RESOURCE & REFERRAL GUIDE 2026-2027

Carroll County, NH

IN AN EMERGENCY OR CRISIS (safety, substance, mental health)

Emergency Services	Strong as Granite
Northern Human Services -Wolfeboro Office: Monday – Friday 8:30-4:30 call 603-569-1884 after hours call Huggins Hospital at 603-569-7500 ask for the Emergency Services Clinician. Northern Human Services – Conway Office: Monday – Friday 8:30-4:30 call 603-447-2111 after hours call Memorial Hospital at 603-356-5461 ask for the Emergency Services Clinician.	
National Runaway Safeline: 1-800-786-2929	

All Human Services



DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

Starting Point: Services for Victims of Domestic & Sexual Violence	NH Division for Children, Youth, and Families (If you have concerns on behalf of a child in regard to possible abuse or neglect)
800-336-3795 (Crisis Line 24-7) 603-447-2494 (Office phone) www.startingpointnh.org	Central Intake Office: 29 Hazen Drive Concord, NH 03301 603-271-6562 Conway District Office: 73 Hobbs Street Conway, NH 03818-6188 603-447-3841 800-552-4628
NH Statewide Domestic Violence and Sexual Assault Hotline:	**National Human Trafficking Resource Center**
1-866-644-3574 General Web Site: www.nhcadsv.org	1-888-373-7888

Treatment Resources

Substance Use Disorder Treatment & Support: Call 2-1-1 or www.thedoorway.nh.gov Emergency: Call 911.	
Northern Human Services Conway Office 603-447-2111 Wolfeboro Office 603-569-1884	**White Horse Recovery & Behavioral Health** 603-651-1441 Recovery Centers in Center Ossipee, North Conway, Berlin, and Littleton
NH Harm Reduction Coalition www.nhhrc.org	

Mental Health Treatment & Support:

Northern Human Services
Conway Office 603-447-2111 and Wolfeboro Office 603-569-1884
NAMI NH:
NAMI NH is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. 85 North State Street, Concord, NH 03301. 1-800-242-6264 info@naminh.org www.naminh.org

SELF-HELP RESOURCES, GROUPS, HARM REDUCTION, NALOXONE

Call 2-1-1 *or see below. Find a time and location of a meeting.*
White Horse Recovery & Behavioral Health: 603-651-1441
Offices in Center Ossipee, North Conway, Berlin, and Littleton

C3PH Continuum of Care	**NH Harm Reduction Coalition**
603-301-1252 x2	info@nhhrc.org www.nhhrc.org
Alcoholics Anonymous	**Narcotics Anonymous**
https://www.aa.org/find-aa	https://na.org/meetingsearch/
Al-Anon/Alateen Info Service	**Nar-Anon Family Groups**
https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/	https://nar-anon.org/find-a-meeting/
Family Connections Resource Center	**Family Supports for Recovery**
Children Unlimited, Inc. 603-447-6356	603-841-2350 www.sosrco.org/what-we-do/family-recovery-program

NH Disaster Behavioral Health Response Team (DBHRT)

Organized team of behavioral health providers to respond to the mental health needs of NH residents (individuals, family members, survivors, or community members) affected by critical incidents or disasters. https://www.dhhs.nh.gov/programs-services/emergency-preparedness-response-recovery/disaster-behavioral-health
Contact the Disaster Behavioral Health Coordinator at dhhs.EPRP@dhhs.nh.gov

RESOURCES FOR SPECIAL POPULATIONS

Older Adults

Aging and Disability Resource Center (ADRC)

Your link to information and support services within your community. The toll-free number for the Aging and Disability Resource Center Network is 1-866-634-9412.

Veterans Support Resources

Carroll County Veterans Coalition: www.carrollcountyveteranscoalition.org

Veterans Crisis Line	NH Care Path- Veterans/Military
Dial 9-8-8, then press 1. Text 838255 or chat at www.veteranscrisisline.net	Aging and Disability Resource Center resources and referrals for Military and Veteran Families: 1-866-634-9412 https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers/aging-disability-4

BIPOC/AAPI Mental Health Resources

(Black, Indigenous, People of Color / Asian American, Pacific Islander)

NAMI NH – BIPOC/AAPI Health

1-800-242-6264 https://www.naminh.org/resources/bipoc-aapi-latinxresources/

Gay, Lesbian, Bisexual, Transgender Support Resources

LGBT National Help Center	Trevor Project Crisis Line – LGBTQ Youth
1-888-843-4564 www.lgbthotline.org	1-866-4-U-TREVOR (488-7386) www.theTrevorProject.org
LGBT National Youth Talkline	**LGBTQIA+ Resource Page NAMI NH**
1-800-246-PRIDE (1-800-246-7743) www.lgbthotline.org/youth-talkline	1-800-242-6264 https://www.naminh.org/lgbtqia/
Connor's Climb	**PFLAG NH for family, friends, allies**
Youth suicide prevention- www.connorsclimb.org	Email PFLAG: pflagnhinfo@pflagnh.org www.pflagnh.org

OTHER RESOURCES

Carroll County Coalition for Public Health: www.c3ph.org
Resource Guides: http://www.c3ph.org/resource-center/resource-guides

Public Health Advisory Council 603-301-1252 Ext 1 caleb.gilbert@graniteuw.org	**Community Health Worker** 603-301-1252 Ext 4 www.dhhs.nh.gov/programs-services/nh-care-connections
Continuum of Care Facilitator 603-301-1252 Ext 2 catalina.kirsch@graniteuw.org	**Emergency Preparedness Coordinator** 603-301-1252 Ext 5 lindsay.richardson@graniteuw.org
Prevention Coordinator 603-301-1252 Ext 3 jennifer.thomas@graniteuw.org	**Carroll County Citizen Corps (volunteer)** 603-301-1252 lindsay.richardson@graniteuw.org

Tri County Community Action Program 603-752-7001 http://www.tccap.org/

Health, Dental, Homeless, Meals, Transport, Senior Services, Utilities & Rental Assistance. If you are unable to find information you need about TCCAP or any of its programs on this website, please call our Central Office in Berlin at 603-752-7001 or call one of our community contact centers located throughout northern New Hampshire.

Apply now for Cash, Medical, SNAP (Food Assistance), Child Care, Medicare Beneficiary and Long-Term Care Assistance. https://nheasy.nh.gov/

TRANSPORTATION

For transportation resources visit Keep NH Moving: *https://keepnhmoving.com*	***For Medicaid Enrollees:*** Contact your care management organization to find out what programs you qualify for (see below) or contact Coordinated Transportation Solutions (CTS) to discuss your transportation needs at 1-844-259-4780 (TDD: 7-1-1 or 1-800-735-2964) Monday through Friday, 8:00a.m. to 5:00p.m. EST.

AmeriHealth Caritas NH Plan	
www.amerihealthcaritasnh.com Member Services: 1 (833) 704-1177	

New Hampshire Healthy Families *Plan*
http://www.nhealthyfamilies.com Member Services: 1 (866) 769-3085

Well Sense Health Plan
www.WellSense.org Member Services: 1 (877) 957-1300

Aging and Disability Resource Center (ADRC)
Visit the ADRC's searchable database for information specific on transportation: https://www.navigateresources.net/nhsl/

COMMUNITY COALITIONS

Carroll County Coalition for Public Health
http://www.c3ph.org/

Carroll County Early Childhood Coalitions
https://www.raisingthevalleynh.org/

Carroll County Food Access Network
https://extension.unh.edu/resource/carroll-county-food-access-network

Carroll County Regional Coordinating Council (transportation)
www.nccouncil.org/about/committees/ccrcc/

Carroll County Responds to Substance Use Disorder
https://www.c3ph.org/

Carroll County Veterans Coalition
www.carrollcountyveteranscoalition.org

Carroll County Youth Wellness Team
https://www.c3ph.org/

Eastern Lakes Housing Coalition
https://elrhc.org/

Mount Washington Valley Age Friendly Community
https://www.mwvagefriendly.org/

Mount Washington Valley Housing Coalition
http://www.mwvhc.org

Northern Carroll County Providers Network
https://www.c3ph.org/

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