



# VETERANS RESOURCE GUIDE

## Carroll County, NH

### Table of Contents

- Federal Resources ..... 2
- NH Resources- Healthcare, General Assistance, and Employment ..... 5
- NH Resources- Mental Health and Therapeutic Programs ..... 10
- NH Resources- Housing, Furniture, Food Access, and Other Services..... 14
- Carroll County, NH- Healthcare, Mental Healthcare and Alcohol and Substance Use Treatment ..... 16
- Carroll County, NH- Housing, Transportation, and Food Access ..... 20
- Carroll County, NH- Other Services..... 22
- Maine Resources- Bordering Towns ..... 24
- Veterans Coalitions ..... 25
- LGBTQIA+ Resources..... 26
- Virtual Care ..... 26
- Trainings..... 27
- Activities..... 29
- NH Veteran-Friendly Businesses ..... 31
- VA Virtual Care Tools ..... 33

If you come across any information that is out of date or incorrect, please contact us so we can make the necessary updates. You can reach out to us via our website, [www.carrollcountyveteranscoalition.org](http://www.carrollcountyveteranscoalition.org), or by email at [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

## Federal Resources

Organization	Phone	Address	Website	Description
Children of Fallen Patriots	866-917- 2373	1818 Library St. Ste. 500 Reston, VA 20190	<a href="http://www.fallenpatriots.org">www.fallenpatriots.org</a>	Scholarships and educational counseling to military children who have lost a parent in the line of duty
Clear Path for Veterans New England	978-384-8800	84 Antietam St. Devens, MA 01434	<a href="http://www.clearpathne.org">www.clearpathne.org</a>	Connects veterans to programs and resources to support wellness
Cover Me Veterans	admin@covermeveterans.org	PO Box 5265 Madison, WI 53705	<a href="http://www.covermeveterans.org">www.covermeveterans.org</a>	Program that seeks to intervene in the act of suicide by offering free, customized gun skins with a personally relevant and meaningful image
Disabled American Veterans Service Office	NH Office: 603-222-5788	275 Chestnut St. Rm 515 Manchester, NH 03101	<a href="http://www.dav.org">www.dav.org</a>	Comprehensive support for veterans, their families, and their survivors
Drug Rehab USA- Veterans	888-479-0446		<a href="https://drugrehabus.org/rehabs/treatment/veterans/">https://drugrehabus.org/rehabs/treatment/veterans/</a>	Directory of Veterans alcohol and drug rehabilitation centers
FORGE Health	NH Office: 603-865-1706	1750 Elm St. Ste. 103 Manchester, NH 03104	<a href="https://forgehealth.com">https://forgehealth.com</a>	Mental health and substance use care with a program for veterans and first responders
Give an Hour	info@giveanhour.org	PO Box 1532 Clarksburg, MD 20871	<a href="https://giveanhour.org/">https://giveanhour.org/</a>	Free counseling for current or past military members and their families
Home Base	617-724-5202	1 Constitution Plaza Boston, MA 02129	<a href="https://homebase.org">https://homebase.org</a>	Direct clinical care, wellness, education, and research at no cost for veterans
Military and Veterans Caregiver Network	<a href="mailto:info.mvcn@redcross.org">info.mvcn@redcross.org</a>		<a href="https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html">https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html</a>	A program of the Red Cross that offers peer-based support and services to connect those providing care to service members and veterans living with wounds, illnesses, injuries, and/or aging

Military OneSource	800-342-9647		<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>	24/7 gateway to trusted information, resources, and confidential help from the Department of Defense. Provides support for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and more
National Center for PTSD	Info: 802-296-6300		<a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a>	Center to advance clinical care and social welfare of veterans with PTSD or who have experienced trauma
New England Center and Home for Veterans	617-371-1800	17 Court St. Boston, MA 02108	<a href="https://nechv.org/">https://nechv.org/</a>	National leader in housing and serving veterans who are at-risk of homelessness. Provides innovative services that enable success, meaningful employment, and dignified independent living.
Our Military Kids	703-734-6654	2911 Hunter Mill Rd. Ste. 203 Oakton, VA 22124	<a href="http://www.ourmilitarykids.org">www.ourmilitarykids.org</a>	Extracurricular activity grants to children of deployed National Guard, Reserve, or post-9/11 combat wounded, ill, or injured veterans in treatment
Team Rubicon			<a href="http://www.teamrubiconusa.org">www.teamrubiconusa.org</a>	Veteran-led disaster relief organization, redeploying veterans by using their skills to help with disasters locally and globally
Tragedy Assistance Program for Survivors (TAPS)	800-959-8277	3033 Wilson Blvd. 3 <sup>rd</sup> Floor Arlington, VA 22201	<a href="https://www.taps.org/">https://www.taps.org/</a>	Compassionate care and resources for those grieving the loss of a military loved one through connection to grief resources, at no cost to surviving families and loved ones

US Department of Veteran Affairs	800-698-2411		<a href="http://www.va.gov">www.va.gov</a>	Federal agency that provides benefits and support to veterans
US Department of Veterans Affairs Caregiver Support Program	VA Caregiver Support Line: 855-260-3274		<a href="http://www.caregiver.va.gov">www.caregiver.va.gov</a>	Education, resources, support, and services for caregivers of eligible and covered veterans enrolled in the VA health care system
Veterans Benefits Administration	800-827-1000		<a href="https://benefits.va.gov/benefits/">https://benefits.va.gov/benefits/</a>	The VA Benefits Administration helps veterans and their families buy homes, earn degrees, start careers, file service connection claims, and help with pensions & appeals
Veterans Crisis Line	Dial 988, then press 1		<a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>	24/7 crisis support for veterans and their loved ones
Veterans Inc.	800-482-2565	NH Office: 10 Ferry St. Ste. 404 Concord, NH 03301	<a href="http://www.veteransinc.org">www.veteransinc.org</a>	Support services, including housing programs/sites in New England, Women and Children's Program, discount prescription cards, employment and training programs, clothing, and pro bono legal services
Vets4Warriors	855-838-8255		<a href="https://vets4warriors.com/">https://vets4warriors.com/</a>	24/7 military peer support program staffed by veterans
Wounded Warrior Project	877-832-6997	4899 Belfort Rd. Ste. 300 Jacksonville, FL 32256	<a href="https://www.woundedwarriorproject.org/">https://www.woundedwarriorproject.org/</a>	Programs, services, and events, including programs in mental health, career counseling, and long-term rehabilitative care, and advocacy efforts for wounded veterans

## NH Resources- Healthcare, General Assistance, and Employment

Organization	Phone	Address	Website	Description
211 NH	2-1-1	PO Box 211 Manchester, NH 03105	<a href="http://www.211nh.org">www.211nh.org</a>	Comprehensive state-wide information and referrals
Apprenticeship NH	603-230-3527	26 College Dr. Concord, NH 03301	<a href="https://apprenticeshipnh.com">https://apprenticeshipnh.com</a>	Apprenticeship work-force training program
Association of the United States Army-Colonel Edward Cross Chapter- NH	978-604-8835		<a href="https://www.ausa.org/chapters/col-edward-cross-chapter">https://www.ausa.org/chapters/col-edward-cross-chapter</a>	Nonprofit educational and professional development association that provides a voice for the Army, supports the Soldier, and honors those who have served.
Candorful	<a href="https://candorful.org/contact/">https://candorful.org/contact/</a>		<a href="https://candorful.org/">https://candorful.org/</a>	Mock interviews for Service Members and Veterans to help them prepare to make a great first impression and get hired into the civilian workforce.
Care Coordination Program NH	888-989 9924	3 Executive Park Dr. #231 Bedford, NH 03110	<a href="https://ccpnh.com">https://ccpnh.com</a>	Provides advice and services to service members and their families before, during, and after deployment
Disabled American Veterans Service Office	603-222-5788	275 Chestnut St. Rm 515 Manchester, NH 03101	<a href="http://www.dav.org">www.dav.org</a>	Free, professional assistance to veterans and their families in obtaining benefits and services
Disabled Veterans United Foundation	NH Contact: <a href="mailto:Doc@DVUF.org">Doc@DVUF.org</a>		<a href="https://www.dvuf.org/">https://www.dvuf.org/</a>	Provides support with filing claims with the VA, committed to reducing suicide by enhancing camaraderie, and can connect veterans with other services
Fusion Cell	603-893-0419	22 Roulston Rd. Windham, NH 03087	<a href="http://www.fusioncell.com">www.fusioncell.com</a>	Veteran staffing and contracting service
Granite State Independent Living	603-228-9680	21 Chenell Dr. Concord, NH 03301	<a href="https://gsil.org/">https://gsil.org/</a>	Disabled veteran services including employment and benefits planning, independent living options, home health care services, and more
Humble Grunt Work	603-520-4621	PO Box 628 Center Harbor, NH 03226	<a href="http://www.humblegruntwork.org">www.humblegruntwork.org</a>	Veterans Recognition Group to honor all who have served
Medical Foster Home Program	603-657-4153	718 Smyth Rd. Manchester, NH 03104	<a href="http://www.va.gov/manchester-healthcare/programs/medical-foster-home-program">www.va.gov/manchester-healthcare/programs/medical-foster-home-program</a>	Program that offers safe, long-term care in a home setting

Military Officers Association of America- New Hampshire Chapter	NH Chapter President: 207-850-1009	PO Box 712 Dover, NH 03821	<a href="https://www.moaa-nh.org/">https://www.moaa-nh.org/</a>	A professional association for military officers and their families at every stage of life and their career.
Mobius Mobility iBOT	833-346-4268	540 N. Commercial St. Ste. 310 Manchester, NH 03101	<a href="https://mobiusmobility.com">https://mobiusmobility.com</a>	Robotic, multi-modal mobility device that can be provided through the VA
NAMI NH	Info & Resources: 800-242-6264	85 N. State St. Concord, NH 03301	<a href="http://www.naminh.org">www.naminh.org</a>	Support, education, and advocacy for people affected by mental illness and suicide with an online veteran and military families support group
New England Invents	978-934-5642	2 Merrimack St. Ste. 342 Haverhill, MA 01830	<a href="https://neinvents.org/">https://neinvents.org/</a>	Organization that educates, promotes, and supports independent inventors with events for veterans and a Military Advisory Board
New Hampshire Department of Military Affairs and Veterans Services	603-225-1200	1 Minuteman Way Concord, NH 03301	<a href="http://www.dmavs.nh.gov">www.dmavs.nh.gov</a>	NH information, resources, veteran services, and calendar of events
New Hampshire Division of Veterans Services	603-624-9230	275 Chestnut St. Room 517 Manchester, NH 03101	<a href="https://www.nh.gov/nhvetrans/">https://www.nh.gov/nhvetrans/</a>	Assists veterans who residents of NH or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations
New Hampshire Employment Security	603-224-3311	45 S. Fruit St. Concord, NH 03301	<a href="http://www.nhes.nh.gov">www.nhes.nh.gov</a>	Unemployment services, compensation, and job fairs
New Hampshire Military Assistance Foundation	Request Support Form: <a href="https://nhmaf.org/request-support/">https://nhmaf.org/request-support/</a>		<a href="https://nhmaf.org">https://nhmaf.org</a>	Assists, strengthens, and provides financial support to the members, families, and units of the NH National Guard

New Hampshire National Guard Service Member Family Support Program	603-225-1889 Service Member and Family Support Resource and Referral Line: 1-877-598-0666		<a href="https://nh.ng.mil/Family-Services/">https://nh.ng.mil/Family-Services/</a>	Services for families National Guard members, including State Family Program, Child and Youth Program, Care Coordination Program, Chaplain Services, State Resilience and Wellness Program, Survivor Outreach Services, and more
New Hampshire State Veterans Cemetery	603-796-2026	110 Daniel Webster Hwy. Boscawen, NH 03303	<a href="http://www.nhsvc.com">www.nhsvc.com</a>	NH veterans cemetery
New Hampshire Suicide Prevention Council	<a href="mailto:Katherine.M.Cox@dhhs.nh.gov">Katherine.M.Cox@dhhs.nh.gov</a>		<a href="https://preventsuicidenh.org/">https://preventsuicidenh.org/</a>	Council that is dedicated to promoting awareness that suicide is a preventable public health problem. Meetings are open to the public and there is a Military and Veterans Committee that focuses on preventing suicide and enhancing the quality of life of Service Members, Veterans, and their families.
New Hampshire Veterans Association	603-366-4470	208 Lakeside Ave. Laconia, NH 03246	<a href="https://nhva.site/">https://nhva.site/</a>	Organization that provides camaraderie, friendship, and R&R for Soldiers, Sailors, Marines, Airmen from the Air Force, and members of the Army Nurse Corps, who served in the War of 1812 or the Civil War through the present, or Sons of Veterans' organizations
New Hampshire Veterans of Foreign Wars	603-715-5579 Service Office: 603-222-5780	PO Box 955 Concord, NH 03302	<a href="http://www.vfwnh.org">www.vfwnh.org</a>	Assistance, support, and advocacy for veterans of overseas conflicts
New Hampshire Veterans' Resource Directory			<a href="https://www.nhes.nh.gov/forms/documents/nhes-0313.pdf">https://www.nhes.nh.gov/forms/documents/nhes-0313.pdf</a>	NH Veterans' Resource Directory created by New Hampshire Employment Security, with assistance from NH Division of Veterans Services, Department of Military Affairs and Veteran Services
Portsmouth Naval Shipyard	207-438-2235	Visitors Center: 1 Walker St. Bldg. 384 Portsmouth, NH 03804	<a href="http://www.basedirectory.com/portsmouth-naval-shipyard-directory">www.basedirectory.com/portsmouth-naval-shipyard-directory</a>	Naval shipyard with retired activities office

Swim with a Mission	603-759-5508	1 Hardy Rd. #127 Bedford, NH 03110	<a href="http://www.swam.org">www.swam.org</a>	Organization that raises money to strengthen and support organizations that service, support, and honor veterans
The American Legion Department of NH	603-856-8951	21 S. Fruit St. Ste. 266 Concord, NH 03301	<a href="http://www.legionnh.org">www.legionnh.org</a>	Support, activities, events, and benefits help for veterans
The American Red Cross Northern New England Region	603-225-6697	2 Maitland St. Concord, NH 03301	<a href="https://www.redcross.org/local/me-nh-vt.html">https://www.redcross.org/local/me-nh-vt.html</a>	Services for military and veteran families, including emergency communication, financial assistance, information referral services, deployment services, services for veterans, military and veteran caregiver network, and a Veterans History Project
VA Manchester Health Care	603-624-4366	718 Smyth Rd. Manchester, NH 03104	<a href="http://www.va.gov/manchester-health-care/">www.va.gov/manchester-health-care/</a>	Primary care, mental health care, and specialty services for residents of NH
VA Manchester Regional Office	800-827-1000	275 Chestnut St. Manchester, NH 03101	<a href="http://www.benefits.va.gov/Manchester">www.benefits.va.gov/Manchester</a>	Services including VA benefits and healthcare counseling, compensation, education, insurance, loan guaranty, pension, and employment
VA White River Junction Health Care	802-295-9363	163 Veterans Drive White River Junction, VT 05001	<a href="http://www.va.gov/white-river-junction-health-care/">www.va.gov/white-river-junction-health-care/</a>	Primary care, mental health care, and specialty services for residents of VT and northwestern NH
Veterans Canteen Service- Manchester	603-366-4366	Located at: VA Medical Center 718 Smyth Rd. Manchester, NH 03104	<a href="https://www.vacanteen.va.gov/">https://www.vacanteen.va.gov/</a>	Whole health spaces for veterans to connect, relax, share, and care for themselves in an environment that is their benefit
Veteran's Freedom to Smile Initiative- Oral Health Options for Veterans	Department of Military Affairs and Veterans Services (DMAVS): 603-225-1200	DMAVS: 1 Minuteman Way Concord, NH 03301	<a href="https://www.dmavs.nh.gov/community-based-military-programs/veterans-freedom-smile-initiative-oral-health-care-options">https://www.dmavs.nh.gov/community-based-military-programs/veterans-freedom-smile-initiative-oral-health-care-options</a>	Resources for free and/or reduced dental care for veterans in NH
Veterans Legal Justice New Hampshire	603-397-0650	35A Mill Pond Rd. Durham, NH 03824	<a href="https://www.vljinh.org/">https://www.vljinh.org/</a>	Provides pro-bono legal services to active duty, veterans, and their family members



Veterans 2 Veterans Group	603-966-0201	PO Box 1003 Littleton, NH 03561	<a href="http://www.veterans2veteransgroup.com">www.veterans2veteransgroup.com</a>	Provides aid, resource assistance, and respite events for veterans, first responders, and their direct families
WorkReadyNH	603-230-3534		<a href="https://www.ccsnh.edu/colleges-and-programs/workready-nh-faqs/workready-nh/">https://www.ccsnh.edu/colleges-and-programs/workready-nh-faqs/workready-nh/</a>	Tuition-free professional skills training program

## NH Resources- Mental Health and Therapeutic Programs

Organization	Phone	Address	Website	Description
Art for Vets at Currier Museum of Art	603-518-4946	150 Ash St. Manchester, NH 03104	<a href="https://currier.org/art-for-vets">https://currier.org/art-for-vets</a>	Therapeutic art programs in Manchester, NH, for veterans and their families. Art for Vets Family Days are on the third Saturday of every month with free drop-in art activities for families and complimentary lunch.
Azimuth Check Foundation	855-422-2283	PO Box 120 Bethlehem, NH 03574	<a href="https://azimuthcheckfoundation.org">https://azimuthcheckfoundation.org</a>	Athletic activities in Bethlehem, NH, for injured warriors
Camp Resilience	978-219-4003	PO Box 7384 Gilford, NH 03247	<a href="https://camp-resilience.org">https://camp-resilience.org</a>	Wellness retreats for service members, veterans, first responders and their loved ones
DV Farm	603-354-8035	14 Whitney Stage Rd. Gilsum, NH 03448	<a href="https://dvfarm.org/">https://dvfarm.org/</a>	Operated by Vets for Vets, provides practical rehab for homeless and addicted Veterans via a combined program of housing, animal assisted therapy, a structured work schedule and the camaraderie of fellow Vets working together to reintegrate back into civilian life.
Easterseals NH's Farnum Center	603-622-3020	140 Queen City Ave. Manchester, NH 03103	<a href="https://farnumcenter.org/">https://farnumcenter.org/</a>	Treatment for alcohol and substance use disorders, including detoxification, residential, and outpatient services
Equine Immersion Project	201-454-2445		<a href="https://equineimmersionproject.com">https://equineimmersionproject.com</a>	One- and two-day events for veterans and their support with the power of horses
Hero Pups	603-397-7444	20 Portsmouth Ave. #127 Stratham, NH 03885	<a href="https://heropups.com">https://heropups.com</a>	Programs to match support dogs with veterans and first responders throughout New England who have service-related psychological challenges and to pay for companion animals for veterans
Hidden Battles Foundation	978-551-5116	76 Pleasant St. Dracut, MA 01826	<a href="http://www.hiddenbattlesfoundation.org">www.hiddenbattlesfoundation.org</a>	Mental health support and programs for police, fire, nursing, EMS, corrections, and veterans (located in MA)

Hometown Hero Outdoors	603-973-4661	PO Box 210 Stillwater, MN 55082	<a href="https://hometownherooutdoors.org/chapter/new-england/">https://hometownherooutdoors.org/chapter/new-england/</a>	Outdoor activities for law enforcement, military service members, and military veterans
Honor Flight New England	603-518-5368	193 Londonderry Turnpike Unit 4 Hooksett, NH 03106	<a href="https://honorflightnewengland.org">https://honorflightnewengland.org</a>	Transports veterans to DC to visit and reflect at their memorials at no cost
House in the Woods	207-570-4806	217 Skunk Hill Rd. Lee, ME 04455	<a href="http://www.houseinthewoods.org">www.houseinthewoods.org</a>	Retreats for active military, veterans, and their families using outdoor wilderness activities in Maine
Huzzah for Horses	603-742-4370		<a href="http://www.huzzahforhorses.org">www.huzzahforhorses.org</a>	Equine experiences and events in Dover, NH, for active military, veterans, and first responders
Lakes Region Humane Society	603-539-1077	11 Old Rte. 28 Ossipee, NH 03864	<a href="https://lrhs.net/">https://lrhs.net/</a>	Humane society, adoption fees for veterans and military are sponsored by Chris' Hero Pups
Manchester Vet Center	603-668-7060	1461 Hooksett Rd. Ste. B7 Hooksett, NH 03106	<a href="https://www.va.gov/manchester-vet-center/">https://www.va.gov/manchester-vet-center/</a>	Free, confidential help and counseling for veterans, service members, and their families in a non-medical setting
Nonstandard	<a href="https://www.nonstandard.org/contact-us">https://www.nonstandard.org/contact-us</a>		<a href="https://www.nonstandard.org/">https://www.nonstandard.org/</a>	Connects Veterans to Nonstandard Solutions and Therapies for physical and mental health.
Northeast Passage	603-862-0070	121 Technology Dr. Ste. 161 Durham, NH 03824	<a href="http://www.nepassage.org">www.nepassage.org</a>	Empowering individuals with disabilities to define, pursue, and achieve their therapeutic recreation and adaptive sports goals. Also offers veteran-specific recreation events throughout the year.
Operation Delta Dog	603-921-5253	19G Clinton Dr. Hollis, NH 03049	<a href="https://operationdeltadog.org">https://operationdeltadog.org</a>	Service dogs for veterans with PTSD, TBI, and/or MST
Operation Renewed Freedom	Email: gduncan. operation renewed freedom @gmail.com		<a href="https://www.facebook.com/operationrenewedfreedom/">https://www.facebook.com/operationrenewedfreedom/</a>	Therapeutic and respite opportunities with horses in Hudson, NH, for veterans, first responders, and their support/families

Rotors to Reels	603-231-0711	13 Mast Rd. Newfields, NH 03856	<a href="https://rotorstoreels.org/">https://rotorstoreels.org/</a>	Provides zero cost adventures on the water with fishing, marine life observation, relaxing on the ocean, and ease of access items for marine and boating activities for disabled Veterans.
TERRA Equine Therapy Center	603-487-6745	281 Odell Hill Rd. Center Conway, NH 03813	<a href="http://www.terraetc.org">www.terraetc.org</a>	Equine assisted psychotherapy in group and individual settings in Conway, NH
The Doorway	211	-Berlin at Androscoggin Valley Hospital 7 Page Hill Rd. Berlin, NH 03570 -Dover at Wentworth Douglass Hospital 798 Central Ave. Dover, NH 03820 -Laconia at LRGHealthcare 80 Highland St. Laconia, NH 03246 -Littleton at Littleton Regional Healthcare 11 Riverglen Lane, Ste. 100 Littleton, NH 03561	<a href="https://www.thedoorway.nh.gov/">https://www.thedoorway.nh.gov/</a>	Free assistance with accessing every level of treatment, including screening and evaluation; treatment, including Medication Assisted Treatment; prevention, including naloxone; supports and services to assist in long-term recovery; and peer recovery support services
The Salute Military Golf Association New England	978-758-0011		<a href="http://www.smganewengland.org">www.smganewengland.org</a>	Rehabilitative golf programs for post 9/11 wounded war veterans
Travis Mills Foundation	207-480-3490	647 Castle Island Rd. Mt. Vernon, ME 04352	<a href="https://travismillsfoundation.org">https://travismillsfoundation.org</a>	Retreats in Maine for veterans who have been injured in active duty or as a result of their service and their families
UpReach	603-497-2343	153 Paige Hill Rd. Goffstown, NH 03045	<a href="https://www.upreachtec.org">https://www.upreachtec.org</a>	Therapeutic equestrian center in Goffstown, NH

Veterans Count-Easterseals NH	Urgent services/referrals: 603-315-4353 Info: 844-650-8387	555 Auburn St. Manchester, NH 03103	<a href="https://vetscount.org/">https://vetscount.org/</a>	Resources and services for veterans, service members, and their families, including critical case management and emergency financial assistance
Veterans Yoga Project	Nashua Senior Center: 603-889-6155	Nashua Senior Center: 70 Temple St. Nashua, NH 03060	<a href="https://veteransyogaproject.org/">https://veteransyogaproject.org/</a>	Organization on a mission to support recovery and resilience among veterans, military families, and communities. Provides free online classes and in-person classes at the Nashua Senior Center.
Warriors @ 45 North	603-331-2993	PO Box 132 Pittsburg, NH 03592	<a href="http://www.warriors45north.com">www.warriors45north.com</a>	Care and rest through outdoor activities in Pittsburg, NH, at no cost for active duty, retired, and anyone who served in the Armed Forces

## NH Resources- Housing, Furniture, Food Access, and Other Services

Organization	Phone		Website	Description
Building Dreams for Marines	978-600-8959	PO Box 1704 Nashua, NH 03061	<a href="https://bdfm.org">https://bdfm.org</a>	Assists Marines and other service members who have mobility challenges with life-enhancing modifications to their homes or vehicles
Harbor Care NH	603-882-3616	45 High St. Nashua, NH 03060	<a href="http://www.harborcarenh.org">www.harborcarenh.org</a>	Housing and veteran services in Nashua, NH
Holiday Cards for Our Military Challenge	Email: holidaycards nh@gmail. com	5 Hutchings Dr. Ste. 100 Unit 103 Hollis, NH 03049	<a href="https://militaryholidaycardchallenge.com">https://militaryholidaycardchallenge.com</a>	Personalized holiday cards and letters for military heroes
Homeland Heroes Foundation	603-458-1275	10 Delaware Dr. #1 Salem, NH 03079	<a href="http://www.homelandheroesfoundation.org">www.homelandheroesfoundation.org</a>	Provides furniture, new mattresses and box springs, gas and food cards, and housing support for veterans
Keep NH Moving	Carroll County Region Contact: 603-723-4318 <a href="mailto:sboisvert@tc.cap.org">sboisvert@tc.cap.org</a>		<a href="https://keepnhmoving.com/">https://keepnhmoving.com/</a>	Transportation resource directory designed to assist the public and professionals in finding and securing mobility services
Liberty House	603-669-0761	221 Orange St. Manchester, NH 03104	<a href="https://libertyhousenh.org">https://libertyhousenh.org</a>	Substance-free housing for homeless and struggling veterans in Manchester, NH
NH Food Bank Food Map	Manchester Office: 603-669-9725	Manchester Office: 700 East Industrial Park Dr. Manchester, NH 03109	<a href="https://nhfoodbank.org/find-food/food-map/">https://nhfoodbank.org/find-food/food-map/</a>	Map of food pantries in NH
NH Hunger Solutions	603-225-2264	100 N. Main St. Ste. 400 Concord, NH 03301	<a href="https://nhhungersolutions.org">https://nhhungersolutions.org</a>	Aims to connect NH residents to the food and nutrition supports they need, and to end food insecurity and hunger in NH
NH Veterans Home	603-527-4400	139 Winter St. Tilton, NH 03276	<a href="http://www.nh.gov/veterans">www.nh.gov/veterans</a>	Intermediate long-term care located in Tilton, NH, for veterans

Operation Care for Troops	Email: contact@octnh.org	PO Box 1604 Nashua, NH 03061	<a href="http://www.octnh.org">www.octnh.org</a>	Care packages for deployed service men and women and holiday stockings for children of service families in transition and displaced veterans in Manchester and Nashua, NH
Roof-A-Vet	Email: <a href="mailto:contact-us@roofavet.org">contact-us@roofavet.org</a>		<a href="https://www.roofavet.org/">https://www.roofavet.org/</a>	Provides new roofs to veterans in NH and Maine at little or no cost
The Bridge House	603-536-7631	260 Highland St. Plymouth, NH 03264	<a href="https://tbhshelter.org">https://tbhshelter.org</a>	Information and referral, emergency shelter, food, job training, transitional living support, and aftercare in Plymouth, NH
Vouchers for Veterans	603-817-6030	PO Box 42 Rochester, NH 03866	<a href="http://www.vouchersforveterans.org">www.vouchersforveterans.org</a>	Provides veterans with \$20 vouchers for designated farmers markets
Worker Bee Fund	Email: hello@workerbeefund.org	67B North Mast St. Goffstown, NH 03045	<a href="https://workerbeefund.org">https://workerbeefund.org</a>	Provides critical home repair to NH's veterans in need

## Carroll County, NH- Healthcare, Mental Healthcare and Alcohol and Substance Use Treatment

Organization	Phone	Address	Website	Description
Alcoholics Anonymous	603-622-6967	Meetings held throughout NH and Carroll County	<a href="https://nhaa.net/meetings/">https://nhaa.net/meetings/</a>	Fellowship of people who come together to solve their drinking problem
Berlin Vet Center (Satellite location in Conway)	603-752-2571	Berlin: 515 Main St. Gorham, NH 03581 Conway- Fridays by appointment only: Conway Church of Christ 348 E. Main St. Conway, NH 03818	<a href="http://www.va.gov/berlin-vet-center">www.va.gov/berlin-vet-center</a>	Confidential help and counseling in a non-medical setting at no cost
Blue Heron Neurofeedback and Counseling	603-356-6400	3277 White Mountain Highway North Conway, NH 03860	<a href="http://www.blueheroncounseling.org">www.blueheroncounseling.org</a>	Outpatient counseling, neurofeedback therapy, EMDR, and medication assisted treatment
Community Health Worker- Soyla Hernandez	603-301-1252 ext. 301	1230 NH-16 Ossipee, NH 03864	<a href="https://www.c3ph.org/initiatives/Community-Health-Worker">https://www.c3ph.org/initiatives/Community-Health-Worker</a>	Resources, referrals, healthcare navigation, application assistance, access to services, and patient advocacy
Conway VA Clinic	Main: 800-892-8384 x3199 Mental health care: 603-624-4366 x3199	71 Hobbs St. Conway, NH 03818	<a href="http://www.va.gov/manchester-health-care/locations/conway-va-clinic">www.va.gov/manchester-health-care/locations/conway-va-clinic</a>	Outpatient clinic with primary care and specialty services including mental health and women's health services
Cranmore Health Partners	603-730-5356	1857 White Mountain Highway North Conway, NH 03860	<a href="https://chpnh.com/">https://chpnh.com/</a>	Primary care, urgent care, pain management, and stretch therapy
Discover Health Functional Medicine Center	603-447-3112	24 Pleasant St. Conway, NH 03818	<a href="https://discoverhealthfmc.com/">https://discoverhealthfmc.com/</a>	Functional medicine, osteopathic manipulative medicine, neurofeedback, and online movement classes



Granite VNA	603-224-4093 800-924-8620	Wolfeboro Office: 645 South Main St. Wolfeboro, NH 03894	<a href="https://www.granitevna.org/">https://www.granitevna.org/</a>	Home care, hospice, palliative care, pediatrics and maternal health, grief support, wellness, parent/caregiver support. Volunteer Program includes the We Honor Veterans partnership, where veteran volunteers visit veterans in hospice.
Green Mountain Treatment Center	866-652-8889	244 High Watch Rd. Effingham, NH 03882	<a href="https://www.graniterecoverycenters.com/treatment-centers/green-mountain-treatment-center/">https://www.graniterecoverycenters.com/treatment-centers/green-mountain-treatment-center/</a>	Inpatient substance use treatment center with medical detox, residential treatment center, partial hospitalization program, and intensive outpatient program, plus a specialized Veterans Services program
Huggins Hospital	603-569-7500	240 South Main St. Wolfeboro, NH 03894	<a href="http://www.hugginshospital.org">www.hugginshospital.org</a>	Primary care, diagnostic testing, specialty services, and emergency services
Memorial Hospital	603-356-5461	3073 White Mountain Highway North Conway, NH 03860	<a href="http://www.mainehealth.org/memorial-hospital">www.mainehealth.org/memorial-hospital</a>	Primary care, behavioral and mental health care, specialty care, and emergency services
Miranda Diabetes Care Center	603-730-5125	13 NH-16A Intervale, NH 03845		Diabetes management for Type 1 and Type 2 diabetes and diabetic retinopathy eye screening
Moultonborough Family Medicine	603-476-2216	984 Whittier Highway Moultonborough, NH 03254	<a href="https://www.hugginshospital.org/locations/moultonborough-family-medicine">https://www.hugginshospital.org/locations/moultonborough-family-medicine</a>	Primary care
Mt. Washington Valley Psychological Services	603-447-2453	81 Washington St. Conway, NH 03818	<a href="https://www.mwvps.com/">https://www.mwvps.com/</a>	Group of individual private practitioners providing psychotherapy to individuals, adults, children, families, and couples
MWV Supports Recovery	603-662-0668	1620 East Main St. Center Conway, NH 03818	<a href="http://www.mwvsupportsrecovery.org">www.mwvsupportsrecovery.org</a>	Recovery Community Organization with trained recovery coaches, a resource center, programs and services for those in recovery and those affected by addiction, and sober living transitional housing for women

North Country Peer Support Center	603-447-1765 Warmline: 866-447-1765	6 Main St. Conway, NH 03818	<a href="http://www.northcountrypsa.org">www.northcountrypsa.org</a>	Peer support groups and warmline
Northern Human Services-Conway	603-447-2111	25 West Main St. Conway, NH 03818	<a href="https://northernhs.org">https://northernhs.org</a>	Comprehensive mental health services for children, adults, and those living with substance use disorder, along with services for persons with developmental disabilities
Northern Human Services-Wolfeboro	603-569-1884	70 Bay St. Wolfeboro, NH 03894	<a href="https://northernhs.org/">https://northernhs.org/</a>	Comprehensive mental health services for children, adults, and those living with substance use disorder, along with services for persons with developmental disabilities
Nourishing NH	781-254-4230	64 Kearsarge Rd. North Conway, NH 03860	<a href="https://www.nnhllc.com/">https://www.nnhllc.com/</a>	Trauma-informed dietic practice supporting those with disordered eating, and specializing in Sports Nutrition
Ossipee Family Medicine	603-539-6996	3 Water Village Rd. Ossipee, NH 03864	<a href="https://www.hugginshospital.org/locations/ossipee-family-medicine">https://www.hugginshospital.org/locations/ossipee-family-medicine</a>	Primary care
Resilience Counseling and Training Center	603-460-5774	273 White Mountain Highway North Conway, NH 03860	<a href="https://resiliencounselingcenter.com/">https://resiliencounselingcenter.com/</a>	Counseling and therapy, coaching, professional development, and training
Saco River Medical Group	603-447-3500	7 Greenwood Ave. Conway, NH 03818	<a href="https://sacodocs.com/">https://sacodocs.com/</a>	Primary care, pediatrics, walk-in clinic, lab services, diabetes management, medication assisted treatment, transition of care management, acupuncture, advance care planning, osteopathic manipulation, and imaging

Tamworth Community Nurse Association	603-323-8511	84R Main St. Tamworth, NH 03886	<a href="http://www.tamworthnurses.org">www.tamworthnurses.org</a>	Free skilled nursing for all Tamworth residents- vital signs, blood draws, evaluation and treatment of wounds, nutrition and exercise counseling, flu vaccine clinics, new baby visits, care for older adults, case management, and health, educational workshops, and equipment loan
Tamworth Family Medicine	603-323-3311	577 White Mountain Highway Tamworth, NH 03886	<a href="https://www.hugginshospital.org/locations/tamworth-family-medicine-and-back-bay-rehab-in-tamworth">https://www.hugginshospital.org/locations/tamworth-family-medicine-and-back-bay-rehab-in-tamworth</a>	Primary care
TERRA Equine Therapy Center	603-487-6745	281 Odell Hill Rd. Center Conway, NH 03813	<a href="http://www.terraetc.org">www.terraetc.org</a>	Equine assisted psychotherapy in group and individual settings
Tri-County Family Dentistry	603-323-7645	448 B White Mountain Highway Tamworth, NH 03886	<a href="http://www.tccap.org/services/tamworthdentalcenter/">http://www.tccap.org/services/tamworthdentalcenter/</a>	Full-service oral health care, accepts most insurance, NH and Maine Medicaid, and offers reduced rate to low-income individuals without insurance
Visiting Nurse Home Care & Hospice of Carroll County and Western Maine	603-356-7006	1529 White Mountain Highway North Conway, NH 03860	<a href="https://www.vnhch.org/">https://www.vnhch.org/</a>	Skilled nursing care, rehabilitative services, long term care, hospice, palliative care, support groups, and advance care planning
White Horse Recovery	603-651-1441	North Conway: 2977 White Mountain Highway North Conway, NH 03860 Ossipee: 68-70 Rt. 16B Center Ossipee, NH 03814	<a href="https://whitehorserecovery.org/">https://whitehorserecovery.org/</a>	Substance use treatment and mental health services for adults and families and ongoing recovery support programs, with locations in North Conway, Ossipee, and Berlin, and Littleton, NH.
White Mountain Community Health Center	603-447-8900	298 White Mountain Highway Conway, NH 03818	<a href="https://www.whitemountainhealth.org/">https://www.whitemountainhealth.org/</a>	Primary care, prenatal care, pediatrics, dental care, behavioral health care, substance use disorder treatment, sexual and reproductive health, teen clinic, and care coordination team

## Carroll County, NH- Housing, Transportation, and Food Access

Organization	Phone	Address	Website	Description
At Your Service	603-726-6624			Transportation service, serving from Bartlett to Ossipee
Carroll County RSVP	603-356-9331	53 Technology Lane Conway, NH 03818	<a href="http://www.carrollcountyrsvp.org/non-emergency-medical-transportation.html">http://www.carrollcountyrsvp.org/non-emergency-medical-transportation.html</a>	Free non-emergency medical transportation for seniors, people with disabilities, and veterans
Community Health Worker- Soyla Hernandez	603-301-1252 ext. 301	1230 NH-16 Ossipee, NH 03864	<a href="https://www.c3ph.org/initiatives/Community-Health-Worker">https://www.c3ph.org/initiatives/Community-Health-Worker</a>	Resources, referrals, healthcare navigation, application assistance, access to services, and patient advocacy
Fast Taxi	603-356-0000	2729 White Mountain Highway North Conway, NH 03860	<a href="http://www.fasttaxi.net">www.fasttaxi.net</a>	Taxi service
Gibson Center Bus Service	603-356-3231	14 Grove St. North Conway, NH 03860	<a href="http://www.gibsoncenter.org/transportation">www.gibsoncenter.org/transportation</a>	Bus service for people 60+ and/or with disabilities in northern Carroll County
Gibson Center Meals Program	603-356-3231	14 Grove St. North Conway, NH 03860	<a href="http://www.gibsoncenter.org/meals">www.gibsoncenter.org/meals</a>	Meals on wheels and congregate meals
Keep NH Moving	Carroll County Region Contact: 603-723-4318 <a href="mailto:sboisvert@tccap.org">sboisvert@tccap.org</a>		<a href="https://keepnhmoving.com/">https://keepnhmoving.com/</a>	Transportation resource directory designed to assist the public and professionals in finding and securing mobility services
NH Food Bank Food Map			<a href="https://nhfoodbank.org/find-food/food-map/">https://nhfoodbank.org/find-food/food-map/</a>	Map of food pantries in NH
Ossipee Concerned Citizens	603-539-6851	3 Dore St. Center Ossipee, NH 03814	<a href="http://www.ossipeeconcernedcitizensinc.com">www.ossipeeconcernedcitizensinc.com</a>	Meals on wheels and congregate meals for various towns
Project Bike Tech	Email: <a href="mailto:sboisvert@tccap.org">sboisvert@tccap.org</a>			Recycled bikes for transportation
ServiceLink of Carroll County	603-323-2043	448 White Mountain Highway Tamworth, NH 03886	<a href="https://www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink">https://www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink</a>	Information, support, and referrals, specializing in individuals who are aging or disabled
Tri-County Community Action Program	603-323-7400	448A White Mountain Highway Tamworth, NH 03886	<a href="http://www.tccap.org">www.tccap.org</a>	Homeless interventions and prevention, energy assistance, transit, dentistry, and more
Tri-County Transit	603-752-1741	31 Pleasant St. Berlin, NH 03570	<a href="http://www.tricountytransit.org">www.tricountytransit.org</a>	Bus service in Carroll, Coos, and northern Grafton counties

Way Station	603-452-7113	15 Grove St. North Conway, NH 03860	<a href="http://www.waystationnh.org">www.waystationnh.org</a>	Day resource center for homeless and housing- insecure residents of Mt. Washington Valley
Wolfeboro Area Meals on Wheels	603-515-2043	240 South Main St. Wolfeboro, NH 03894	<a href="https://www.wamow.org">https://www.wamow.org</a>	Meals on wheels

## Carroll County, NH- Other Services

Organization	Phone	Address	Website	Description
AARP Foundation Tax-Aide Sites	888-227-7669		<a href="https://www.aarp.org/mon ey/taxes/aarp_taxaide/locations/">https://www.aarp.org/mon ey/taxes/aarp_taxaide/locations/</a>	AARP free tax preparation with locations in North Conway, Ossipee, Moultonborough, Wolfeboro, and Wakefield, NH
American Legion Post 46 Conway	603-447-3927	47 Tasker Hill Rd. Conway, NH 03818	<a href="http://www.facebook.com/alpost46conwaynh/">www.facebook.com/alpost46conwaynh/</a>	American Legion in Conway, NH
Anna Stickney Chapter of National Society Daughters of the American Revolution	annastickneyr egent@gmail.com		<a href="http://annastickney.nhsodar .org/">http://annastickney.nhsodar .org/</a>	North Conway area chapter- National Society Daughters of the American Revolution
Carroll County Coalition for Public Health	603-301-1252	1230 NH-16 Ossipee, NH 03864	<a href="https://www.c3ph.org/">https://www.c3ph.org/</a>	Regional Public Health Network serving Carroll County, NH.
Gibson Center for Senior Services	603-356-3231	14 Grove St. North Conway, NH 03860	<a href="http://www.gibsoncenter.org">www.gibsoncenter.org</a>	Variety of services and programs for seniors
Greater Ossipee Area Chamber of Commerce	603-651-1600	2206A NH-16 West Ossipee, NH 03890	<a href="http://www.ossipeevalley.org">www.ossipeevalley.org</a>	Chamber of commerce
Greater Wakefield Chamber of Commerce	Email: info@greater wakefield chamber.org	3 High St. Sanbornville, NH 03872	<a href="https://greaterwakefieldcha mber.org">https://greaterwakefieldcha mber.org</a>	Chamber of commerce
Harriman-Hale Unit 18 American Legion Auxiliary-Wolfeboro	603-520-0070 603-569-9817	142 Center St. Wolfeboro, NH 03894	<a href="https://www.wolfeboronh.u s/business- directory/american-legion- harriman-hale-post-18">https://www.wolfeboronh.u s/business- directory/american-legion- harriman-hale-post-18</a>	American Legion in Wolfeboro, NH
Jackson Area Chamber of Commerce	603-383-9356	18 Main St. Jackson, NH 03846	<a href="https://jacksonnh.com/">https://jacksonnh.com/</a>	Chamber of commerce
Lakes Region Humane Society	603-539-1077	11 Old Rte. 28 Ossipee, NH 03864	<a href="https://lrhs.net/">https://lrhs.net/</a>	Humane society, adoption fees for veterans and military are sponsored by Chris' Hero Pups
Milton Memorial VFW Auxiliary #8393	603-662-2302	Hotchkiss CC, 71 Main St. Union, NH 03887	<a href="http://www.facebook.com/profile. php?id=100080284916952">www.facebook.com/profile. php?id=100080284916952</a>	VFW for the Wakefield/Milton, NH and surrounding areas, meetings are held on the 2 <sup>nd</sup> Monday

Mount Washington Valley Adult Day Center	603-356-4980	978 E. Main St. Center Conway, NH 03813	<a href="http://www.mwvadultdaycenter.org">www.mwvadultdaycenter.org</a>	of the month at 6pm and dues are \$15/year. Care services for the day for older adults with degenerative conditions or dementia challenges in a comfortable, home-like setting
Mt. Washington Valley Chamber of Commerce	603-356-5701	2473 White Mountain Highway North Conway, NH 03860	<a href="http://www.visitmwv.com/members">www.visitmwv.com/members</a>	Chamber of commerce
ServiceLink of Carroll County	603-323-2043	448 White Mountain Highway Tamworth, NH 03886	<a href="https://www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink">https://www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink</a>	Information, support, and referrals, and can match veteran services with specific needs
Winnepesaukee Chapter of National Society Daughters of the American Revolution	winnepesaukee edar@gmail.com		<a href="http://winnepesaukee.nhsodar.org/">http://winnepesaukee.nhsodar.org/</a>	Winnepesaukee area chapter- National Society Daughters of the American Revolution
Wolfeboro Chamber of Commerce	603-569-2200	32 Central Ave. Wolfeboro, NH 03894	<a href="http://www.wolfeborochamber.com">www.wolfeborochamber.com</a>	Chamber of commerce

## Maine Resources- Bordering Towns

Organization	Phone		Website	Description
American Legion Lopeman- Potts Post 67, Bridgton	207-595-9365	25 Depot St. Bridgton, ME 04009	<a href="http://www.post67me.org/">www.post67me.org/</a>	American Legion in Bridgton, ME
Fryeburg- Lovell Memorial VFW Post 6783	207-925-1542	10 Smarts Hill Rd. Lovell, ME 04051	<a href="https://www.facebook.com/fryeburgvfw">www.facebook.com/fryeburgvfw</a>	VFW in Fryeburg/Lovell, ME
Maine Bureau of Veteran Services	207-287-7020	117 State House Station Augusta, ME 04333	<a href="https://www.maine.gov/veterans/">https://www.maine.gov/veterans/</a>	Maine information and resources for veterans
The Summit Project	Email: info@thesum mitproject. org	PO Box 8130 Portland, ME 04104	<a href="https://thesummitproject.org">https://thesummitproject.org</a>	Living Memorial project for fallen service members
VA Maine Health Care	207-623-8411	1 VA Center Augusta, ME 04330	<a href="https://www.va.gov/maine-health-care/">https://www.va.gov/maine-health-care/</a>	VA Maine health care



## Veterans Coalitions

Organization	Contact	Meetings	Website	Description
Carroll County Veterans Coalition	603-515-6544 jennifer.thomas@graniteuw.org	4 <sup>th</sup> Tuesday of the month at 10am- Please contact us FMI	<a href="http://www.carrollcountyveteranscoalition.org">www.carrollcountyveteranscoalition.org</a>	Aims to increase mental health support and decrease social isolation of veterans in Carroll County, NH
Greater Manchester Region	skilbreth@forgehealth.com			
Greater Sullivan Region	wmetcalfe@wcbh.org			
Lakes Region Veterans Coalition	kwebber@campresilience.org		<a href="https://lrvn.org/">https://lrvn.org/</a>	Local veterans and community leaders working to implement the Veteran-focused Together with Veterans suicide prevention program in the Lakes Region
Seacoast Veterans Coalition	mreyes@seacoastphn.org			
Stronger Together Veterans Coalition- Greater Nashua area	603-554-8142 kchoquette@arcnh.org	Last Monday of the month, 6-7pm at ARCNH 180 Elm St. Ste. E Milford, NH 03055	<a href="https://arcnh.org/stronger-together-veterans-coalition-of-new-hampshire/">https://arcnh.org/stronger-together-veterans-coalition-of-new-hampshire/</a>	Veterans, mental health providers, private practitioners, community members, peer recovery support workers, and volunteers working together to prevent veteran suicide

## LGBTQIA+ Resources

Organization	Phone	Address	Website	Description
LGBTQ+ Veteran Care Coordinator	603-851-1552 603-296-5363	718 Smyth Rd. Manchester, NH 03104	<a href="http://www.va.gov/manchester-health-care/health-services/lgbtq-veteran-care/">www.va.gov/manchester-health-care/health-services/lgbtq-veteran-care/</a>	LGBTQ+ veteran care coordinators to support the health, welfare, and dignity of veterans and their families
NAMI NH LGBTQIA+ Resources	NAMI NH Information & Resources Line: 1-800-242-6264	NAMI NH 85 North State St. Concord, NH 03301	<a href="http://www.naminh.org/lgbtqia/">www.naminh.org/lgbtqia/</a>	LGBTQIA+ mental health resources
White Mountains Pride	Email: whitemountainpride@gmail.com	PO Box 1349 North Conway, NH 03860	<a href="http://www.whitemountainpride.com">www.whitemountainpride.com</a>	Group of volunteers bringing celebration, education, empowerment, acceptance, and inclusion to all LGBTQIA+ in the White Mountains region

## Virtual Care

Organization	Phone	Website	Description
Amwell	877-410-5548	<a href="https://patients.amwell.com">https://patients.amwell.com</a>	Virtual urgent care, therapy, psychiatry, and more
Bend Health	800-516-0975	<a href="http://www.bendhealth.com">www.bendhealth.com</a>	Virtual mental healthcare for families
Better Life Partners	866-679-0831	<a href="https://betterlifepartners.com">https://betterlifepartners.com</a>	Virtual primary care, medication assisted treatment for substance use disorders, and behavioral health
BetterMynd		<a href="http://www.bettermynd.com">www.bettermynd.com</a>	Virtual therapy for college students
VA Virtual Care Tools		<a href="https://mobile.va.gov/appstore">https://mobile.va.gov/appstore</a>	See Page 12 for list of VA Virtual Care Tools

## Trainings

Organization	Phone	Website	Description
Ask the Question	603-271-9394	<a href="https://www.askthequestion.nh.gov/">https://www.askthequestion.nh.gov/</a>	Campaign to empower providers to better serve veterans by asking the question, "Have you or a family member ever served in the military?" Trainings, orientations, or consultations available.
Battlemind	Division of Community Based Military Programs: 603-271-9394	<a href="https://www.askthequestion.nh.gov/resources/battlemind">https://www.askthequestion.nh.gov/resources/battlemind</a>	Training for transitioning from combat to home. Battlemind for Providers is also available.
Center for Deployment Psychology	301-400-4300	<a href="https://deploymentpsych.org/">https://deploymentpsych.org/</a> <a href="https://deploymentpsych.org/Military-Culture-Enhancing-Competence-Course-Description">https://deploymentpsych.org/Military-Culture-Enhancing-Competence-Course-Description</a> <a href="https://deploymentpsych.org/military-culture-course-modules">https://deploymentpsych.org/military-culture-course-modules</a>	Trainings for military and civilian behavioral health providers. Includes a free, online Military Culture: Enhancing Clinical Competence Course and Military Culture Course.
Counseling on Access to Lethal Means	<a href="https://zerosuicide.edc.org/contact-us">https://zerosuicide.edc.org/contact-us</a>	<a href="https://zerosuicide.edc.org/resources/trainings-courses/CALM-course">https://zerosuicide.edc.org/resources/trainings-courses/CALM-course</a>	Free, self-paced, online course for health care and social services providers about how to reduce access to lethal means.
LivingWorks	910-867-8822	<a href="https://livingworks.net/">https://livingworks.net/</a>	Suicide prevention trainings, including online and in-person trainings.
Military Child Education Coalition	254-953-1923	<a href="https://www.militarychild.org/">https://www.militarychild.org/</a>	Coalition that supports military-connected children with trainings for parents, students, and professionals, along with the Purple Star Schools program that is designed to help schools respond to the educational and social-emotional challenges of military-connected children during school transitions.
NAMI NH Trainings	603-225-5359	<a href="http://www.naminh.org/trainings/">www.naminh.org/trainings/</a>	Trainings for mental health, crisis response, and suicide prevention
PyschArmor	858-755-3006	<a href="https://psycharmor.org/">https://psycharmor.org/</a>	Trainings for military cultural awareness, including veteran suicide prevention, caregiver suicide prevention, postvention, connecting with the VA, crisis response, substance use disorder in military and veteran populations, women who serve, and more. Courses for individuals are free.

PsychArmor NH Provider Portal		<a href="https://governorschallenge.psycharmor.org/bundles/new-hampshire-state-team">https://governorschallenge.psycharmor.org/bundles/new-hampshire-state-team</a>	Curated list of PsychArmor trainings for providers. Includes S.A.V.E., a 25-minute suicide prevention course.
PsychArmor NH Veteran Friendly Business Network Portal		<a href="https://governorschallenge.psycharmor.org/bundles/new-hampshire-veteran-friendly-business-network-training">https://governorschallenge.psycharmor.org/bundles/new-hampshire-veteran-friendly-business-network-training</a>	Curated list of PsychArmor Trainings for Businesses. Includes S.A.V.E., a 25-minute suicide prevention course.
Star Behavioral Health Providers	sbhpadmin@ purdue.edu	<a href="https://starproviders.org/providers-home/">https://starproviders.org/providers-home/</a>	Free trainings, in-person and virtual, for behavioral health providers in military specific culture and treatments that focus on the needs of the military population, along with a registry for specially trained providers.
Suicide Prevention Resource Center	<a href="https://sprc.org/contact-us/">https://sprc.org/contact-us/</a>	<a href="https://sprc.org/">https://sprc.org/</a>	Resource center for suicide prevention with an online library of resources and online courses.
The Mental Health Center of Greater Manchester	603-854-8384	<a href="https://www.mhcgcm.org/training-and-education/classes-support-programs/">https://www.mhcgcm.org/training-and-education/classes-support-programs/</a>	Offers two trainings specific to the military/veteran population- Mental Health First Aid for Veterans and Understanding Military Culture.
The Training Institute at Home Base	617-724-5202	<a href="https://homebase.org/resources/training/">https://homebase.org/resources/training/</a>	Certified on-line and in-person training at no charge to clinicians, health care professionals and community members throughout New England and nationally.
Veterans at Work Certificate Program	703-535-6020	<a href="https://militarycommunityatwork.org/certificate/">https://militarycommunityatwork.org/certificate/</a>	Free, virtual certificate program aimed at HR professionals to help adapt workplaces to attract, hire, and retain veterans and members of the military community.
Veterans Health Administration (VHA) TRAIN	VHATRAN@va.gov	<a href="http://www.train.org/vha/welcome">www.train.org/vha/welcome</a>	Free courses aimed to support the professional development needs of public health and health care providers, with a focus on Veteran patient care.

## Activities

Organization	Phone	Address	Website	Description
American Legion Lopeman-Potts Post 67, Bridgton	207-595-9365	25 Depot St. Bridgton, ME 04009	<a href="http://www.post67me.org/">www.post67me.org/</a>	American Legion in Bridgton, ME
American Legion Post 46 Conway, NH	603-447-3927	47 Tasker Hill Rd. Conway, NH 03818	<a href="https://www.facebook.com/alpost46conwaynh/">www.facebook.com/alpost46conwaynh/</a>	American Legion in Conway, NH
Bearcamp Valley Sportsmen's Club	603-323-7354	315 Depot Rd. Tamworth, NH 03886	<a href="http://www.bearcampvalley.com/">www.bearcampvalley.com/</a>	Sportsmen's club
Camp Resilience	978-219-4003	PO Box 7384 Gilford, NH 03247	<a href="https://camp-resilience.org">https://camp-resilience.org</a>	Wellness retreats for service members, veterans, first responders and their loved ones
Carroll County Fish and Game Club	603-986-3640	1797 Conway Rd. Madison, NH 03849	<a href="http://www.carrollcountyfishandgameclubofnh.com/">www.carrollcountyfishandgameclubofnh.com/</a>	Fish and game club
Currier Museum of Art	603-669-6144	150 Ash St. Manchester, NH 03104	<a href="https://currier.org/">https://currier.org/</a>	Art museum with free admission for veterans, active-duty military, and their families or one guest. Also offers Art for Vets program that provides access to art, studio classes, and wellness experiences on a weekly basis. Art for Vets Family Days are on the third Saturday of every month with free drop-in art activities for the family and complimentary lunch
DMAVS Community Calendar	DMAVS: 603-225-1200	1 Minuteman Way Concord, NH 03301	<a href="http://www.dmavs.nh.gov/community-calendar">www.dmavs.nh.gov/community-calendar</a>	Department of Military Affairs and Veterans Services Community Calendar with events
Fryeburg-Lovell Memorial VFW Post 6783	207-925-1542	10 Smarts Hill Rd. Lovell, ME 04051	<a href="https://www.facebook.com/fryeburgvfw">www.facebook.com/fryeburgvfw</a>	VFW in Fryeburg/Lovell, ME

Gibson Center for Senior Services	603-356-3231	14 Grove St. North Conway, NH 03860	<a href="http://www.gibsoncenter.org/calendar/">www.gibsoncenter.org/calendar/</a>	Calendar of events at the Gibson Center
Harriman-Hale Unit 18 American Legion Auxiliary-Wolfeboro	603-520-0070 603-569-9817	142 Center St. Wolfeboro, NH 03894	<a href="https://www.facebook.com/p/Harriman-Hale-Unit-18-American-Legion-Auxiliary-100083313460397/">www.facebook.com/p/Harriman-Hale-Unit-18-American-Legion-Auxiliary-100083313460397/</a>	American Legion in Wolfeboro, NH
Ladd Farm	603-715-0253	1201 John Smith Hill Rd. Bridgewater, NH 03222	<a href="https://laddfarmllc.com/">https://laddfarmllc.com/</a>	Horse farm that does events and programs for first responders and veterans, including veteran retreats
Makers Mill	603-569-1500	23 Bay St. Wolfeboro, NH 03894	<a href="http://www.makersmill.org/event-calendar/">www.makersmill.org/event-calendar/</a>	A Makerspace & Vocation Hub with classes and events
Milton Memorial VFW Auxiliary #8393	603-662-2302	Hotchkiss CC, 71 Main St. Union, NH 03887	<a href="https://www.facebook.com/profile.php?id=100080284916952">www.facebook.com/profile.php?id=100080284916952</a>	VFW for the Wakefield/Milton, NH and surrounding areas, meetings are held on the 2 <sup>nd</sup> Monday of the month at 6pm and dues are \$15/year.
Mt. Washington Valley Adaptive Sports	603-374-2688	PO Box 1447 Glen, NH 03838	<a href="https://mwvas.org/">https://mwvas.org/</a>	Offers increased access to athletic and recreational opportunities for persons with physical and/or cognitive disabilities
Northeast Passage	603-862-0070	121 Technology Dr. Ste. 161 Durham, NH 03824	<a href="http://www.nepassage.org">www.nepassage.org</a> Calendar of events: <a href="https://www.nepassage.org/calendar">https://www.nepassage.org/calendar</a>	Empowering individuals with disabilities to define, pursue, and achieve their therapeutic recreation and adaptive sports goals. Also offers veteran specific recreation events throughout the year.
The Libby Museum of Natural History	603-569-1035	775 N. Main St. Wolfeboro, NH 03894	<a href="https://libbymuseum.org/">https://libbymuseum.org/</a>	Natural history museum with free admission for veterans
The Summit Project	Email: info@thesummitproject.org	PO Box 8130 Portland, ME 04104	<a href="https://thesummitproject.org/">https://thesummitproject.org/</a>	Living Memorial Project for fallen service members with a variety of events
US Veterans MC NH	Email: <a href="mailto:admin@usvetmcnh.org">admin@usvetmcnh.org</a>		<a href="https://usvetmcnh.org">https://usvetmcnh.org</a>	NH chapter of US Veterans Motorcycle Club in Lancaster, NH

Veterans on the 48	Email: info@veteransonthe48.org		<a href="https://www.veteransonthe48.org/">https://www.veteransonthe48.org/</a>	Group hikes for veterans and service members on NH's 48 4,000-foot mountains
Vets Count NH Events	844-650-8387	555 Auburn St. Manchester, NH 03103	<a href="https://vetscount.org/nh/events/">https://vetscount.org/nh/events/</a>	Vets Count NH events
Winnepesaukee Sportsmen's Club	603-476-7282	616 Gov. Wentworth Highway Moultonborough, NH 03254	<a href="http://www.winnisportsmensclub.org/">www.winnisportsmensclub.org/</a>	Sportsmen's club
Wright Museum of World War II	603-569-1212	77 Center St. Wolfeboro, NH 03894	<a href="http://www.wrightmuseum.org/">www.wrightmuseum.org/</a>	World War II era museum with a discount for military and seniors

## NH Veteran-Friendly Businesses

For more information about the New Hampshire Veteran-Friendly Business Network and to learn more about eligibility and how to apply, visit: <https://www.dmavs.nh.gov/about-us/nh-veteran-friendly-businesses>

## New Hampshire Veteran-Friendly Business Network

The following New Hampshire businesses have been recognized by the NH Department of Military Affairs and Veterans Services and NH Employment Security for having policies, practices and workplace cultures that HONOR, FORTIFY, EMPOWER and IMPACT the lives of Service members, Veterans and their Families.



For more information about the recognition and criteria for each category, please visit [www.dmavv.nh.gov](http://www.dmavv.nh.gov).

### **Bronze**

Advantage Truck Group, Seabrook  
BANKW Staffing, Bedford  
City Of Concord, New Hampshire  
Clason Remodeling Company, Ossipee  
Clear Choice Software, Stratham  
Cottage Hospital, Woodsville  
Forward Merch, LLC, Dover  
Franklin Savings Bank, 8 NH locations  
Grafton County Senior Citizens Council, Inc., Lebanon  
Green Wise Solutions, LLC., Concord  
Hart's Turkey Farm Restaurant, Meredith  
Holiday Cards 4 Our Military NH Challenge, Hollis  
Hometown Oil, Portsmouth  
Merrimack County, New Hampshire  
Nvest Financial Group, LLC, Portsmouth  
R.S. Audley, Inc., Bow  
Teledyne DGO, Portsmouth  
Vaillancourt Recruitment Partners, Bedford  
Visiting Angels, Auburn and Gilford  
Watts Water Technologies, Franklin

### **Silver**

A&R Sawyer Co., Inc., Windham  
Ledy Group, Dover  
Pitco, Bow  
Securitas USA, Manchester  
SilverTech, Manchester  
Work Opportunities Unlimited, Dover

### **Gold**

Allied Universal Security Services, Salem  
Boise Cascade - Greenland  
Corning- Keene  
Heatable Oil, Maine serving NH  
Lowe's Home Improvement, 13 NH locations NH Federal  
Credit Union, Concord  
Pennichuck Waterworks, Nashua  
SubCom, LLC, Newington

### **Platinum**

AKIMA, Manchester & Portsmouth  
ArgenTech Solutions, Newmarket  
Associated Grocers of New England, Pembroke  
BAE Systems, Inc., Nashua  
Cobham Advanced Electronic Solutions of Exeter  
Dead River Company, 7 NH offices  
Eastern Propane and Oil, 10 NH offices  
Easterseals of New Hampshire, Manchester  
FedPoint, Portsmouth  
First Command, Concord  
Forge VFR, Manchester  
GOBI, Library Solutions from EBSCO, Contoocook  
Harbor Homes, Inc. d/b/a Harbor Care, Nashua  
Home Instead of Central NH - Manchester  
HydraCor, LLC, Windham  
Hypertherm, Inc., Hanover  
Lakes Region Community Services, Laconia  
LDRM, LLC, Manchester & Portsmouth Matrix  
Liberty House, Manchester  
PMO, Concord  
Mobius Mobility  
NAMI NH, Concord  
NH Employment Security  
New Hampshire Hospital Association, Concord  
New Hampshire Veterans Home, Tilton  
Next Step Bionics & Prosthetics, Inc, Manchester  
Northeast Passage—U.N.H., Durham  
Partnership for Public Health, Laconia  
Service Credit Union, 34+ NH locations  
Sig Sauer, Inc., Newington  
Southern New Hampshire University, Manchester  
State of NH Dept of Military Affairs & Veterans Services  
State of NH Department of Transportation  
State of NH Department of Safety  
The Strand, Dover  
Trusted Internet, LLC, New Boston  
United States Postal Service--ME-NH-VT District  
West Central Behavioral Health, Lebanon  
White Mountain Community College, Berlin



Rev 11/16/2023





# VA Virtual Care Tools

## Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies

iOS 
  Android 
  Web 
  Requires login

Achieve Your Health Goals	Improve Your Mental Health	Connect With Your Care Team	Manage Your Care
<input type="checkbox"/>  <b>CBT-i Coach</b> ●▲ Receive support for cognitive behavioral therapy (CBT) for insomnia.	<input type="checkbox"/>  <b>ACT Coach</b> ●▲ Practice lessons learned during acceptance and commitment therapy (ACT) in your daily life.	<input type="checkbox"/>  <b>Annie App for Veterans</b> ■ Receive text reminders to help you manage your care.	<input type="checkbox"/>  <b>Airborne Hazards and Open Burn Pit Registry</b> ■ Access information and resources for deployment-related exposures.
<input type="checkbox"/>  <b>COVID Coach</b> ●▲ Receive tools to support self-care and mental health during the COVID-19 pandemic.	<input type="checkbox"/>  <b>AIMS for Anger Management</b> ●▲■ Better track, address, and manage your anger with AIMS.	<input type="checkbox"/>  <b>Ask a Pharmacist</b> ■ Access information about VA pharmacies and medication easily.	<input type="checkbox"/>  <b>MobileKidney</b> ■ Monitor your kidney health and access educational resources.
<input type="checkbox"/>  <b>Insomnia Coach</b> ●▲ Guided training and tips to help you track insomnia and improve sleep.	<input type="checkbox"/>  <b>Couples Coach</b> ●▲ Explore ways to improve your relationship with your partner.	<input type="checkbox"/>  <b>My VA Images</b> ■ Submit and track dermatology and health photos and videos in response to requests from your VA provider.	<input type="checkbox"/>  <b>VA Mental Health Checkup for Veterans</b> ■ Monitor, assess, and access information for mental health conditions.
<input type="checkbox"/>  <b>Live Whole Health</b> ●▲ Learn skills to help you reach your whole health goals.	<input type="checkbox"/>  <b>CPT Coach</b> ●▲ Enhance your cognitive processing therapy (CPT) treatment for PTSD.	<input type="checkbox"/>  <b>Pain Coach</b> ■ Receive helpful tools for tracking and managing chronic pain.	<input type="checkbox"/>  <b>VA Pressure Ulcer Resource</b> ●▲ Learn to prevent and care for pressure ulcers and injuries.
<input type="checkbox"/>  <b>Mindfulness Coach</b> ●▲ Learn mindfulness to reduce stress and improve emotional balance.	<input type="checkbox"/>  <b>PE Coach 2</b> ●▲ Use this app during prolonged exposure (PE) therapy with a health professional.	<input type="checkbox"/>  <b>Somnoware</b> ■ Pair this app with your CPAP machine to track your sleep apnea at home.	<input type="checkbox"/>  <b>Rx Refill</b> ●▲ Request, refill, and track VA prescriptions with ease.
<input type="checkbox"/>  <b>MOVE! Coach</b> ●▲ Lose weight with this app's 19-week weight loss program.	<input type="checkbox"/>  <b>PTSD Coach</b> ●▲ Get the info, support, and tools you need to manage PTSD.	<input type="checkbox"/>  <b>VA Health Chat</b> ●▲■ Chat with VA staff members through easy online access (available at limited sites).	
<input type="checkbox"/>  <b>Stay Quit Coach</b> ●▲ Create a tailored plan to quit smoking and stay smoke-free.	<input type="checkbox"/>  <b>PTSD Family Coach</b> ●▲ Receive the support you need for living with someone who has PTSD.	<input type="checkbox"/>  <b>VA Online Scheduling</b> ■ Schedule, request, and track VA appointments with ease.	
<input type="checkbox"/>  <b>VetChange</b> ●▲ Develop healthier drinking habits through this app's tools and guidance.	<input type="checkbox"/>  <b>STAIR Coach</b> ● Enhance your in-person STAIR psychotherapy with interactive tools and education.	<input type="checkbox"/>  <b>VA Video Connect</b> ●▲■ Secure video visits with your VA care team from anywhere.	

### Connect today!

To browse more tools that may fit your needs, visit [mobile.va.gov/appstore](https://mobile.va.gov/appstore).

Most apps are available on the Apple App Store and Google Play, however, some apps are available only on the VA App Store through a desktop version.

**If you need technical assistance with these tools, call:**

Health Resource Center Help Desk:  
**877-470-5947 | Monday to Friday: 7 a.m. – 7 p.m. CT.**  
 Office of Connected Care Help Desk:  
**866-651-3180 | 24/7**



# Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies



**Gain greater control of your VA personal health records with online access from anywhere, at anytime.**

Since 2003, My HealthVet has served as a trusted online portal designed to allow you to easily access your Personal Health Record (PHR). Whether at home or on-the-go, you can review health care records, discover educational sources, and conveniently communicate with your VA care team. My HealthVet supports you in making informed health decisions to manage your personal care plans

With a Premium account, you can send and receive secure messages with your VA care teams, review your health care providers' notes, order prescription refills, manage your VA appointments, and more.

To learn more about My HealthVet, register for a Premium account by visiting [myhealth.va.gov](http://myhealth.va.gov).

**Sign up for a My HealthVet Premium Account**

If you need help signing up, visit or contact your local VA My HealthVet Coordinator.

Name: \_\_\_\_\_

Contact: \_\_\_\_\_



**Increase your access to high quality VA care from home, the clinic, or the hospital.**

VA Telehealth programs and technologies make it easier for you to connect with your VA care team and access care when and where you need it.

- Remote Patient Monitoring – Home Telehealth (HT), Low Intensity, Low Acuity (L2)**
- Synchronous Telehealth**  
Connect with your VA care team through secure, real-time video.
- Asynchronous Telehealth**  
Send secure messages, photos, or videos to your VA care team.
- Veteran requests telehealth visits and is video-capable** (i.e. has a computer, tablet, or smartphone and internet) and requests help for VA Video Connect setup.
- Veteran requests telehealth visits, but is not video-capable** (i.e. lacks computer, tablet, or smartphone and internet) and wants referral to the equipment loan program.
- Veteran needs/wants help** to become video capable.

Talk to your provider about whether VA telehealth could be right for you. For more information and a list of VA telehealth specialties, visit [telehealth.va.gov](http://telehealth.va.gov).

To discuss options selected above, contact:

Name: \_\_\_\_\_

Contact: \_\_\_\_\_



**Improve your self-care online or through mobile text messaging.**

Annie is the VA's automated text message system that sends automated messages to help you manage your care. You can receive health text messages without having to log into any system. Any mobile device with texting capabilities can receive Annie messages.

Learn more and sign up for the protocols listed below at [mobile.va.gov/annie](http://mobile.va.gov/annie).

Annie protocols recommended today:

- Coping during COVID-19**
- Coronavirus Precautions**
- COVID-19 Vaccination Support**
- Oncology Symptom Reporting**
- Stress Management**
- Tobacco Cessation**
- Weight Management**
- Other:** \_\_\_\_\_

**Instructions:**

**Need help accessing these virtual health tools or setting them up? Call:**

Health Resource Center Help Desk: **877-470-5947** | Monday to Friday: 7 a.m. – 7 p.m. CT.

Office of Connected Care Help Desk: **866-651-3180** | 24/7