

The New Hampshire Council on Developmental Disabilities has compiled this listing to help people with intellectual/developmental disabilities and their families find the information, services, and support they need.

A complete version of the resource guide is available at [NHDDresources.wordpress.com](https://nhddresources.wordpress.com) or by calling 603-271-7038.

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Information and Referral Services, Guidebooks and Online Resources

NH Family Voices

<https://nhfv.org/>

(603) 271-4525, (800) 852-3345 ext. 4525 (in NH only)

Last updated 6/12/23

A “Family to Family Health and Education Center” assisting families of children and young adults with chronic health, physical, developmental, and mental health challenges. Provides one-to-one phone assistance, educational materials, online resources, a lending library, and quarterly newsletter.

Maneuvering Through the Maze

<https://nhfv.org/2022/07/updated-maneuvering-through-the-maze/>

A comprehensive resource guide of state health and human services agencies, educational resources, private associations, and organizations that serve people in New Hampshire with physical, developmental, mental health and chronic illnesses and their families, from birth to adulthood. Produced by NH Family Voices.

Parent Information Center on Special Education (PIC)

<https://picnh.org/>

54 Old Suncook Road, Concord, NH 03301

(603) 224-7005, (800) 947-7005 (NH only)

Telephone/email support to families with questions about early supports and services, special education, and other disability-related concerns, interactive workshops for parents, volunteer advocate training and informational materials (online and printed).

Disability Rights Center – NH (DRC)

<http://www.drcnh.org>

64 N Main St #2, Concord, NH 03301

(603) 228-0432, (800) 834-1721 (V/TTY)

Information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related issues. Online resources and materials available on many disability-related topics. Federally funded Protection and Advocacy Center.

ServiceLink Aging & Disability Resource Centers

<https://www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink>

(866) 634-9412

From local offices throughout the state, helps individuals access long-term services, supports and resources, access family caregiver information, explore options and understand and access Medicare and Medicaid. After-hours appointments are available as needed. Callers are

connected to the ServiceLink office in their area. Funded by the State of New Hampshire and federal government.

Online ServiceLink Community Services and Supports
Resource Directory: <http://www.referweb.net/nhsl/>

Brain Injury Association of New Hampshire

<http://www.bianh.org>

52 Pleasant St, Concord, NH 03301

(603) 225-8400, (800) 773-8400

The Brain Injury Association of New Hampshire (BIANH) is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education, and advocacy for survivors and caregivers.

Governor's Commission on Disability

<http://www.nh.gov/disability>

121 S Fruit St #101, Concord, NH 03301

(800) 852-3405, (603) 271-2773

disability@gcd.nh.gov

Provides information on the Americans with Disabilities Act (ADA) and accessibility issues, including accessible parking spaces, housing, voting and transportation. Online list of state and federal government benefit programs for people with disabilities.

NH Statewide Independent Living Council (SILC)

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

54 Regional Drive, Suite 5, Concord, NH 03301

(603) 271-2773

Jennifer.i.beaulieu@gcd.nh.gov or info@silcnh.org

Provides a monthly resource newsletter, archives of past issues and online "tip sheets" on benefits, housing, and health care, based on an independent living philosophy. A federally funded, independent, cross-disability council.

NH Family Ties (Formerly Parent to Parent of NH)

<https://nhfamilyties.org/>

<https://www.communitybridgesnh.org/services/nh-family-ties/>

(603) 225-4153, (800) 499-4153 ext. 241

Provides parent matches between experienced parents, who have “been there,” with new or referred parents of children with special needs just beginning to meet the challenges of a disability or chronic health condition. Available through the area agency network as part of their family support services. NH Family Ties provides information and referral to community resources, services, support groups, state support programs, and others.

2-1-1 New Hampshire

<http://www.211nh.org>

(866) 444-4211 (or dial 211), (603) 634-3388 (TTY)

Information and referral for general human services including help with food, emergency housing, employment, health care and counseling is available by dialing 211 in NH or (866) 444-4211 from out of state. Operated by United Ways of New Hampshire.

NHCarePath

<https://www.dhhs.nh.gov/programs-services/adult-aging-care/nhcarepath>

(866) 634-9412

Designed as New Hampshire’s “front door” to quickly connect individuals of all ages, abilities, and income levels to a full range of community services and supports, including housing, transportation, financial assistance, Medicaid, veterans’ services, mental health, drug, and alcohol services. Operated by the NH Department of Health and Human Services.

Office of Disability Employment Policy – Federal Agency

<https://www.dol.gov/agencies/odep/topics>

200 Constitution Ave NW, Washington, DC 20210

(866) 487-2365

The Office of Disability Employment Policy (ODEP) is the only non-regulatory federal agency that promotes policies and coordinates with employers and all levels of government to increase workplace success for people with disabilities.

NH Easy Gateway to Services/Division of Family Assistance

<https://nheasy.nh.gov/>

129 Pleasant St., Concord, NH 03301

(844) 275-3447

DHHS offers online services through NH EASY Gateway to Services, New Hampshire's

Electronic Application System. Learn how to apply for assistance, check eligibility, track your application status, and more by visiting the NH EASY Gateway to Services web page.

Bureau of Developmental Services (BDS) New Hampshire's Rights & Responsibilities Booklet
<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/nhrightsandresponsibilities012024.pdf>

This booklet, intended for individuals receiving developmental or acquired brain disorder services, aims to share the rights and responsibilities granted to these individuals. Additionally, the booklet walks these individuals through the importance and how to of self-advocacy. It discusses, in plain language, types of abuse that may be experienced by individuals with developmental/intellectual disabilities and those with acquired brain disorders. Along with this, it breaks down the rights and responsibilities of these individuals when it comes to daily life and receiving services. At the end of the document, there is information on how to report instances of abuse, neglect, and removal of rights.

Information and Resources on Specific Disabilities or Topics

Advocacy and Self-Advocacy

ABLE NH

(765) 422-5364

<http://www.ablenh.org>

Info@ABLEnh.org

ABLE (Advocates Building Lasting Equality) advocates for the human and civil rights of all children and adults with disabilities and promotes full participation by improving systems of supports, connecting families, inspiring communities, and influencing public policy.

New Hampshire Council on Developmental Disabilities

2 ½ Beacon Street, Suite 10, Concord, NH 03301

(603) 271-3236

<http://www.nhcdd.nh.gov>

Federally funded agency that supports public policies and initiatives to remove barriers and promote opportunities in all areas of life. Its mission includes “dignity, full rights of citizenship, cultural diversity, equal opportunities, and full participation for all New Hampshire citizens with developmental disabilities.” Members are appointed by the Governor and represent

people with developmental disabilities, parents, guardians, and agencies that serve people with disabilities.

New Hampshire Leadership Series

(603) 862-4320, (800) 735-2964 (TTY)

<https://iod.unh.edu/nh-leadership>

NHLeadershipSeries.iod@unh.edu

Intensive 7-session leadership training provides parents and people with disabilities with information and strategies to effectively impact local and state organizations regarding issues related to individuals with disabilities and their families.

People First of New Hampshire

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

2 ½ Beacon Street, Suite 10, Concord

(603) 359-5863

peoplefirstnh@gmail.com

Statewide self-advocacy organization and umbrella for 17 self-advocacy groups for people with intellectual and other developmental disabilities. Provides resources, training, and support.

Call for the contact information of the chapter in your area or how to start one.

Autism

Department of Applied Psychology

Antioch University New England

<http://www.antiochne.edu>

40 Avon Street, Keene, NH 03431

(800) 552-8380

admissions@antiochne.edu

Offers practice-oriented, values-based graduate study. Master's degrees in education, environmental studies, management, and psychology; doctoral degrees in environmental studies and psychology. Offering an Autism Spectrum Disorders Certificate program for teachers, counselors, speech-language pathologists, psychologists, advocates, occupational therapists, and others.

Association for Autism and Neurodiversity

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

85 Main Street, Suite 3, Watertown, MA 02472

(617) 393-3824, (866) 597-AANE

The Association for Autism and Neurodiversity (AANE)'s mission is to foster awareness, respect, acceptance, and support for individuals with AS and related conditions and their families.

Blind and Visually Impaired

Future in Sight

<http://www.futureinsight.org>

25 Walker St., Concord, NH 03301

(603) 224-4039

info@futureinsight.org

A nonprofit organization dedicated to transforming the lives of those who are blind or visually impaired and their families. Provides a range of services in education, rehabilitation, and social services for infants and toddlers, children (3-21), adults and seniors.

NH Services for the Blind and Visually Impaired

21 South Fruit Street, Suite 20, Concord, NH 03301

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/programs-and-services/services-blind-and-vision-impaired>

(603) 271-3494, (800) 735-2964

Provides those services necessary to help people with visual loss to enter, re-enter, or maintain employment. Most services are provided without charge to the referred individual. Services for Blind and Visually Impaired Program is supported by state and federal tax dollars.

Brain Injury

Brain Injury Association of New Hampshire

<http://www.bianh.org>

52 Pleasant St, Concord, NH 03301

(603) 225-8400, (800) 773-8400

The Brain Injury Association of New Hampshire (BIANH) is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education, and advocacy for survivors and caregivers.

Bullying

NH Department of Education

Bullying and Cyber Bulling Resources

<https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/bullying-cyber-bullying>

(603) 271-2299

Stephen.Berwick@doe.nh.gov

2299 New Hampshire-based resources regarding bullying and cyber-bullying. This resource has contact information to report instances of bullying and cyber-bullying and laws pertaining to them.

StopBullying.gov

<http://www.stopbullying.gov>

A federal website that provides information from various government agencies about what bullying is, what cyberbullying is, who is at risk, and how to prevent and respond to bullying.

Children with Disabilities or Significant Medical Needs

Your Child's Pediatrician

Provides the gateway to proper assessment, diagnosis, and initial treatment, services, and supports.

Your Child's Local School District

If you have a child with a disability who is eligible for special education services, your child may receive services from ages 3-21. Contact your school district before your child turns three — the age at which the school district becomes responsible for your child's education.

NH Medicaid for Children

Coverage for children up to age 19 and "Katie Beckett" option

<https://www.dhhs.nh.gov/programs-services/medicaid/nh-medicaid-medical-assistance-eligibility/nh-medicaid-medical>

129 Pleasant Street, Concord, NH 03301

(800) 735-2964

Provides comprehensive health and dental insurance to NH children ages 0-19 for families without access to insurance or for whom it is unaffordable (formerly NH Healthy Kids). Also, Home Care for Children with Severe Disabilities (HCCSD), commonly known as the “Katie Beckett” option, is available for severely disabled children up to age 19, whose medical disability is so severe that they qualify for institutional care but are being cared for at home. Only the income and resources of the disabled child are counted towards eligibility for this program.

In-Home Support (IHS) Waiver for Children with Severe Disabilities

NH DHHS Bureau of Developmental Services

105 Pleasant St., Concord, NH 03301

<https://www.dhhs.nh.gov/documents/dltss-ih-waiver>

(800) 852-3345, ext. 5034

Helps children with the most significant medical and behavioral challenges requiring long-term supports and services, who live at home with their families, are Medicaid eligible, and meet the ICF/MR level of care and other qualifications of the program. The goal of the IHS waiver is to provide services, which are necessary to allow the individual to remain at home with his/her care-giving family. Services are provided through the Developmental Disabilities Area Agencies.

Birth To 3: Family Centered Early Supports & Services

NH DHHS Bureau of Developmental Services

105 Pleasant Street Concord, NH 03301

<https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/birth-3-family-centered-early-supports>

(603) 271-4488, (800) 852-3345, ext. 5034

A program designed for children birth through age two who have a diagnosed, established condition with a high probability of delay, are experiencing developmental delays, or are at risk for substantial developmental delays if supports and services are not provided. FCESS is delivered in the family’s home by designated non-profit and specialized service agencies located throughout the state.

Special Medical Services

NH Department of Health and Human Services

129 Pleasant St., Concord, NH 03301

<https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs-0>

(800) 852-3345 ext 4488, (603) 271-4488

The NH Title V Program for Children with Special Health Care Needs. Administers health programs and services for children ages birth to 21 years, who have, or are at risk for a chronic medical condition, disability, or special health care need. Works together with families and their health care providers, community agencies and schools to obtain access to needed health care and related services. Provides care coordination services; support for child development and neuro-motor clinics; nutritional and feeding/swallowing consultation; psychological and physical therapy services.

NH Partners in Health

129 Pleasant St., Concord, NH 03301

(603) 271-4488, (800) 656-3333, (800) 735-2964 (TDD)

Helps families of children with a chronic health condition that significantly impacts daily life. Partners in Health's role is to advocate, access resources, navigate systems and build capacity to manage the chronic health condition of their child. Locations throughout the state. No income requirements.

Deaf and Hard of Hearing

Northeast Deaf and Hard of Hearing Services Inc.

<https://ndhhs.org/>

56 Old Suncook Rd., Suite 6, Concord, NH 03301

(603) 224-1850, (603) 224-0691 (TTY)

Video Phone (VP): 968-5889

info@ndhhs.org

New Hampshire's "one-stop" resource for services specific to the Deaf and Hard of Hearing community and for information about hearing loss.

Dental Services

Donated Dental Services

Dental Lifeline Network

<http://dentallifeline.org/new-hampshire/>

(303) 534-5360, (800) 292-1531, (603) 826-6408

jpeca@DentalLifeline.org

A statewide program that provides comprehensive treatment by volunteer dentists to elderly, disabled and medically challenged individuals.

Developmental Disabilities and Acquired Brain Disorders

NH DHHS Bureau of Developmental Services

<https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services>

105 Pleasant St., Concord, NH 03301

(603) 271-5034, (800) 852-3345 ext. 5034

The NH developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities through 10 designated non-profit area agencies that serve specific geographic regions.

Supports include:

- Service coordination
- Day and vocational services
- Personal care services
- Community support services
- Early Supports and Services and Early Intervention
- Assistive technology services
- Specialty services and family supports (including respite services and environmental modifications)
- In-Home Support (IHS) Waiver for Children with Severe Disabilities

For area agencies and communities served:

<http://www.dhhs.nh.gov/dcbcs/bds/agencies.htm>

Easterseals NH

<https://eastersealsnh.org/>

John A. Samenfeld Center (headquarters)

555 Auburn Street

Manchester, NH 03103

603.623.8863 | 800.870.8728

- Autism
- Brain Injury
- Children with Disabilities or Significant Medical Needs
- Developmental Disabilities and Acquired Brain Disorders
- Employment
- Housing (we have offerings for veterans, seniors)
- Independent Living – Adults with Physical Disabilities

Last updated 6/12/23

- Legal Assistance
- Mental Health and Suicide Prevention
- Transition
- Transportation

Employment

Work Incentive Resource Center

<https://iod.unh.edu/work-incentives-resource-center>

Developed by the Institute on Disability as part of a larger effort in collaboration with Granite State Independent Living and the New Hampshire Granite State Employment Project to expand employment for individuals with disabilities through greater awareness and use of work incentives.

New Hampshire Vocational Rehabilitation Regional Locations

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/about-vr/find-your-regional-office>

A list of Vocational Rehabilitation offices.

Regional Offices:

Berlin	(603) 752-2271	650 Main Street, Suite 110, Berlin, NH 03570
Concord	(603) 271-2327	21 South Fruit Street, Suite 20, Concord, NH 03301
Keene	(603) 357-0266	149 Emerald Street, Unit T, Keene, NH 03431
Manchester	(603) 669-8733	1 Sundial Avenue, Suite 201 N, Manchester, NH 03103
Nashua	(603) 889-6844	1 Sundial Avenue, Suite 201 N, Manchester, NH 03103
Portsmouth	(603) 436-8884	210 Commerce Way, Suite 120, Portsmouth, NH 03801

Vocational Rehabilitation

NH Department of Education

Bureau of Vocational Rehabilitation

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation>

21 South Fruit St., Suite #20, Concord, NH 03301

(800) 299-1647

Helps people with disabilities find employment.

NHWorks

<https://www.nheconomy.com/office-of-workforce-opportunity/partners>

(603) 271-7275

Information center for job seekers and employers. Lists current job openings, NH economic and labor market information, education and training programs, employment laws, small business resources, and locations. Work Centers provide technical assistance to prepare resumes and cover letters, job search workshops, employment counseling, aptitude and skills testing, and career exploration tools. Sponsored by the NH Workforce Opportunity Council.

GED/Adult Education

NH Bureau of Adult Education

GED & Adult Education Information

<http://www.nhadulted.org>

21 South Fruit St., Suite 20, Concord, NH 03301

(603) 271-6699

Supports educational services to adults who have not received a high school diploma or GED certificate or who do not read, write, or speak English. Grants to school districts and not-for-profit organizations make it possible for local adult education programs to serve adult learners whose skills range from very basic to high school level.

Partnership in Employment: Supporting Adults with Intellectual and Developmental Disabilities in their Communities

http://www.aucd.org/docs/resources/pie_adults_Nov2014_families.pdf

A project of the Institute for Community Inclusion at the University of Massachusetts Boston, and the National Association of State Directors of Developmental Disabilities Services.

Overview of day and employment services for people with developmental disabilities and guidance for those assisting supporting them.

Government Benefits/Agencies

Apply Online for Benefits with NH EASY

<https://nheasy.nh.gov>

New Hampshire's Electronic Application System (NH EASY) offers NH residents a fast and easy way to apply online for cash, medical, childcare, Medicare savings program and food stamp benefits.

NH Department of Health and Human Services

<http://www.dhhs.nh.gov>

129 Pleasant St., Concord, NH 03301

(800) 852-3345

Provides services for individuals, children, families, and seniors, and administers programs and services for mental health, developmental disabilities, substance abuse and public health. The DHHS website contains a description of programs and services administered by the department and information about how to apply.

NH DHHS District Offices

<https://www.dhhs.nh.gov/about-dhhs/locations-facilities>

Local offices to apply for Medicaid, financial assistance, food stamps and other benefits.

Social Security

<http://www.ssa.gov>

70 Commercial St., Suite 100, Concord, NH 03301

(800) 772-1213, (800) 325-0778 (TTY)

(603) 228-5206 (FAX)

Applicants for SSDI and SSI can file for benefits online at SSA.gov website, by phone or by visiting a local Social Security Office.

Special Education

NH Department of Education

Bureau of Special Education

<https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support>

101 Pleasant St., Concord, NH 03301

(603) 271-3741

Online reports, data, and regulations relative to special education.

NH Circuit Court — Probate Division

<https://www.courts.nh.gov/our-courts/circuit-court/probate-division>

1 Granite Place, Suite N400, Concord, NH 03301

(855) 212-1234

probateservice@courts.state.nh.us

The Circuit Court Probate Division has jurisdiction over all matters related to wills, trusts and estates, guardianships and involuntary commitment proceedings, adoptions, name changes and partition of real estate. Probate judges preside over these cases from courthouses located in each of the 10 counties in NH.

Housing

NH Housing Finance Authority

<http://www.nhhfa.org>

32 Constitution Dr., Bedford, NH 03110

(603) 472-8623, (800) 640-7239

(603) 472-2089 (TDD)

A self-supporting public benefit corporation. The Authority administers a broad range of programs designed to assist low- and moderate-income people and families to obtain decent, safe, and affordable housing. Home ownership programs, multi-family housing programs and rental assistance programs.

Local Public Housing Authorities

https://www.hud.gov/states/new_hampshire

Provides housing for low-income people and families in local communities.

Brain Injury Association of New Hampshire Housing Assistance Guide

<https://img1.wsimg.com/blobby/go/73501c8c-d97a-4233-9179-2f30b7c98191/downloads/72005-BIA-web.pdf?ver=1610460953527>

Lists assistance resources compiled by the Brain Injury Association, including housing resources.

Granite State Independent Living (GSIL) Home Access Modification

<https://www.gsil.org/services/home-access-modification/>

Trained staff assess accessibility needs and provide referrals to licensed vendors throughout NH. May also assist in establishing a plan and identifying funding sources for accessibility projects.

USDA Rural Development in Vermont/New Hampshire

<https://www.rd.usda.gov/vt-nh>

(802) 828-6080

Works to improve the quality of life in rural areas. Provides technical assistance to communities, and funding and resources for home purchase, apartment rental and repairs.

New Hampshire Community Loan Fund

<http://www.communityloanfund.org>

7 Wall St., Concord, NH 03301

(603) 224-6669

Collaborates with a wide range of donors and lenders, and with business, nonprofit and government partners. Provides financing and support to people with low and moderate incomes for affordable housing.

US Department of Housing and Urban Development (HUD)

New Hampshire Programs and Services

https://www.hud.gov/states/new_hampshire

(603) 666-7510

Assistance with home ownership, subsidized apartments, public housing, foreclosure assistance, homeless resources, and discrimination. Counseling and other services available.

State of NH Foreclosure Prevention Initiative for Immediate Assistance

Dial 211 (in NH)

www.homehelpnh.org

Website with important tips on alternatives to foreclosure as well as other valuable resources, including a list of qualified housing counselors who can offer specific suggestions.

Independent Living — Adults with Physical Disabilities

Granite State Independent Living

Last updated 6/12/23

<https://gsil.org/>

21 Chenell Dr., Concord, NH 03301

(603) 228-9680, (800) 826-3700

New Hampshire's only Independent Living Center. Provides information, specialized services, and peer support for people with disabilities following the principles of personal choice and direction. Provides home care services, personal care, community-based disability supports and employment services including benefit counseling.

Legal Assistance

Guide to New Hampshire Legal Services Programs

https://www.courts.nh.gov/sites/g/files/ehbemt471/files/documents/2021-09/legal_services_brochure.pdf

Produced by the NH Judicial Branch

Disability Rights Center-NH (DRC-NH)

www.drcnh.org

64 North Main Street, Suite 2, 3rd Floor, Concord, NH 03301

(603) 228-0432, (800) 834-1721

Provides information, referral, advice, legal representation, and advocacy to individuals with disabilities on a wide range of disability-related problems including special education, accessibility, employment discrimination, home and community-based services and Medicaid.

603 Legal Aid

<https://www.603legalaids.org/>

93 North State Street, Suite 200, Concord, NH 03301

(603) 224-3333, (800) 639-5290

603 Legal Aid is a civil legal aid provider offering legal representation, advocacy, and education. In partnership with volunteer attorneys and community organizations, 603 Legal Aid works to make justice a reality for and with people who experience economic hardship that threatens their basic human needs. 603 Legal Aid helps low-income people by providing free civil legal advice and information by telephone, by representing someone in court, or through a referral to a volunteer attorney or another program for legal help.

NH Judicial Branch

Self-Help Center

<https://www.courts.nh.gov/self-help>

Basic, practical information about the New Hampshire court system, how it works, and what the procedures are for bringing a case to court.

NH Bar Association Pro Bono Referral Program

<https://www.nhbar.org/legal-services-programs>

(603) 229-0002, (603) 224-6942

Connects low-income individuals with volunteer attorneys who provide free legal services in family law, bankruptcy, consumer, housing, and senior citizen matters.

New Hampshire Legal Assistance

(800) 562-3174

<http://www.nhla.org>

Provides free legal advice and representation to low-income people and older adults in civil matters involving basic needs, including food, shelter, income, medical care, and public benefits.

Berlin (603) 752-1102

Claremont (603) 542-8795

Concord (603) 223-9750

Manchester (603) 668-2900

Portsmouth (603) 431-7411

TTY Dial 711 or (800) 735-2964

The “Law Line” — NH Bar Association

<https://www.nhbar.org/legal-services-programs/lawline/>

(800) 868-1212

Talk to a lawyer free of charge on the 2nd Wednesday of the month, from 6 - 8 p.m.

University of New Hampshire School of Law Civil Practice Clinic

(603) 225-3350

Assists low-income clients with a variety of issues from consumer protection, collection, and foreclosure defense (including Chapter 13 bankruptcy), predatory lending and auto fraud. Will take cases from Merrimack, Belknap, Sullivan, and Hillsborough counties.

Mental Health and Suicide Prevention

Phone 2-1-1

SAMHSA Behavioral Health Treatment Services Locator and Treatment Referral Helpline

<https://findtreatment.gov/>

(800) 662-HELP (4357)

(800) 487-4889 (TDD)

Use the Locator to find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country or call the SAMHSA Treatment Referral Helpline. Free, confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA)

NAMI NH

<http://www.naminh.org>

85 North State St., Concord, NH 03301

(800) 242-6264, (603) 225-5359

info@naminh.org

A statewide network of affiliate chapter support groups, staff and volunteers that provide information, education and support to all families and communities affected by mental illness.

Community Mental Health Centers

NH DHHS Bureau of Behavioral Health

<https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health>

Mental health services: (603) 271-5000 | BMHS@dhhs.nh.gov

Drug & alcohol services: (603) 271-6738 | bdas@dhhs.nh.gov

Children's behavioral health services: (603) 271-5000 | BCBHInquiry@dhhs.nh.gov

TDD Access: Relay NH (800) 735-2964

Regional agencies provide publicly funded mental health services to individuals and families who meet certain criteria for services. Services include 24-hour emergency services, assessment and evaluation, individual and group therapy, case management, rehabilitation, psychiatric services and specialized programs for older adults, children, and families as well as short-term counseling and support.

NH Rapid Response

NH DHHS

<https://www.nh988.com/>

<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/rapid-response.pdf>

Call/Text: (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.

Mental Health Peer Support

NH DHHS Bureau of Behavioral Health

<https://www.dhhs.nh.gov/programs-services/health-care/mental-health/peer-support-agencies>

(800) 852-3345 ext.5000,

(603) 271-5000

Local Peer Support Agencies provide services to adults with mental illness who self-identify as a recipient, former recipient, or at significant risk of becoming a recipient of publicly funded mental health services. Provided by and for people with a mental illness. Includes face-to-face and telephone peer support, outreach, monthly educational events, activities that promote self-advocacy, wellness training, after-hours warm line, and crisis respite.

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

(800) 985-5990, (800) 846-8517 (TTY)

Website and helpline for those affected by a disaster and in need of immediate assistance, information, support, and counseling. Callers are connected to the nearest crisis center.

Center for Disease Control Emergency Preparedness Resources

<https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>

Resources developed by CDC funded State Disability and Health Programs. Public health professionals, emergency personnel and communities can use them to create emergency preparedness and response plans that are inclusive of people with disabilities.

National Suicide Prevention and Crisis Lifeline

Call/Text 988

<https://988lifeline.org/>

Last updated 6/12/23

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(800) 273-TALK (8255)
988 (Call or text in NH)

New Hampshire Suicide Prevention and General Resources

<https://theconnectprogram.org/>

(603) 225-5359, (800) 242-6264

(These are NOT crisis response numbers)

Research and Training

UNH Institute on Disability

<http://iod.unh.edu>

10 West Edge Drive, Suite 101, Durham, NH 03824

(603) 862-4320

(603) 228-2084 (TTY)

(800) 238-2048 (TTY)

Provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people living with disabilities and their families. Offers seminars and workshops, webinars, interdisciplinary evaluation and consultation, leadership training, and customized, on-site support in schools.

Transition

NH Parent Information Center's Life after High School Toolkit

<https://picnh.org/wp-content/uploads/2018/06/Transition-Toolkit-2018v2.pdf>

Strategies, tools, and resources for families of youth with disabilities to assist in creating successful transition plans.

Next Steps NH: Options for Life after High School

<http://nextsteps-nh.org/>

Transition and career development resources for special educators, students, parents, and others interested in increasing transition and career development opportunities for youth with and without disabilities.

National Secondary Transition Technical Assistance Center's Age-Appropriate transition assessments toolkit

https://transitionta.org/wp-content/uploads/docs/TransitionAssessmentToolkit_Updated_2023b.pdf

Designed to help with the selection of assessments for students regarding transition planning.

Disability.gov's Guide to Student Transition Planning

<https://www.dol.gov/sites/dolgov/files/odep/pdf/2013odephealthyreport.pdf>

Link to Healthy Transitions: A pathway to employment for youth with chronic health conditions and other disabilities.

Transportation

NHCarePath transportation webpage

<https://www.dhhs.nh.gov/programs-services/adult-aging-care/nhcarepath/nhcarepath-transportation-resources>

NH Department of Transportation — Public Transportation Information

<https://www.dot.nh.gov/navigating-nh/air-rail-or-bus>

Information about public transportation in New Hampshire, including links to regional transit providers.

National Aging and Disability Transportation Center (NADTC)

www.nadtc.org

Resources and Publications: www.nadtc.org/resources-publications.

Toll Free: (866) 983-3222

contact@nadtc.org.

A program of the U.S. Department of Transportation, Federal Transit Administration, administered by Easterseals and the National Association of Area Agencies on Aging (n4a) with guidance from the U.S. Department of Health and Human Services, Administration for Community Living.