

## 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](http://www.211nh.org)*

### **Abuse or Neglect**

#### **DCYF Nashua**

Central Intake: 1-800-894-5533

[www.cac-nh.org](http://www.cac-nh.org)

#### **CASA of NH**

603-626-4600

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

### **Addiction and Mental Health Resources for Students**

### **Addiction Resources for Parents**

### **Bereaved Children & Teens**

Adolescent Grief & Loss Support

Eleanor Owen: 603-420-1914

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

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

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

[www.grievingstudents.com](http://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](http://www.greaternashuadentalconnection.org)

### **Department of Health and Human Services-Nashua**

26 Whipple St, Nashua, NH 03060

603-883-7726

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

### **Disabled Children**

Social Security

1-800-772-1213

1-800-325-0778

[www.socialsecurity.gov](http://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/](http://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/](http://www.bridgesnh.org/resources/greater-nashua-milford-resources/)

### **Elderly Services**

[www.dhhs.nh.gov/programs-services/adult-aging-care](http://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/](http://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](http://www.granitestatechild.com)

Family Guidance Center

16 Elm St Milford NH

603-672-5005

[www.familyguidancecenternh.com](http://www.familyguidancecenternh.com)

Child and Family Services  
464 Chestnut St Manchester NH  
603-518-4000  
[www.cfsnh.org](http://www.cfsnh.org)

Bridges Milford  
16 Elm St, Ste 2 Milford, NH 03055  
603-672-9833  
[www.bridgesnh.org/resources/greater-nashua-milford-resources/](http://www.bridgesnh.org/resources/greater-nashua-milford-resources/)

## Food

SHARE Clothing Barn  
1 Columbus Ave, Milford, NH 03055  
603-673-9898  
[www.sharenh.org/](http://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](http://www.hcmow.org)

Nashua Soup Kitchen and Shelter, Inc.,  
603-880-4689 or 603-889-7770  
[www.sjnnh.org](http://www.sjnnh.org) or [www.nskns.org](http://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](http://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](http://www.climb-support.org)

Web Healing  
[www.webhealing.com](http://www.webhealing.com)

SUID/SID Resource Center  
[www.sidscenter.org](http://www.sidscenter.org)

Grief Haven  
[www.griefhaven.org](http://www.griefhaven.org)

The Healing Place  
[www.thehealingplaceinfo.org](http://www.thehealingplaceinfo.org)

Good Grief - Grief Support Center for Children  
& Families  
[www.goodgrief.org/links.html](http://www.goodgrief.org/links.html)

Mothers against Drunk Driving  
[www.madd.org](http://www.madd.org)

POMC  
[www.pomc.com](http://www.pomc.com)

## Homeless & Transitional Housing

Department of Health & Human Services  
[www.dhhs.nh.gov/programs-services/homeless-services/shelter-services](http://www.dhhs.nh.gov/programs-services/homeless-services/shelter-services)

Anne-Marie House  
3 Crown St, Nashua NH  
603-883-7338  
[www.familypromisesnh.org](http://www.familypromisesnh.org)

Families in Transition  
122 Market St, Manchester NH  
603-641-9441  
[www.fitnh.org](http://www.fitnh.org)

Nashua Soup Kitchen & Shelter  
2 Quincy St, Nashua NH  
603-889-7770  
[www.nskns.org/housing-shelter](http://www.nskns.org/housing-shelter)

Liberty House - for Veterans:  
221 Orange St, Manchester NH  
603-669-0761  
[www.libertyhousenh.org](http://www.libertyhousenh.org)

Marguerite's Place  
87 Palm St. Nashua NH  
603-598-1582  
[www.margueritesplace.org](http://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](http://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](http://www.harborcarenh.org)

## Jobs

Unemployment Office  
6 Townsend West Nashua NH  
603-882-5177  
[www.nhes.nh.gov/locations/nashua.htm](http://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](http://www.603legalaids.org)

## Medical/Health

**Cancer/Terminally III**  
National Cancer Institute  
800--422-6237  
[www.cancer.gov](http://www.cancer.gov)

American Cancer Society:  
Response Line: 1-800--227-2345  
[www.cancer.org](http://www.cancer.org)

Harbor Care Health &

Wellness Center  
45 High St, Nashua NH  
603-821-7788  
[www.harborcarenh.org](http://www.harborcarenh.org)  
Lamprey Health Care,  
22 Prospect St, Nashua NH  
603-883-1626  
[www.lampreyhealth.org/locations/nashua-center](http://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](http://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](http://www.charronmed.com)

Colonial Medical  
14 Celina Ave Unit 1 Nashua, NH  
603-881-8351  
800- 323-6794  
[www.colonialmedical.com](http://www.colonialmedical.com)

Medical Equipment  
[www.dartmouth-hitchcock.org/patients-visitors/medical-equipment](http://www.dartmouth-hitchcock.org/patients-visitors/medical-equipment)

Wingate's Pharmacy: 882-9733  
[www.wingatespharmacy.com](http://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](https://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](https://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](http://www.positivepathways.clientsecure.me)

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

[www.familyguidancecenternh.com](http://www.familyguidancecenternh.com)

Greater Nashua Mental Health Center  
Multiple Locations  
603-889-6147

[www.gnmhc.org](http://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](http://www.harborcarenh.org)

Riverbend Treatment Works  
24/7 Crisis Support 1-833-710-6477

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

Monadnock Family Services  
64 Main St, Keene NH  
603-357-5270

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

Mental Health Center of Greater  
401 Cypress Street, Manchester, NH  
603-668-4111

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

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

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

New Heights Behavioral Consultants  
[www.newheightsga.com/resources](http://www.newheightsga.com/resources)

## **Attention Deficit Disorder**

NAMI HelpLine -800-950-NAMI (6264) or email  
[info@nami.org](mailto: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](http://www.mrcs.org)

Family Guidance Center of Milford  
16 Elm St Milford NH

603-672-5005  
[www.familyguidancecenternh.com](http://www.familyguidancecenternh.com)

Granite State Child & Family Services  
468 Route 13 South Milford NH  
603-672-1881  
[www.granitestatechild.com](http://www.granitestatechild.com)

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



800-806-0129 [www.costco.com](http://www.costco.com)

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

Hannaford Healthy Saver Plus 866-315-6421  
[www.hannaford.com](http://www.hannaford.com) Humana

Walmart-Preferred Rx Plan 800-899-0679  
[www.walmart.com/rxplan](http://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](http://www.riteaid.com) RX Hope 1-877-267-0517  
[www.rxhope.com](http://www.rxhope.com) RX Assist [www.rxassist.org](http://www.rxassist.org)

RxRelief Pharmacy Discount Card  
855-251-3690 [www.rxreliefcard.com](http://www.rxreliefcard.com)

Shaw's Osco Pharmacy 877-728-6655  
<http://www.shawsoscopharma.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](http://www.target.com/pharmacy/generics)

The Salvation Army 603-889-5151  
[www.use.salvationarmy.org](http://www.use.salvationarmy.org)

Walgreens Prescription Savings Club  
866-922-7312  
[www.walgreens.com/rxsavingsclub](http://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](http://www.nashuanh.gov/497/Public-Health-Community-Services)

- HIV/STD/Hepatitis C Testing
- Immunizations

Updated 2024

## 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](mailto:infonashua@realoptionsnh.org)  
[www.carenetnh.org](http://www.carenetnh.org)

Free Women's Center  
340 Granite St, Unit 202 Manchester  
Phone: 603-623-1122  
\*\*Text: 603- 623-1122  
[infomanchester@realoptionsnh.org](mailto:infomanchester@realoptionsnh.org)  
[www.carenetnh.org](http://www.carenetnh.org)

Lamprey Health Care,  
22 Prospect St, Nashua  
603-883-1626  
[www.lampreyhealth.org/locations/nashua-center](http://www.lampreyhealth.org/locations/nashua-center)

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

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

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

## Prescription Assistance Programs

Costco Member Prescription Program

CVS Pharmacy

800-746-7287

[www.cvs.com/immunizations/get-vaccinated](http://www.cvs.com/immunizations/get-vaccinated)

- Immunizations

Hannaford Pharmacy

866-315-6421

[www.hannaford.com/pharmacy](http://www.hannaford.com/pharmacy)

- Blood pressure screenings
- Immunizations

Harbor Care Health & Wellness Center

603-821-7788

[www.harborhomes.org](http://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](http://www.lampreyhealth.org)

- Cancer screenings
- Immunizations

NH Colorectal Cancer Screening Program

603-653-3702

[www.cancer.dartmouth.edu](http://www.cancer.dartmouth.edu)

- Colonoscopy

NH Breast Cancer Coalition

[www.nhbcc.org/resources](http://www.nhbcc.org/resources)

800-854-3345 x 4931

- Cancer screenings

Southern NH Health System

603-577-2000

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

- Blood pressure screenings
- Cancer screenings

St. Joseph Hospital

603-882-3000

[www.stjosephhospital.com](http://www.stjosephhospital.com)

- Blood pressure screening

- Cancer screenings

Walgreens

800-925-4733

[www.walgreens.com](http://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](http://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](http://www.nashuadentalconnection.org)

## **Urgent Care Centers**

Concentra Urgent Care  
603-889-2354

[www.concentra.com](http://www.concentra.com)

Health Stop  
603-888-9200

Immediate Care of Southern NH  
603-577-2273

[www.immediatecareofsnh.org](http://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](http://www.energy.nh.gov/consumers/help-energy-and-utility-bills/community-action-agencies)

## **Veterans Supportive Services**

603-882-3616