

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

626-4600

www.casanh.org

Bereaved Children & Teens

Adolescent Grief & Loss Support

Eleanor Owen: 420-1914

www.childrengrieve.org

www.dougy.org

www.compassionatefriends.org

www.grievingstudents.com

Child Care

Tumbleweeds 654-5390

Boys & Girls Club 672-1002

Clothing

SHARE Clothing Barn

at St. Pat's Church

(603) 673-3660

Dental

Greater Nashua Dental Connection

(603) 879-9314

Dr. Krothapalli & Dr. Gondi

493 Amherst Street, Nashua

(603) 883-2232

Department of Health and Human Services-Nashua

(603) 883-7726

Disabled Children

Social Security

1-800-772-1213

1-800-325-0778

www.socialsecurity.gov

Domestic Violence

Bridges, Milford: (603) 672-9833

Nashua: 762-9833 or 889-0858

Elderly Services

Service Links: 1-866-634-9412

www.nh.gov/servicelink

Gateways: (603) 459-2742

English Acquisition

Adult Learning Center, Nashua

(603) 882-9080

Families

Granite State Child & Family Counseling

(Provides a variety of services)

468 Route 13 South

Milford, NH 03055

(603) 672-1881

Family Guidance Center

672-5005

www.familyguidancecenternh.com

Parent Information Center

800-947-7005

The Youth Council

889-1090

www.theyouthcouncil.org

Child and Family Services
518-4000
www.cfsnh.org

Bridges
672-9833
*For Direct 24/7 Emergency Assistance
Call: 883-3044
www.bridges.com

Food

SHARE, Milford: 673-9898

WIC: 1-877-211-0723

Open Cupboard, Wilton: 654-2635

Meals on Wheels 424-9967

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

Fuel Assistance

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

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

Grief Support Resources

NH Victim's Office of Victim/Witness
Assistance
Toll Free: 1-800-300-4500 or
603-271-1284

TDD Access Relay NH 1-800-735-2964

www.misschildren.org

www.aplacetoremember.com

www.climb-support.org

<http://sudc.org/page.asp>

www.webhealing.com

www.sidscenter.org

www.griefhaven.org

www.thehealingplaceinfo.org

www.goodgrief/org/links.html

www.madd.org

www.pomc.com

Homeless & Transitional Housing

Anne-Marie House, Hudson: 883-7338

Families in Transition: 641-9441
Nashua Soup Kitchen & Shelter:
883-1101

Liberty House - for Veterans: 669-0761

Marguerite's Place: 598-1582

The Way Home: 627-3491

Healthy Kids Insurance

Caitlin Hart 228-2925 ext. 338

Housing

NH Housing Finance Authority:
1-800-439-7247

Harbor Homes-Nashua: 882-3616

Jobs

Unemployment, 6 Townsend West:
882-5177
NH Works @ nhworks.org
www.nh.craigslist.com

Legal Assistance

NH Legal Advice & Referral Center:
224-3333

Medical/Health

Cancer/Terminally Ill

Cancer Information Service:
(800)-422-6237

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

Harbor Care Health &
Wellness Center: 821-7788

Lamprey HealthCare, Nashua: 883-1626
Wright and Associates Family
282 State Rt. 101, Amherst
(603) 249-1107

Medical Equipment

Charron Medical Services: 800-660-7221
www.charronmed.com

Keene Medical Supply: 449-4770
www.keenemedicalproducts.net

Techmed: 596-8717
www.techmedhomecare.com

The Fall Safety Store: 881-8351
www.colonialmedical.com

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

Mental Health

Family Guidance Center: 672-5005

Concord Behavioral Health
Michael Zoltko (603) 272-6500

Greater Nashua Mental Health Center:
889-6147

24-Hour Emergency Hotline:

1-800-762-8191
www.gnmhc.org

Harbor Homes: 821-7788

Riverbend: 1-800-852-3323
www.riverbendcmhc.org

Monadnock Family Services: 357-5270
www.mfs.org

Mental Health Center of Greater
Manchester: 668-4111
www.mhcgmm.org

Milford Regional Counseling: 673-2508
www.mrcs.org

National Youth Crisis Hotline
1-800-448-4663

Emotional Distress: 1-800-LIFENET

H.E.A.R.T.S.: 603-882-8400
www.heartspsa.org

Keystone Hall: 603-881-4848
www.keystonehall.org

Attention Deficit Disorder:
(800)-223-4050

National Foundation for Depressive
Illness: (800)-248-4344

SUICIDE PREVENTION:
1-800-563-5393

DEATH: Grief Recovery Hotline
1-800-445-4808

The Counseling Center

Nashua Office

1 Main St.
Nashua, NH 03064
(603) 883-0005

Peterborough Office

45 Main St.
Peterborough, NH 03458
(603) 924-3331

Manchester Office

697 Union St.
Manchester, NH 03104
(603) 627-3111

Merrimack Office

294 D.W. Hwy
Merrimack, NH 03054
(603) 883-0005

Milford Regional Counseling Service

673-2508

Family Guidance Center of Milford

672-5005

Granite State Child & Family Services

672-1881

Sue Kim-Clinical Psychologist**The Youth Council-Nashua**

1134 Gibbons HWY
Wilton, NH 03086 (603) 654-2181

Sarah Benoit, LICSW

Milford: 601-4686

Charlene Curtis, LICSW

Amherst: 672-0344

Ralph Natalie, PhD

Amherst: 672-4156

Barton Bryant, PhD

Amherst: 673-1661

**David Brower, PhD/Pastoral
Counseling**

Amherst: 673-7700

Delia Kostner, PhD

Amherst: 672-3839

**Kristie Plumb, LCMHC, LADC-
Merrimack Valley Counseling Assoc.**

Nashua: 888-4347

Poison Control

800-222-1222

Psychiatrists

Dr. Devra Cohen, Nashua
598-0022

Dr. Kaladish, Amherst
673-5558

**Pregnancy Options &
Counseling**

Crisis Pregnancy Center Nashua
883-9355

www.carenetnh.org

Lamprey Health Care and Teen-to-Teen
Clinic

883-1626

www.lampreyhealth.org

Care Net Pregnancy Center of Nashua
883-1122

www.carenetnh.org

Planned Parenthood

1-866-476-1321

www.Plannedparenthood.org

Rx 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
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

Rx Relief Pharmacy Discount Card
855-251-3690
www.rxreliefcard.com

Shaw's Osco Pharmacy
877-728-6655
www.shawsoscopharmaies.com

Southern NH Health System & St.
Joseph Hospital
577-2348
www.snhhs.org/prescription-assistance

www.stjosephhospital.com/community-health-programs/prescription-assistance-program

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

The Salvation Army
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
589-4560 www.nashuanh.gov

- HIV/STD/Hepatitis C Testing
- Immunizations

CVS Pharmacy
800-746-7287
www.cvs.com

- Immunizations

Hannaford Pharmacy
866-315-6421
www.hannaford.com

- Blood pressure screenings
- Immunizations

Harbor Care Health and Wellness Center 821-7788
www.harborhomes.org

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

Lamprey Health Care-Nashua
883-1626
www.lampreyhealth.org

- Cancer screenings
- Immunizations

NH Colorectal Cancer Screening
Program 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

577-2000

www.snhhs.org

- Blood pressure screenings
- Cancer screenings

St. Joseph Hospital

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

1-800-844-0134

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): 889-1090

Richard Berke, PhD: 672-4150

82 Ponemah, Rd, Amherst, NH

Keystone Hall: 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 673-7372

Care Ride Wheelchair Transportation:

759-3994 or 897-0556

The CareGivers, Inc., 595- 4502

Nashua Transit System/Souhegan

Valley Transportation 880-0100

Veterans Supportive Services

882-3616

Local Welfare

Share Center

One Columbus Ave, Milford

(603) 249-0672 or (603) 673-9898

State Welfare

3 Pine Street, Ext. Suite Q, Nashua

www.nheasy.nh.gov

- Food Stamps
- APTD
- TANF
- Child Care subsidy
- Child support: 271-4427
- Elderly services
- Health care (Medicaid)

Welfare-Susan Drew

673-3735

Wilton Town Health Officer

Gary Zirpolo 654-2222 (Wilton Ambulance Office as well)

Vision & Hearing

Lions Sight and Hearing Foundation of NH 566-0691

www.nhlions.org/LS&H.htm

Southern NH Health System

603-577-2000

www.snhhs.org

Urgent Care Centers

Concentra Urgent Care

603-889-2354

www.concentra.com

Health Stop

888-9200

Immediate Care of Southern NH

577-2273

www.immediatecareofsnh.org