

For everyday needs and difficult times,  
**2-1-1** is *your connection* to thousands  
of resources available in New Hampshire.

- Child Care Resource and Referral
- Clothing and Thrift Shops
- Community Services & Organizations
- Consumer Services
- Crisis Services
- Discrimination Assistance
- Domestic and Sexual Violence Services
- Education—GED Instruction, Computer Classes
- Employment Services
- Food Pantries and Nutrition Programs
- Health Care Services
- Housing—Homeless Prevention, Shelter, Tenants' Rights
- Legal Assistance
- Mental Health Care and Counseling
- Mentoring
- Military, Family & Community Network
- Parenting Programs
- Senior Information & Assistance
- Stop Smoking Programs
- Substance Abuse Services
- Support Groups
- Transportation
- Utility Assistance
- Youth and Family Services
- Veterans Services
- Volunteering
- Wellness Programs
- And more...

**Need Help? Dial 2-1-1**

Toll free outside New Hampshire: 1.866.444.4211

TTY line: 1.603.634.3388

Search for services at [www.211nh.org](http://www.211nh.org)

New Hampshire 

**2-1-1**™

**Get Connected. Get Answers.**

United Ways of New Hampshire - Lead State Partner

powered by:



Public Service  
of New Hampshire  
The Northeast's Utility System



The State of  
New Hampshire

*Your link to resources.*

*Get Help, Give Help. Discover Options.*

**2-1-1** is the number to dial when you need help  
and don't know where to call.

By dialing **2-1-1**, information is much easier to  
find.

**2-1-1** is:

- A free and confidential call from anywhere in NH
- Person-to-person assistance
- Available 24/7 with translation assistance  
in over 150 languages

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