



Get Connected. Get Answers.

United Ways of New Hampshire - Lead State Partner

powered by:



**Public Service
of New Hampshire**

The Northeast Utilities 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

Just dial 2-1-1

Toll free outside New Hampshire: **1.866.444.4211**

TTY line: **1.603.634.3388**

www.211nh.org



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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
- 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
- Community Services & Organizations
- 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

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Search for services at **www.211nh.org**