

## **Other Helpful Resources**

### **211 Information Resource:**

(You can dial 211 on phone or go Online at 211 NH.) This is a searchable database of statewide services. They are also the people to call if you are homeless and need shelter at night or on the weekends.

### **Service Link:**

This agency works with the Elderly and Disabled. They will assist in getting services you need and are entitled to. They can be contacted at their Rochester office; (603) 332-7398 or in Concord at: (603)228-6625.

### **Strafford Community Action Program or CAP:**

Administers Fuel Assistance and Electrical Discount programs for the State of NH. They also provide security deposits; help with utility and fuel bills, emergency rental assistance, weatherization and have a food pantry. Contact Strafford CAP at (603) 435-2500 or visit their website at <https://straffordcap.org/>.

### **New Hampshire Dept. of Employment Security:**

For unemployment benefit questions call (603)228-4100. For help finding employment contact; New Hampshire Works online or Portsmouth at: (603) 431-0384 or Somersworth at: (603) 742-4290.

### **Social Security Administration:**

Can help with issues or claims for, Social Security, Medicare, Supplemental Security and Social Security Disability Contact them in their Portsmouth office at; 888-397-9796 or in Concord at; 888-397-9798.

### **New Hampshire State Offices of Veterans Services:**

Help finding and accessing services for those who were in the military. (603) 624-9230.

### **Veterans Count:**

Care coordination and emergency assistance for service members, Veterans of all eras, those who have served in the military and their families. For help call (603) 315-4354.

### **Supportive Services for Veteran Families:**

Offers case management and temporary financial assistance to low-income NH veterans facing a housing crisis. Call (603) 882-3616.

### **Sexual Assault Support Services**

24-hour hotline at 800-747-7070. For those effected by sexual violence.

## Ready Rides:

Transportation for elderly and disabled for medical appointments. Call to arrange at: (603) 244-8719.

## Community Health:

Families First  
8 Greenleaf Woods Drive  
Portsmouth, NH  
(603)422-8208

Goodwin Community Health  
311 Route 108  
Somersworth, NH  
(603)749-2346

Lilac Pediatrics  
In Somersworth at Goodwin Community Health-(603)749-2346  
In Portsmouth at Families First (603)422-8208

For much more information on the services provided by the above locations, visit their website at [www.getcommunityhealth.org](http://www.getcommunityhealth.org) or call (603)766-9220.

## Lamprey Health Care:

Primary care and health related services regardless of ability to pay. Raymond location: (603) 895-3351. Also has Senior Transportation Program: Provides rides for medical appointments, weekly shopping trips and recreational day trip Contact them at: (603) 659-2424 or visit their website at <https://www.lampreyhealth.org/>.

## Mental Health:

Seacoast Mental Health:  
Located in Portsmouth. Can be contacted at: (603) 431-6703.

Riverbend Community Mental Health Center:  
Located in Concord. Can be contacted at: (603) 228-1551.

{These are Community Mental Health agencies that addresses mental health care needs in NH regardless of ability to pay}

## Legal Advice and Referral Center (LARC):

Free legal services to eligible, low-income people anywhere in NH. Call (603) 224-3333 or 1-800-639-5290. You can also apply for assistance on line on their website [www.nhlegalaid.org](http://www.nhlegalaid.org)