

# *Resource Directory*

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## **Northern New Hampshire Resource List**

\*\*\*Many of the resources in this directory are located in Southern NH and out of state however they cater to the residents of Northern NH\*\*\*

### **Abuse Reporting**

Adults: 603-271-7014 or 1-800-949-0470

Children: (DCYF): 271-6562 or 1-800-894-5533 (fax: 271-6565)

NH Response: RESPONSE Hot Line: 1-866-662-4220

Berlin: 603-752-5679

Colebrook: 603-237-8746

Lancaster: 603-788-2562

<http://www.coosfamilyhealth.org/response.htm>

### **Addiction Resources (also see Substance Abuse/Treatment)**

Alanon – Alateen

603-645-9518

[www.nhal-anon.org](http://www.nhal-anon.org)

Alcoholics Anonymous

NH Area Assembly of Alcoholics Anonymous

Toll Free: 1-800-593-3330

Website: [www.nhaa.net](http://www.nhaa.net)

Grief Recovery After a Substance Passing (GRASP)

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

Heroin Anonymous

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

NH Department of Health and Human Services

Bureau of Drug and Alcohol Services

603-271-6110 or 800-804-0909

After hours- State Referral Line #211

<http://www.dhhs.nh.gov/dcbcs/bdas/index.htm>

New Hampshire Narcotics Anonymous

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

SAMHSA, Substance Abuse and Mental Health Services Administration

Substance Abuse Treatment Facility Locator

1-800-662-HELP (English & Español)

1-800-487-4889 (TTY)

<http://findtreatment.samhsa.gov/TreatmentLocator/faces/about.jsp>

SMART Recovery

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

-NH Alcohol and Drug Information Clearinghouse-

Phone: (800) 804-0909, press 2 or (603) 271-2677

Fax number: (603) 271-6105

[www.dhhs.nh.gov/dcbcs/bdas/library.htm](http://www.dhhs.nh.gov/dcbcs/bdas/library.htm) (brochures/educational materials)

### **Family Support Programs**

NH Family Support Groups

[www.nh4youth.org/families-youth/family-support-groups-substance-use-issues](http://www.nh4youth.org/families-youth/family-support-groups-substance-use-issues)

### **Recovery Centers**

North Country Serenity Center

39 Main Street Littleton, NH, 03561

603-444-1300

<https://nhrecoveryhub.org/north-country-serenity-center>

Hope for NH Recovery

823 Main Street, Berlin, NH, 03570

603-752-9900

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

Navigating Recovery of the Lakes Region

635 Main Street, Suite 303 Laconia NH, 03246

603-524-5939

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

Greater Tilton Area Family Resource Center

5 Prospect Street Tilton, NH 03276

603-286-4255

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

White Horse Recovery Services Center (The Shed)

70 Rt. 16B Center Ossipee, NH 03814

603.651.1441

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

SOS Recovery Community Center

4 Broadway Dover NH 03820

603-841-2350

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

SOS Recovery Community Center

1 Lafayette Road, Unit 1

Hampton, NH 03842,

603-841-2350

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

HOPE for NH Recovery  
293 Wilson Street Manchester NH 03103  
603-935-7524  
[www.hopefornhrecovery.org](http://www.hopefornhrecovery.org)

Safe Harbor Recovery Center  
865 Islington Street Portsmouth, NH 03801  
603-570-9444  
[www.granitepathways.org/shrc](http://www.granitepathways.org/shrc)

Keene Serenity Center 40 Carpenter Street  
34 Mechanic Street  
Keene, NH 03431  
603-283-5015  
[www.kscrecovery.org](http://www.kscrecovery.org)

Revive Recovery Center  
263 Main St Nashua, NH 03060  
1-888-317-8312  
<http://reviverecovery.org>

Gates Recovery Center  
(Faith-based recovery)  
800 Turnpike Road, New Ipswich, NH 03071  
Charlie Saari RC/Pastor (cell): 603-554-7927  
Kathie Saari CRSW/Pastor (cell): 603-801-8125  
[gatesrecoverycenter@gmail.com](mailto:gatesrecoverycenter@gmail.com)  
[www.gatesrecoverycenter.org](http://www.gatesrecoverycenter.org)

### **Recovery Housing**

Gate House Sober Community  
74 Northeastern Boulevard, Suite 10 A, Nashua, NH, 03062  
1-855-448-3588

White Mountain Recovery Homes  
Located: Littleton and Plymouth, NH  
669 Union Street, Littleton, NH  
66 Langdon Street, Plymouth, NH  
603-262-3964

### **Behavioral Health**

**Northern Human Services**  
**Throughout Northern NH**  
**Berlin:** 603-752-1005  
**Community Services:** 603-752-1005  
**Colebrook:** 603-237-4955  
**Littleton:** 603-444-5358  
**Whitefield:** 603-837-9547  
**North Conway:** 603-447-2568

**Woodsville:** 603-747-3658

**Groveton:** 603-636-2555

Keene Center: programs offered are designed for persons with mental and substance use disorders, adolescents, men, and women.

106 Roxbury Street

Keene, New Hampshire 03431

[603-358-4041](tel:603-358-4041) x 6400

### **Acquired Immune Deficiency Syndrome (AIDS)**

Keene

Location: Cheshire Medical Center, 580 Court Street, Keene

Phone: (603) 354-5454 ext. 2185

Hours: Monday through Friday, 9:00 am to 3:00 pm

Lebanon

Location: One Medical Center Drive, Lebanon

Phone: (603) 650-8840 or (603) 650-6060

Hours: Monday through Friday, 8:00 am to 5:00 pm

AIDS Hotline

In New Hampshire: (800) 752-2437

If Calling Out of State: (603) 271-4502

### **Adult Education Programs**

Adult Learner Services Coos County

166 Main St

Berlin, NH 03570

(603) 752 – 1927

<http://coosadultlearnerservices.weebly.com/>

Adult Learner Services Grafton County

75 Bronson Street

Littleton, NH 03561

603-444-6306

### **Adult Protective Services**

Bureau of Elderly & Adult Services (BEAS) 603- 271-7014

Toll Free from within NH at 1-800- 949-0470

NH Response: RESPONSE Hot Line: 1-866-662-4220

Berlin: 603-752-5679

Colebrook: 603-237-8746

Lancaster: 603-788-2562

Groveton: 603-636-1747

<http://www.coosfamilyhealth.org/response.htm>

### **Alzheimer's**

Alzheimer's Association of NH

166 S River Rd #210

Bedford, NH 03110

603-606-6590

**Helpline: 1-800-272-3900**

<http://www.alz.org/MANH/>

**Arthritis**

Arthritis Foundation, Northern and Southern New England Chapter  
PO Box 4067  
Concord, NH 03302  
Phone: 1-800-639-2113 (ME, NH, VT only) or 603-460-4213  
[www.arthritis.org](http://www.arthritis.org)

**Automobile Donation**

[www.goodnewsgarage.org](http://www.goodnewsgarage.org)  
(Lutheran Social Services)

**GNG New Hampshire:**

325B Merrill Street  
Manchester, NH 03103  
1-877-400-6065

**GNG Vermont**

331A North Winooski Ave.  
Burlington, VT 05401  
802-864-3667

**Bed Bugs**

NH Public Health Dept: 877-411-1142

**Cancer**

New Hampshire  
2 Commerce Dr, Bedford, NH 03110  
603- 472-8899 or 1-800-227-2345  
[www.cancer.org](http://www.cancer.org)

Two Rivers Ride for Cancer Inc  
53 Spring St.  
Colebrook, NH 03576  
c/o Rosemary Mulliken

**Let No Woman Be Overlooked - DHHS**

Breast and Cervical Cancer Program  
603-271-4931

Colebrook: Indian Stream Community Health Center, Inc.: 603-237-8336

Coos County Family Health Services (all sites): 603-752-2040

Cottage Hospital (Woodsville): 603-747-2900

Weeks Medical Center (all sites): 603-788-2521

Ammonoosuc Community Health Services (all sites): 603-444-2464

**Children with Chronic Health Conditions Services**

New Hampshire Partners in Health  
Child and Family services  
25 Main St  
Lancaster, NH 03854  
603-788-4172 or 1-800-640-6486 x 4243

Special Needs Support Center  
20 West Park Street, Suite 310  
Lebanon, NH 03766  
(IEP & 504 Assistance)  
Phone: 603-448-6311

Family-Centered Early Support & Services  
Northern Human Services  
(Developmental playgroups)  
Phone: 603-837-9547 x 1223  
Fax: 603-837-9061

Special Medical Services (NH Title V Program for Children with Special Health Care Needs)  
129 Pleasant St  
Concord, NH 03301  
Phone: 603-271-4488 toll free: 800-852-3345 x 4488

### **Choices for Care Contacts (Medicaid Waiver Programs)**

(Long Term Care)

Eligibility is based upon 1) Financial eligibility as determined by Dept of Economic Services and 2) Clinical (medical) as determined by Long Term Care Services.

There are three Medicaid Waiver types...1) Home Based Options known as Flexible Choices 2) Enhanced Residential Care Options for Level 111 Assisted Living and 3) Nursing Home Options

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

New Hampshire Department of Health and Human Services -  
Community Based Care Services, BEAS  
129 Pleasant Street  
Concord, NH 03301  
603-271-7014 Adult Protection Inquiries  
800-949-0470 Toll Free Adult Protection Inquiries  
603-271-4375 Long-Term Care Ombudsman  
<http://www.dhhs.state.nh.us/DHHS/BEAS>

### **Chronic Disease Self Management**

Indian Stream Health Center  
141 Corliss Lane  
Colebrook, NH 03576  
Contact: Lisa Maccini 603-237-8336

Coos County Family Health Services (all sites): 603-752-2040  
Weeks Medical Center (all sites): 603-788-2521  
Ammonoosuc Community Health Services (all sites): 603-444-2464

### **Churches – Providing Temporary Financial Assistance**

Saint Vincent De Paul  
153 Grafton Street  
Berlin, NH 03570  
603-752-4844

Salvation Army  
15 Cole Street  
Berlin, NH 03570  
603-752-1644

First Congregational Church  
122 School Street  
Haverhill, NH 03765  
603-991-5521

Union Congregational Church  
16 Church Lane  
Hebron, NH 03241  
603-744-5883

Plymouth Congregational United Church of Christ  
4 Post Office Square  
Plymouth, NH 03264  
603-536-2626

### **Deaf/Hearing Impaired**

NORTHEAST DEAF AND HARD OF HEARING SERVICES

57 Regional Drive  
Concord, NH 03301  
603-224-0691 TDD  
603-224-1850 Service/Intake  
Email: [info@ndhhs.org](mailto:info@ndhhs.org)

### **Dementia Resources**

Alzheimer's Association- Support Groups in New Hampshire  
Colebrook 603-752-3010 Patty Stolte [pstolte@tccap.org](mailto:pstolte@tccap.org)  
Littleton 603-444-4498 x1502 Shand Wentworth [servicelink@myfairpoint.net](mailto:servicelink@myfairpoint.net)  
[www.alz.org](http://www.alz.org)

### **Dental**

Indian Stream Health Center  
Community Oral Health Program  
141 Corliss Lane, Colebrook, NH 03576  
Contact: Brenda Puglisi: Phone 603-388-2414 Fax 603-388-2441

Ammonoosuc Community Health Services Dental  
25 Mount Eustis Road  
Littleton, NH  
603-444-8112

Coos County Family Dental  
73 Main Street  
Berlin, NH

603-752-2424

**Molar Express**

Emphasis on basic restorative and hygiene care for ages 5-18 and some nursing homes in Coos and Northern Grafton Counties.

603-259-3700

Mid-State Health Center

100 Robie Road

Bristol, NH

603-744-6200

New Hampshire Department of Health and Human Services

129 Pleasant Street

Concord, NH 03301

Phone: 603-271-4440

Tri County Cap, Tamworth Dental

448 White Mountain Hwy

Tamworth, NH 03886

603-323-7645

**Molar Express**

Emphasis on basic restorative and hygiene care for ages 5-18 and some nursing homes in Coos and Northern Grafton Counties

603-259-3700

Mid-State Health Center

100 Robbie Road

Bristol, NH

603-744-6200

New Hampshire Department of Health and Human Services

129 Pleasant Street

Concord, NH 03301

Phone: 603-271-4440

**Diabetes**

Diabetes Self-Management Program

Upper Connecticut Valley Hospital

181 Corliss Lane

Colebrook, NH 03576

Contacts: Carrie Rancourt / Wanita Begin

603-237-4971

American Diabetes Association, New England

260 Cochituate Road, #200

Framingham, Massachusetts, 01701

Phone: 617-482-4580 Fax: 508-626-4260

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

**Diabetes Educators**

Androscoggin Valley Hospital



59 Page Hill Road  
Berlin, NH 03570  
Roberta Balon MS, RD, LD, CDE  
603-326-5692

Upper Valley Connecticut Hospital  
181 Corliss Lane  
Colebrook, NH 03576  
Wanita Begin, Diabetes Program Coordinator  
603-388-4305

Weeks Medical Center  
173 Middle Street  
Lancaster, NH 03584  
Mary Beth Kenison  
603-788-5095

Littleton Regional Hospital  
600 St. Johnsbury Road  
Littleton, NH 03561  
Lucy Gordon RN-BC, BSN, CDE  
603-444-9323

Cottage Hospital-Specialty Clinics  
90 Swiftwater Road  
Woodsville, NH 03785  
Ruth Roban  
603-747-9000 Ext. 2154

**Diabetes Support Groups**

Androscoggin Valley Hospital  
59 Page Hill Road  
Berlin, NH 03570  
603-326-5631

Weeks Medical Center  
173 Middle Street  
Lancaster, NH 03584  
603-788-2521

Littleton Area Senior Center  
77 Riverglen Lane  
Littleton, NH 03561  
603-444-6050

Cottage Hospital  
90 Swiftwater Road  
Woodsville, NH 03785  
603-747-9313

**Disabilities**

Easter Seals  
55 Auburn Street

Manchester, NH 03103  
603-623-8863

### **Durable Medical Equipment**

Kiwanis Club of Colebrook (Has some items to loan)  
P.O. Box 241, Colebrook, NH 03576  
Phone: (802) 962-3368 (Tom Gwinn, Club Secretary)

Keene Medical Products, Inc  
397 Railroad Street, Suite B  
Saint Johnsbury, VT 05819

Toll Free: 1-800-827-2714  
Website: [www.getATstuff.com](http://www.getATstuff.com)  
Assistive Technology Exchange of New England  
Get new or used Assistive Technology, Durable Medical  
Equipment and adaptive vehicles for sale, loan or donation.

### **Elderly Services**

Bureau of Elderly and Adult Services  
Service Link Aging and Disability Resource Center  
1-866-634-9412

### **Epilepsy**

Epilepsy Center at DHMC (Level 4 Epilepsy Center)  
Adult Center  
Lebanon, NH (DHMC)      Manchester, NH  
Phone: (603) 650-5104      Phone: (603) 695-2940  
Pediatric Center  
Lebanon, NH (DHMC)  
Phone: (603) 653-9669

### **Financial Assistance**

\*\*\*See "Churches"- discretionary funds may be available\*\*\*

New Hampshire Department of Health and Human Services  
Emergency assistance with rent, housing, utilities, and housing costs  
603- 271-5142

Tri-County Community Action Program, Inc.  
1-888-842-3835

1) 30 Exchange Street  
Berlin, NH 03570-1911  
603-752-7001

2) 3 Parsons Street  
Colebrook, NH 03576  
603-237-8168

Bureau of Elderly and Adult Services  
Service Link Resource Center of Coos County

610 Sullivan St. Suite 6, Berlin, NH 03570  
866-634-9412 or 603-752-6407

New Hampshire has a law that requires your town to provide you with financial help, if you meet certain conditions, such as a limited income. Senate Bill One (law RSA 165) was effective back in 1986. It requires that every local town in the state of New Hampshire provide financial assistance and cash aid to town residents who are not able to pay basic living expenses or bills. In effect the law requires that each town and city in New Hampshire to have a local welfare program to help people who are poor and in need of assistance with living expenses.

\*Direct financial assistance is generally available to those that qualify from the Social Security and the Supplemental Security Income disability program. Both are paid for and are administered by the federal government and the Social Security Administration. They do have restrictions in place and any aid is only offered to those with a proven disability and that meet certain medical criteria. If you are approved, then a number of benefits may be provided. Phone 1-800-772-1213.

### **Food Pantries**

Colebrook Area Food Pantry  
55 Pleasant St, Colebrook, NH 03576  
603-237-8030

Helping Hands North Inc.  
96 Main Street, Colebrook, NH 03576  
603-237-5891

Salvation Army Food Pantry  
15 Cole Street  
Berlin, NH 03570  
603-752-1644

Harvest Christian Fellowship  
219 Willow Street  
Berlin, NH 03570  
603-752-5374

Good Shepard Parish  
345 Pleasant Street  
Berlin, NH 03570  
603-752-2880

St. Vincent De Paul Society  
153 Grafton Street  
Berlin, NH 03570  
603-752-4844

Helping Hands Food Pantry  
475 Whitefield Road  
Bethlehem, NH 03574  
603-444-1230

Bethlehem Food Pantry

2251 Main Street  
Bethlehem, NH 03574  
603-869-3351

Good Neighbor Food Pantry  
44 Church Street  
Franconia, NH 03580  
603-823-8421

Glen Community Baptist Church  
Route 302  
Glen, NH 03838  
603-383-9223

St. Francis Xavier Food Pantry  
10 State Street  
Groveton, NH 03582  
603-636-1047

Salvation Army  
1 Church Street  
Groveton, NH 03582  
603-636-1049

Groveton Food Pantry  
11 State Street  
Groveton, NH 03582  
603-636-1047

Christ United Methodist Church  
135 Main Street  
Lancaster, NH 03584  
603-788-2734

Lancaster Food Shelf  
73 Main Street  
Lancaster, NH 03584  
603-788-4477

White Mountain Christian Church Food Pantry  
70 Redington Street  
Littleton, NH 03561  
603-444-6517

All Saints Church Food Pantry  
35 School Street  
Littleton, NH 03561  
603-444-3414

Warren Wentworth Food Pantry  
446 NH – 25  
Warren, NH 03279  
603-764-9494

St. Matthews Roman Catholic Church  
9 Jefferson Road  
Whitefield, NH 03598  
603-837-2558

Friends and Neighbors Food Pantry  
7 Main Street  
Whitefield, NH 03598  
603-837-9044

Community Baptist Church  
27 Jefferson Road  
Whitefield, NH 03598  
603-837-2469

**Tri-County CAP Food Pantries**

1) 55 Maynesboro Street  
Berlin, NH 03570  
603-752-3248

2) 4 Pleasant Street  
Colebrook, NH 03576  
603-237-8168

3) Littleton: 101 Cottage Street  
Littleton, NH 03561  
603-444-552-4617

4) Woodsville: 6 School Street  
Woodsville, NH 03785  
603-747-3013

**Head Starts**

Initial Contact Number for all Head Start Locations: 603-752-7138

1) 53 Park Street, Colebrook, NH 03576 Phone: 603-237-8190

2) 610 Sullivan Street, Berlin, NH 03570 Phone: 603-752-7138

3) 7 Preble Street, Groveton, NH 03582 Phone: 603-636-2625

4) 646 Union Street, Littleton, NH 03561 Phone: 603-444-6022

5) 34 Jefferson Road, Whitefield, NH 03598 Phone: 603-837-3026

6) 6 Church Street, Woodsville, NH 03785 Phone: 603-747-4186

**Head Injury/Traumatic Brain Injury**

Brain Injury Association of New Hampshire  
52 Pleasant Street  
Concord NH 03301  
1-800-773-8400 or 603-225-8400

<http://www.traumaticbraininjury.com/>

Disabilities Rights Center  
PO Box 3660  
Concord, NH 03302  
603-228-0432 800-834-1721

NH Bureau of Special Medical Services (BSMS)  
603-271-4488 800-852-3345 ext. 4488

New Hampshire Department of Health and Human Services  
Medicaid  
129 Pleasant Street  
Concord, NH 03301  
603-271-8166 800-852-3345, ext. 8166  
TDD: (800) 735-2964

Division of Adult Learning & Vocational Rehab  
State Dept of Education  
78 Regional Dr, Bldg. 2  
Concord, NH 03301  
603-271-3471 Contact person: Paul Leather, Director

Division of Behavioral Health  
Dept of Health & Human Services  
105 Pleasant St  
Concord, NH 03301 603-271-5007  
[www.dhhs.state.nh.us](http://www.dhhs.state.nh.us)

The Krempels Center (located on the Community Campus)  
100 Campus Drive #24  
Portsmouth, NH 03801  
603-570-2026

\*Awards, grants average \$5,000 per family for families of children or adults  
with brain trauma, tumor or stroke

### **Hearing Impaired/Deaf**

Dartmouth Hitchcock Medical Center Audiology Department  
1 Medical Center Drive  
Lebanon, NH 03756  
Phone: Audiology 603-650-8123  
Otolaryngology 603-650-8123  
[www.hitchcock.org](http://www.hitchcock.org)

### **Heart**

Androscoggin Valley Hospital  
Page Hill Road  
Berlin, NH  
603-752-2200

Cottage Hospital  
90 Swiftwater Road  
Woodsville, NH

603-747-2900

New England Heart and Vascular Institute  
Catholic Medical Center  
100 McGregor Street  
Manchester, NH 03102  
603-668-3545

New England Heart Institute  
Speare Memorial Hospital  
16 Hospital Road  
Plymouth, NH 03264  
603-536-1120

Littleton Regional Healthcare  
600 St. Johnsbury Road  
Littleton, NH 03561  
603-444-9000

Weeks Medical Center  
173 Middle Street  
Lancaster, NH 03584  
603-788-4911

### **Home Care (Home Health) Services**

Northwoods Home Health and Hospice Agency  
536 Cottage Street  
Littleton, NH 03561  
603-444-5317

Northern Family Home Care  
41 Cottage Street Unit 1  
Littleton, NH 03561  
603-259-6048

Androscoggin Valley Home Care  
795 Main Street  
Berlin, NH 03570  
603-752-7505

Granite State Independent Living  
350 Glen Avenue  
Berlin, NH 03570  
603-228-9680

Comfort Keepers  
12 Yeaton Road  
Plymouth, NH 03264  
603-769-3748

### **Homeless Shelters** **Franconia**

Bancroft House  
(603) 823-8842

**Lancaster**

Tyler Blain House  
(603) 788-2344  
Capacity: 8; Families and individuals

**Lebanon/Upper Valley**

[Tri-County Cap Homeless Programs](#)

Cold Weather Program

(603) 443-6150

Hours: 8-4:30pm during the week. If you need assistance after hours and on the weekends, please call Headrest at (603) 448-4400 and ask for the cold weather program.

**Plymouth**

[Pemi Bridge House](#)

(603) 536-7631

**Hospitals**

Alice Peck Day (Lebanon)  
603-448-3121

Androscoggin Valley Hospital (Berlin)  
603-752-2200

Cottage Hospital (Woodsville)  
603-747-2900

Dartmouth Hitchcock Medical Center (Lebanon, NH)  
603-650-5000

Littleton Regional Hospital (Littleton)  
603-444-9000

Speare Memorial Hospital (Plymouth)  
603-536-1120

Upper Connecticut Valley Hospital (Colebrook, NH)  
603-237-4971

Weeks Medical Center (Lancaster)  
603-788-4911

**Information and Referral**

New Hampshire 2-1-1  
PO Box 211  
Manchester, NH 03105  
1-866-444-4211  
[www.211nh.org](http://www.211nh.org)

Free and confidential referral information from United Way



of New Hampshire.

### **Kidneys**

American Kidney Foundation- For Dialysis and Transplant PTs  
11921 Rockville Pike, Suite 300  
Rockville, MD 20852  
1-800-638-8299  
[www.kidneyfund.org](http://www.kidneyfund.org)

National Kidney Foundation Serving New England  
85 Astor Avenue, Suite 2  
Norwood, MA 02062  
Phone: 781-278-0222 or 1-800-542-4001  
[www.kidney.org](http://www.kidney.org)

New Hampshire Kidney Foundation  
816 Elm Street  
Manchester, NH  
603-634-0030  
[www.kidneyhealth.org](http://www.kidneyhealth.org)

Fresenius Medical Care of Lancaster- Dialysis Center  
173 Middle Street  
Lancaster, NH 03584  
603-788-5222 Service/Intake

### **Language Interpreter Services**

North Country Hospital's Service (as per policy)  
Optimal Phone Interpreters (OPI)  
1-877-746-4674

Lutheran Social Services - LSS  
261 Sheep Davis Road, Ste A-1  
Concord, NH 03301  
603-224-8111 Main 800-244-8119 Toll Free 603-224-5473 FAX  
<http://www.lssne.org>

### **Learning/Reading Disabilities**

NH Dept. of Health and Human Services –  
DHHSNH Bureau of Developmental Services  
105 Pleasant Street  
Concord, NH 03301  
603-271-5034 Service/Intake 800-852-3345 Toll Free  
603-271-4912 FAX  
[www.dhhs.nh.gov/DHHS/BDS/default.htm](http://www.dhhs.nh.gov/DHHS/BDS/default.htm)  
[Email: BDS@dhhs.nh.gov](mailto:BDS@dhhs.nh.gov)

### **Legal Services**

New Hampshire Legal Aid  
-Legal Advice & Referral Center 800-639-5290  
48 South Main St.  
Concord, NH 03301

-New Hampshire Legal Assistance 1-800-921-1115  
117 North State Street  
Concord, NH 03301

-The Pro Bono Program of the New Hampshire Bar Association  
2 Pillsbury Street, Suite 300 603-224-5387  
Concord, NH 03301

### **Lungs and Breathing**

American Lung Association- New Hampshire  
1800 Elm Street, Unit D  
Manchester, NH 03104  
603-369-3977 or 1-800-LUNGSUSA (586-4872)  
[www.lungne.org/](http://www.lungne.org/)

### **Lupus**

Lupus Foundation New England  
40 Speen St, Framingham, MA 01701  
508-872-5200  
[www.lupusne.org](http://www.lupusne.org)

### **Meals on Wheels-**

603-237-4957 Service/Intake Colebrook Office  
603-752-2545 Service/Intake Berlin Office  
603-837-2424 Service/Intake Whitefield Office  
603-444-6050 Service/Intake Littleton Office  
[www.tccap.org/](http://www.tccap.org/)

### **Medical Alert/Emergency Response Systems**

Caring Responders (through Lin Care)  
Phone: 866-993-0661  
Fax: 866-993-2402  
Lifeline  
111 Lawrence Street  
Framingham, MA 01702-8156  
Phone: 1-800-LIFELINE (543-5463)  
[www.lifelinesystems.com/info](http://www.lifelinesystems.com/info)

Life Sentry (through Vortech Medical Communications)  
Phone: 334-6604 or 1-800-692-0262  
Local Contact w/ Vortech Mickie Vanheeder: 1-802-334-6604  
(She screens for Medicaid and other funding, AAA refers to her)

Vtech phone company (probably others) offers Careline and Home Safety models that are included with the phone, no monthly costs. Available at Walmart, K-Mart, on-line for purchase.

### **Medicaid**

Healthcare.gov  
Phone: 1-800-318-2596 Assistor help: 1-855-899-9600  
<https://www.healthcare.gov/marketplace/b/welcome/>

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

The direct Medicaid enrollment website

### **Medicaid Transportation**

North Country Transit

31 Pleasant St

Berlin NH 03570

1-888-997-2020 or 603-752-1741

[www.tricountycaptransit.weebly.com/dial-a-ride-service.html](http://www.tricountycaptransit.weebly.com/dial-a-ride-service.html)

Medicaid Transportation

Statewide

NH Healthy Families: 1-866-769-3085

Well Sense: 1-855-739-4775

NH Medicaid PAP Program: 1-844-739-4775

### **Mental Illness/Psychiatric Services**

#### **Northern Human Services**

The Mental Health Center

1)55 Colby Street

Colebrook, NH 03576

603-237-4955

2)69 Willard Street

Berlin, NH 03570

603-752-7404

Community Services:603-752-1005

3)29 Maple Street

Littleton, NH 03561

603-444-5358

4)24 Lancaster Road

Whitefield, NH 03598

603-837-9547

Colebrook Developmental Disabilities

Vershire Center

24 Depot Street

Colebrook, NH 03576

603-237-5721

National Alliance for the Mentally Ill of New Hampshire (NAMI-NH)

85 North State Street

Concord, NH 03301

603-225-5359 800-242-6264

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

### **Mental Health Providers**

#### ***Colebrook, NH***

Greg Lamm, LICSW

603-237-8336

Indian Stream Health Center

Children/teens/adults/family

141 Corliss Lane

***Lancaster, NH***

Emily Cowan, LICSW  
84 Main Street, Suite 3  
Home visits up to 12 miles  
Evenings &W/E available

603-788-4614  
All Ages

Liz Fleming, LICSW  
Phoenix Counseling  
107 Main St

603-631-0190  
Adult/Family  
All insurance except Medicare

Patty Grondin, LCMHC, NCC  
One Keystroke Away  
97 Main St  
All insurance except Medicare

603-991-9092  
all ages, all forms of therapy  
internet counseling

Joseph Keenen, Ph.D.  
Child Development Clinic  
97 Main St &

603-788-2288/5304  
Children, teens  
counseling/psychology

Lancaster Physician Office

All insurance except Medicare

Shawna Delworth, LCMHC, MLADC  
170 Middle Street  
Lancaster, NH

603-788-2521  
Drug and Alcohol Counseling

Evelyn Robbennolt-Jones, LICSW  
170 Middle Street  
Lancaster, NH

603-788-2521  
counseling/child specialist

Sue Rouillard, M.Ed.  
29 View St  
Whitefield, NH

603-837-9665  
Challenging child specialist

***Littleton, NH***

Ajilla Pospesil, LICSW  
15 Main St

603-444-8900  
counseling/child specialist

Angela Thomas Jones, MA, LADC, RYT  
Littleton & Sugar Hill offices

603-616-2019  
Drug & alcohol counseling

Carol Lidstrom, MD  
10 West Main St

603-444-0860  
Psychiatry

Carol Herzig, LICSW  
130 Cottage St

603-444-5358  
All ages

Catholic Charities  
16 Cottage St

603-444-6465  
counseling

Center for New Beginnings  
229 Cottage St

603-444-6465  
counseling

Claire Von Karls, LICSW Riverside Counseling Center 42 Mill St	603-444-8822 Adolescents/couples/adults
Edward Martin, Ph.D. 5 Union St	603-444-5951 PTSD/Cognitive Therapy Veterans/Couples
Jeffrey Kay, Th.D., Ph.D. Riverside Counseling 42 Main St	603-444-5826 Trauma/Adolescents/Adults/Couples
Katherine Lofgren, LICSW 754 Mann's Hill	603-444-8966/cell 728-8346 Families& couples
Shand Wentworth, LICSW Lane House, Cottage St	603-444-2464-1756 All ages
Steve Noyes, LADC, LICSW Ammonoosuc Family Health 25 Eustis Rd	603-444-2464 ext 123 counseling/drug & alcohol counseling teens & adult
Susan Brown, MA 15 Main St	603-444-2545 counseling
<b><i>Berlin/Gorham, NH</i></b>	
Barbara E. Corman, LICSW 14 Green St., Berlin	603-752-5330 counseling
Elaine Davis, LADC/LCMHC 36-A Exchange Street, Gorham	603-466-2028
Daniel Millis, LADC Gorham	603-723-5357 drug counseling/assessments/ Anger management
Elizabeth P Hess, Ph.D. 856 Western Ave, Berlin	603-752-4475 counseling/psychology/ PTSD/couples
Gorham Veteran Center 515 Main St, Gorham	603-752-2571 veterans & their families
Janice McKenzie Catholic Charities 633 Third St, Berlin	603-752-1325
Judy-Marie Buteau, LICSW 52 Main St, Berlin	603-752-8168 counseling
Laurie Brodeur, Ph.D. 856 Western Ave, Berlin	603-723-7120

Lorraine Mushackee, LICSW 115 Main St, Gorham	603-466-5059 counseling
Melony Lyons, MS LADC Tri-County CAP Berlin, NH	603-752-7941
Gregg Churchill, LADC, LCMHC Recovery Services 177 Main St, 3rd Floor, Berlin	603-752-5185 cell: 603-986-5250
Stephanie Gould, LMHC 166 Main St, Berlin	603-726-3955
E. Martin Kaufman, MD St. Luke's Medical Center 7 Page Hill Rd, Berlin	603-752-7750 Psychiatry

### **Multiple Sclerosis**

101A First Ave  
Waltham, MA 02451  
Phone 800-344-4867 or 1-800-FIGHTMS (344-4867)  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

### **Narcotic Anonymous**

24 HOUR HELP LINE  
New Hampshire: 603-645-4777  
National: Toll Free 1-800-487-4889

### **National Organization for Rare Diseases**

Medication Assistance Programs for specific diseases  
[www.rarediseases.org](http://www.rarediseases.org)

### **Nursing Homes/Facilities/Community Care Homes/Retirement Homes**

Coos County Nursing Hospital  
W. Stewartstown, NH  
Phone: 603-246-3321  
Contact: Nancy Hughes

Coos County Nursing Home  
364 Cates Hill Rd  
Berlin, NH 03570  
603-752-2343

Echo Valley Village (Senior Residence)  
20 Back Lake Road  
Pittsburg, NH  
603-538-1122

Genesis Country Village Center  
91 Country Village Road  
Lancaster, NH

Phone: 603-788-4735

Lafayette Center  
93 Main Street  
Franconia, NH  
603-823-5502

Maple Wood (Senior Residence)  
14 Maple Street  
Woodsville, NH  
603-747-3493

North Country Manor  
71 School Street  
Littleton, NH  
603-259-3100

Notre Dame School Apartments (Assisted Living)  
School Street  
Berlin, NH  
603-444-1377

On the Green (Senior Residence)  
412 Dartmouth College Highway  
Haverhill, NH  
603-989-5545

Riverglen House (Assisted Living)  
55 Riverglen Lane  
Littleton, NH  
603-444-8880

St. Vincent De Paul Nursing Home  
29 Providence Ave.  
Berlin, NH  
603-752-1820

The Morrison  
6 Terrace St  
Whitefield, NH 03598  
Phone: 603-837-2541

The Van Dyke House  
178 Main Street  
Colebrook, NH  
603-237-8026

**Opiate Addiction and Treatment Resource**

The Recovery Connection: 1-866-812-8231

North Country Health Consortium  
262 Cottage Street, Suite 230, Littleton, NH

603-259-3700

**Parkinson's Disease Foundation**

1359 Broadway, Suite 1509  
New York, NY 10018  
Phone: 212-923-4700 or 1-800-473-4636  
[www.pdf.org](http://www.pdf.org)

**Pharmacies**

Ammonoosuc Community Health Services Pharmacy  
25 Mt. Eustis Road  
Littleton, NH  
603-444-7979

Prescription Drug Assistance  
Indian Stream Health Center  
Colebrook, NH  
Contact: Brenda Puglisi  
Phone: 603-388-2414

Dartmouth Hitchcock-Medication Assistance Program  
Contact Lori, Social Worker  
Phone: 603-650-5400

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

Partnership for Prescription Assistance  
[www.rxassist.org](http://www.rxassist.org)

**Private Duty Caregivers/Respite**

Direct Care Online Caregiver Registry (List of independent care givers)  
[www.RewardingWork.org](http://www.RewardingWork.org)  
If no computer call the Senior Helpline at 1-800-642-5119

**Prosthetic and Orthotic Supplies**

Promise (Prosthetic & Orthotic Svc's with a Mission)  
204 West Main Street  
Littleton, NH 03561  
Phone: 603-444-0500 or 1-888-776-6478

**Protective Services/Hotlines**

Coos Family Health Services- RESPONSE  
133 Pleasant St  
Berlin, NH 03570  
603-752-2040  
HOTLINE: 1-866-662-4220

NH Division of Children and Families  
Adults: 603-271-7014 or 1-800-949-0470  
Children: 271-6562 or 1-800-894-5533 (fax: 271-6565)

**Public Libraries – WIFI Access**

Bath Public Library



4 W. Bath Road  
Bath, NH 03740  
603-747-3372

Berlin Public Library  
270 Main Street  
Berlin, NH 03570  
603-752-2040

Bethlehem Public Library  
2245 Main Street  
Bethlehem, NH 03574  
603-869-2409

Colebrook Public Library  
126 S. Main Street  
Colebrook, NH 03576  
603-237-4808

Errol Public Library  
67 Main Street  
Errol, NH 03579  
603-482-7720

Abbie Greenleaf Memorial Library  
439 Main Street  
Franconia, NH 03580  
603-823-8424

Northumberland Public Library  
31 State Street  
Groveton, NH 03582  
603-636-2066

Gorham Public Library  
35 Railroad Street  
Gorham, NH 03581  
603-466-2525

Jefferson Public Library  
Jefferson, NH 03583  
603-586-7791

Weeks Memorial Library  
128 Main Street  
Lancaster, NH 03584  
603-788-3352

Lincoln Public Library  
22 Church Street  
Lincoln, NH 03251  
603-745-8159

Lisbon Public Library  
45 School Street  
Lisbon, NH 03585  
60-838-6615

Littleton Library  
92 Main Street  
Littleton, NH 03561  
603-444-5741

Moosilauke Public Library  
165 Lost River Road  
N. Woodstock, NH 03262  
603-745-9971

Bremer Pond Memorial Library  
12 School Street  
Pittsburg, NH 03592  
603-538-7032

Randolph Public Library  
130 Durand Road  
Randolph, NH 03593  
603-466-5408

Dennis Joos Memorial Library  
888 Washington Street  
Stewartstown, NH 03576  
603-246-3329

Stratford Public Library  
74 Main Street  
Stratford, NH 03590  
603-922-9016

Twin Mountain Public Library  
US 302  
Twin Mountain, NH 03595  
603-846-5818

Whitefield Public Library  
8 Lancaster Road  
Whitefield, NH 03598  
603-837-2030

Woodsville Public Library  
14 School Lane  
Woodsville, NH 03785  
603-747-3483

**Substance Use Disorder Treatment**  
**Licensed Alcohol and Drug Counselors and Provider Facilities**

Lancaster Physician Office 603-788-2521  
All insurance except Medicare  
Shawna Delworth, LCMHC, MLADC  
170 Middle Street  
603-788-2521

Steve Noyes, LADC, LICSW  
Ammonoosuc Family Health  
25 Eustis Rd  
603-444-2464 ext. 123

Elaine Davis, LADC/LCMHC  
36-A Exchange Street, Gorham  
603-466-2028

Daniel Millis, LADC  
Gorham  
603-723-5357

Melony Lyons, MS LADC  
Berlin, NH  
603-752-7941

Gregg Churchill, LADC, LCMHC  
Recovery Services  
177 Main St, 3rd Floor, Berlin  
603-752-5185

Angela Jones, LCMHC, MLADC, LCS, RYT  
103 Cottage St., Littleton, NH  
603-616-2019

Connecticut River Counseling  
139 Central Street, Woodsville, NH  
603-747-2801

Karen McNamera, LADC  
106 Main Street, Littleton, NH  
603-540-4644

North Country Health Consortium  
Outpatient Counseling, Employee Assistance Programs  
For more information or to speak confidentially with staff, call:  
Berlin: (603) 752-7941 Bethlehem: (603) 869-2210 Woodsville: (603) 747-2535 Littleton:  
(603) 259-3700

Northern Human Services  
3 Twelfth St, Berlin, NH  
603-752-7404

Northern Human Services  
29 Maple St, Littleton, NH  
603-444-5358

Northern Human Services  
55 Colby St, Colebrook, NH  
603-752-1005

Whole Village Family Resource Center  
258 Highland St, Suite 13, Plymouth, NH  
603-536-3720

**In-Patient Services**

In Another Way  
46 Bridge Street, Unit 1, Nashua, NH, 03060  
603-512-7429  
[www.anotherwaytlp.org](http://www.anotherwaytlp.org)

Antrim House – Sobriety Centers of NH  
55 Main Street, Antrim, NH 03440  
603-808-0185  
[www.sobrietycentersofnh.com](http://www.sobrietycentersofnh.com)

Driven by Circumstances  
60 Depot Street, Franklin, NH, 03235  
603-455-8670  
[www.drivenbycircumstances.org](http://www.drivenbycircumstances.org)

Farnum Center  
140 Queen City Ave, Manchester, NH, 03103  
603-934-2020  
[www.farnumcenter.org](http://www.farnumcenter.org)

Gate House Treatment  
74 Northeastern Blvd, Suite 10, Nashua, NH 03062  
1-855-211-1191  
[www.gatehousetreatment.com](http://www.gatehousetreatment.com)

Green Mountain Treatment Center  
244 Highwatch Road, Effingham, NH, 03882  
1-866-913-7957  
[www.graniterecoverycenters.com](http://www.graniterecoverycenters.com)

Hampstead Hospital  
218 East Road, Hampstead, NH, 03841  
603-329-5311  
[www.hampsteadhospital.com](http://www.hampsteadhospital.com)

Headrest Inc  
14 Church Street  
Lebanon, New Hampshire 03766  
603-448-4400  
[www.headrest.org](http://www.headrest.org)

His Mansion Ministries  
395 Wolf Hill Road, Deering, NH, 03244  
603-464-5555  
[www.hismansion.com](http://www.hismansion.com)

Hope on Haven Hill  
326 Rochester Hill Road, Rochester, NH, 03867  
603-841-5353  
[www.hopeonhavenhill.org](http://www.hopeonhavenhill.org)

Keystone Hall  
615 Amherst Street, Nashua, NH, 03063  
603-841-5353  
[www.keystonehall.org](http://www.keystonehall.org)

Lakehouse Recovery LLC  
345 Scoby Road, Franconia, NH, 03043  
603-247-0800  
[www.lakehouserecovery.com](http://www.lakehouserecovery.com)

New Freedom Academy  
367 Shaker Road, Canterbury, NH, 03224  
1-866-335-9783  
[www.newfreedomacademy.com](http://www.newfreedomacademy.com)

North Country Health Consortium – Friendship House  
2957 Main Street, Bethlehem, NH, 03574  
603-869-2210  
[www.nchcnh.org](http://www.nchcnh.org)

Phoenix House – Keene  
106 Roxbury Street, Keene, NH 03431  
1-888-671-9392  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

Phoenix House – Dublin  
3 Pierce Road, Dublin, NH, 03444  
1-888-671-9392  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

Ray House  
14 Holy Cross Road, Franklin, NH, 03235  
1-888-840-4243  
[www.farnumcenter.org](http://www.farnumcenter.org)

Southeastern NH Alcohol and Drug Abuse Services  
272 County Farm Road, Dover, NH, 03820  
Main Line: 603-516-8160  
Residential: 603-516-8181  
[www.dovernhtreatmentcenter.org](http://www.dovernhtreatmentcenter.org)

The Plymouth House

446 Main Street, Plymouth, NH, 03264  
603-536-5500  
[www.theplymouthhouse.com](http://www.theplymouthhouse.com)

Tirrell House  
15 Brook Street, Manchester, NH, 03104  
603-836-5145  
[www.serenityplace.org](http://www.serenityplace.org)

Veteran Homestead Inc.  
85 Pierce Road, Fitzwilliam, NH, 03447  
603-585-9427/978-632-1271  
[www.veteranhomestead.org](http://www.veteranhomestead.org)

Webster Place  
27 Holy Cross Road, Franklin, NH, 03235  
603-622-3020 or 1-888-840-4243  
[www.farnumcenter.org](http://www.farnumcenter.org)

West Bridge Community Services  
1361 Elm St, Suite 207, Manchester, NH, 03101  
603-634-4446  
[www.westbridge.org](http://www.westbridge.org)

### **Medication Assisted Treatment and Withdrawal Management**

#### Addiction Recovery Services

- 1145Sagamore Ave, Portsmouth, NH, 03801  
603-433-6250  
[www.arsnh.com](http://www.arsnh.com)
- 23 Stiles Rd, Suite, 108, Salem, NH, 03079  
814-515-9896  
[www.arsnh.com](http://www.arsnh.com)
- 2 Puzzle Lane, BLDG 2, Unit 1  
Newton, NH  
603-212-9037

Bruce Latham, DO- Suboxone Program  
29 Monadnock Street  
Colebrook, NH 03576  
603-237-9800

Chestnut Hill Counseling  
539 Islington St, Portsmouth, NH, 03801  
603-427-6565

Choices Addiction Recovery Services  
40 Pleasant St, Concord, NH, 03301  
844-743-5748or 603-228-1600  
[www.choicesnh.org](http://www.choicesnh.org)

Carol Ribner, MD

Coos County Family Health Services  
36 A Exchange Street  
Gorham NH  
603-586-4482

Coos County Family Health Services  
59 Page Hill Rd, Berlin, NH, 03570  
603-752-2900  
[www.coosfamilyhealth.org](http://www.coosfamilyhealth.org)

Cornerstone  
10 Bricketts Mill Rd, Suite A, Hampstead, NH, 03841  
603-489-1455  
[www.waynehansenms.com](http://www.waynehansenms.com)

Crossroads Recovery Center, LLC  
155 Main St, Salem, NH, 03079  
603-912-4490  
[www.crossroadsrecoverycenter.com](http://www.crossroadsrecoverycenter.com)

Dartmouth Hitchcock Moms in Recovery  
85 Mechanic St, Suite B3-1, Lebanon, NH, 03766  
603-653-1860  
[www.dartmouth-hitchcock.org](http://www.dartmouth-hitchcock.org)

Elliot Family Medicine at Bedford Village  
25 Leavy Drive, Bedford, NH, 03031  
603-472-7233  
[www.elliotechospital.org](http://www.elliotechospital.org)

Farnum Center  
140 Queen City Ave, Manchester, NH, 03103  
603-622-3020  
[www.farnumcenter.org](http://www.farnumcenter.org)

Green Mountain Treatment Center  
244 Highwatch Road, Effingham, NH, 03882  
1-877-824-5992  
[www.graniterecoverycenters.com](http://www.graniterecoverycenters.com)

Hampstead Hospital  
218 East Road, Hampstead, NH, 03841  
603-329-5311  
[www.hampsteadhospital.com](http://www.hampsteadhospital.com)

Health Care Resource Centers

- 323 Derry Road, Hudson, NH, 03051  
603-595-3399
- 177 Shattuck Way, Newington, NH, 03801  
603-436-0448  
[www.csachelp.com](http://www.csachelp.com)

Health Care for the Homeless Program of Manchester/Families in Transition  
177 Lake Avenue, Manchester, NH, 03103  
1-800-437-9666  
[www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

Health Care for the Homeless Program of Manchester/New Horizons Shelter  
199 Manchester St, Manchester, NH, 03101  
1-800-437-9666  
[www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

Indian Stream Health Center  
141 Corliss Lane  
Colebrook, NH  
603-388-2464

Insight Medical Group, LLC  
428 Lafayette Rd, Suite 101, Hampton, NH, 03842  
978-267-1193  
[www.insightmedicalgroup.com](http://www.insightmedicalgroup.com)

Keady Family Practice  
71 Belknap Ave, Newport, NH, 03773  
603-826-3434  
[www.kfpmed.com](http://www.kfpmed.com)

Keystone Hall  
615 Amherst St, Nashua, NH, 03063  
603-881-4848  
[www.keystonehall.org](http://www.keystonehall.org)

Kristen Aremburg- Suboxone Program  
ROAD to a Better Life  
678 Meadow St.  
Littleton, NH 03561  
603-444-6090

Manchester Community Health Center  
145 Hollis St, Manchester, NH, 03101  
603-935-5263  
[www.mchc-nh.org](http://www.mchc-nh.org)

Manchester Comprehensive Treatment Center  
20 Market St, Manchester, NH, 03101  
603-622-4747  
[www.crchealth.com](http://www.crchealth.com)

Memorial Hospital  
3073 White Mountain Hwy, N. Conway, NH, 03860  
603-356-5461  
[www.memorialhospitalnh.org](http://www.memorialhospitalnh.org)

Mid-State Health Center

- 101 Boulder Point Drive, Suite 1, Plymouth, NH, 03264



603-536-4000  
[www.midstatehealth.org](http://www.midstatehealth.org)

- 100 Robie Rd, Bristol, NH, 03222  
603-536-4000  
[www.midstatehealth.org](http://www.midstatehealth.org)

New Freedom Academy  
367 Shaker Road, Canterbury, NH, 03224  
1-877-890-3234  
[www.newfreedomacademy.com](http://www.newfreedomacademy.com)

New Season Treatment Center

- 100 Hall St, Concord, NH, 03301  
603-229-4260  
[www.methadonetreatment.com](http://www.methadonetreatment.com)
- 228 Maple St, Manchester, NH, 03103  
603-622-5005  
[www.methadonetreatment.com](http://www.methadonetreatment.com)
- 1076 W. Swanzey Rd, Swanzey, NH, 03446  
603-358-0050  
[www.methadonetreatment.com](http://www.methadonetreatment.com)

Oasis Recovery Center  
280 Main St, Suite 431, Nashua, NH, 03060  
603-627-4764  
[www.recoveryNH.com](http://www.recoveryNH.com)

Phoenix House – Keene  
106 Roxbury Street, Keene, NH 03431  
1-888-671-9392  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

Dublin - NH  
3 Pierce Road  
Dublin, NH 03444  
1-888-671-9392

Road to a Better Life

- 2 Mound Court, Merrimack, NH, 03054  
603-423-0207  
[www.roadtoabetterlifenh.com](http://www.roadtoabetterlifenh.com)
- 2299 Woodbury Ave, Newington, NH, 03801  
603-766-8660  
[www.roadtoabetterlifenh.com](http://www.roadtoabetterlifenh.com)
- 245 S. Main St, Wolfeboro, NH, 03894  
603-515-2240  
[www.roadtoabetterlifenh.com](http://www.roadtoabetterlifenh.com)
- 255 Route 108, Somersworth, NH, 03820  
603-841-2301  
[www.roadtoabetterlifenh.com](http://www.roadtoabetterlifenh.com)
- 22 Bridge St, Concord, NH, 03301  
603-415-0330

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

The Counseling Center of Nashua

- 1 Main St, Nashua, NH, 03064  
603-883-0005  
[www.counselingcenter.com](http://www.counselingcenter.com)
- 148 Coolidge Ave, Manchester, NH, 03102  
603-627-3111  
[www.counselingcenter.com](http://www.counselingcenter.com)
- 50 Nashua Rd, Suite 305 Londonderry, NH, 03053  
603-432-3033  
[www.counselingcenter.com](http://www.counselingcenter.com)
- 414 State St, Suite 2, Portsmouth, NH 03801  
603-431-3004  
[www.counselingcenter.com](http://www.counselingcenter.com)

The Process Recovery Center

41 Sagamore Park Road, Hudson, NH, 03051

1-888-783-8004

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

Veteran Homestead Inc.

85 Pierce Road, Fitzwilliam, NH, 03447

1-978-728-4931

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

Weeks Medical Center

- 170 Middle St, Lancaster, NH, 03584  
603-788-2521  
[www.weeksmedical.org](http://www.weeksmedical.org)
- 8 Clover Lane, Whitefield, NH, 03598  
603-788-2521  
[www.weeksmedical.org](http://www.weeksmedical.org)
- 260 Cottage St, Littleton, NH 03561  
603-444-2277

West Lebanon Comprehensive Treatment Center

254 Plainfield Rd, Unit 4, W. Lebanon, NH, 03784

603-392-7615

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

### **Suicide and Crisis Hotlines**

National Hopeline Network 1-800-442-4673

National Suicide Prevention Hotline 1-800-273-TALK (8255)

Crisis Chat.org (Online Emotional Support, hours vary)

Hearing and Speech Impaired- 1-800-273-8255

IMALIVE An Online Crisis Network-Suicide and Crisis Chat

National Graduate Student Crisis Line 1-800-472-3457

Post-Partum Depression 1-800-773-6667

The Trevor Project 1-866-488-7386 for LGBTQ Youth

Vet2Vet Veteran's Crisis Line 1-877-838-2838

Youth America Hotline 1-877-968-8454 (teen counseling)

### **Social Security Administration Offices**

Littleton, NH 1-877-405-7658

[www.ssa.gov](http://www.ssa.gov)

### **Psychiatric Evaluation and Treatment**

[Northern Human Services](#)

Eric Johnson, Executive Director

87 Washington Street

Conway, NH 03818

603-447-3347

### **Stern Center for Language and Learning**

West Lebanon-1 Oak Ridge Road, West Lebanon, NH 03785

Phone: 603-653-5606

Williston, VT- 183 Talcott Rd, Suite 101

Williston, VT 05495

802-878-2332

### **Spina Bifida**

Spina Bifida Association of America

1600 Wilson BLVD, Suite 800

Arlington, VA 22209

Phone: 202-944-3285 or 1-800-621-3141

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

### **Transportation**

Dave' Taxi

Littleton Area

Local and Long Distance

603-444-0407

Best Choice Rides n Delivery

603-316-0123 (Littleton Area Included)

KM Town Taxi

Plymouth Area

603-536-8294

People Movers

Upper Valley-Local and Long Distance

124 Dewitt Drive

White River Junction, VT 05001

The Shuttle Connection  
Lincoln-Woodstock  
Local and Long Distance  
603-745-3140

North Country Transit  
31 Pleasant St  
Berlin NH 03570  
1-888-997-2020 or 603-752-1741  
[www.tricountycaptransit.weebly.com/dial-a-ride-service.html](http://www.tricountycaptransit.weebly.com/dial-a-ride-service.html)

### **Air Transportation**

Air Ambulance 1-800-424-7060

Air Trek 1-800-247-8735 or 1-800-633-5387

Angel Flight 1-800-549-9980

Boston Med Flight 1-800-233-8998

DHART 1-800-650-3222

### **Seniors and Disabled**

Caleb Interfaith Volunteer Caregivers  
Twin Mountain-Groveton  
Local and Long Distance  
603-837-9179

Easter Seals  
Statewide  
603-668-8603

Grafton County Senior Citizens Council  
Grafton County  
603-448-4897

Granite State Independent Living  
Statewide  
603-226-9680  
Littleton: 603-228-9680

Medicaid Transportation  
Statewide  
NH Healthy Families: 1-866-769-3085  
Well Sense: 1-855-739-4775  
NH Medicaid PAP Program: 1-844-739-4775

### **Behavioral Health**

Northern Human Services  
Throughout Northern NH

Berlin: 603-752-7404

Community Services:603-752-1005

Colebrook: 603-237-4955

Littleton: 603-444-0145

Whitefield: 603-837-9547

### **Veterans**

Veterans Administration

Northeastern NH and Vermont

1-802-295-9363

### **Veterans Affairs**

White River Junction VA Medical Center

215 North Main Street

White River Junction, VT 05009

1-866-687-8387 or 1-802-295-9363

Good Contacts to Know:

Sandy Filiault, RN Case manager ext. 5404

Benefits Department ext. 5321 or 5177

Mary Busbee, Administrative Officer for

Social Work Services, ext. 6250 (can find social worker or case manager assigned to particular people)

[www.va.gov](http://www.va.gov) Has update to info on current programs for veterans and survivors...benefits and programs always changing, per Sandy and case managers don't always know the latest ones because there are so many

### **WIC Clinics**

Initial Contact Number for all WIC Clinics: 1-800-578-2050

1) 54 Willow Street

Berlin, NH 03570

2) 92 Main Street

Colebrook, NH 03576

3) 46 Church Street

Groveton, NH 03582

4) 113 Main Street

Lancaster, NH 03584

5) 194 Pollard Road

Lincoln, NH 03251

6) 260 Cottage Street

Littleton, NH 03561

7) 9 Maple Street  
Woodsville, NH 03785