checks
- Immunizations

Lamprey Health Care-Nashua

603-883-1626

www.lampreyhealth.org

- Cancer screenings
- Immunizations

NH Colorectal Cancer Screening Program

603-653-3702

www.cancer.dartmouth.edu

- Colonoscopy

NH Breast Cancer Coalition

www.nhbcc.org/resources

800-854-3345 x 4931

- Cancer screenings

Southern NH Health System

603-577-2000

www.snhhs.org

- Blood pressure screenings
- Cancer screenings

St. Joseph Hospital

603-882-3000

www.stjosephhospital.com

- Blood pressure screening
- Cancer screenings

Walgreens

800-925-4733

www.walgreens.com

- Blood pressure screenings
- Body Composition testing
- Blood glucose testing
- Cholesterol checks
- Cancer screenings
- Immunizations

Social Security, Nashua

800-772-1213

Substance Issues

Alcohol Hotline: 800--331-2900

Al-Anon for Families of Alcoholics:

800-344-2666

Alcohol Treatment Referral Hotline:

800-252-6465

Alcohol Abuse and Crisis Intervention:

800-234-0246

Child and Family Services-Manchester:

603-668-1920

- IOP (intensive outpatient program)
- 12 Week program/4-8pm MWF

Youth Council (Nashua): 603-889-1090

Richard Berke, PhD: 603-672-4150

82 Ponemah Rd, Amherst, NH

Keystone Hall: 603-881-4848

www.keystonehall.org

Drugs-Alcohol-Lack of School Success **(The Youth Council-Nashua NH)**

112 W. Pearl St. #2

Nashua, NH 03060

603-889-1090

Transportation

FISH 603-673-7372

Care Ride Wheelchair Transportation:

759-3994 or 897-0556

The CareGivers, Inc., 603-595- 4502

Nashua Transit System/Souhegan Valley
Transportation 603-880-0100

Local Welfare

Local Welfare 603-249-0672

Now at the Share Center
One Columbus Ave, Milford NH

State Welfare 603-883-7726

3 Pine Street Ext, Suite Q, Nashua NH

[Website](#)

- Food stamps
- APTD
- TANF
- Child care subsidy
- Child support: 1-800-852-3345
- Healthy Kids: 1-877-464-2447
- Elderly Services

Oral Health

Greater Nashua Dental Connection
603-879-9314

www.nashuadentalconnection.org

Urgent Care Centers

Concentra Urgent Care
603-889-2354

www.concentra.com

Health Stop
603-888-9200

Immediate Care of Southern NH
603-577-2273

www.immediatecareofsnh.org

- Elderly services
- Health care (Medicaid)

New Hampshire Dept. of Energy – Community Action Agencies

www.energy.nh.gov/consumers/help-energy-and-utility-bills/community-action-agencies

Veterans Supportive Services

603-882-3616