

# RESOURCE DIRECTORY GUIDE 2025: SOUTHERN CARROLL COUNTY & NORTHWEST BELKNAP COUNTY

See full Resource Directory: [www.c3ph.org/assets/pdf/Carroll-Belknap-Resource-Directory.pdf](http://www.c3ph.org/assets/pdf/Carroll-Belknap-Resource-Directory.pdf)

This shortened guide focuses on resources in the towns of Moultonborough, Center Harbor, Sandwich, Tamworth, Tuftonboro, Meredith, and Nearby Towns

## **In An Emergency or Crisis:**

**For assistance in an emergency situation:** Dial 911

### **Emergency Services**

Northern Human Services -Wolfeboro  
Office: Monday-Friday, 8:30am-4:30pm  
call 603-569-1884. After hours call  
Huggins Hospital at 603-569-7500, ask  
for the Emergency Services Clinician.

Lakes Region Mental Health Center-  
Laconia: Monday-Friday, 8am-7pm, call  
603-524-1100. After hours call, NH Rapid  
Response: 1-833-710-6477.

### **NH Rapid Response Access Point:**

Call or Text 1-833-710-6477  
Or dial 988 (suicide and crisis hotline)  
**211**



Free and confidential information and  
referral, available 24/7, for help with food,  
housing, employment, health care,  
counseling and more - Dial 2-1-1

## **Mental Health:**

### **Northern Human Services:**

Conway: 603-447-2111  
Wolfeboro: 603-569-1884

**NAMI NH:** Support, education, and advocacy. Information & Resources: 1-800-242-6264

### **Lakes Regional Mental Health Center:**

Laconia and Plymouth: 603-524-1100

## **Physical Health:**

Concord Hospital Primary Care- Meredith:  
603-279-7433

Tamworth Family Medicine:  
603-323-3311

Tamworth Community Nurse Association:  
603-323-6511

Granite VNA: 603-224-4093

Moultonborough Lions Club (Assistance  
with eyeglasses purchase and testing):

[www.facebook.com/p/Moultonborough-Lions-Club-100083615910379/](https://www.facebook.com/p/Moultonborough-Lions-Club-100083615910379/)

Moultonborough Family Medicine:  
603-476-2216

Huggins Hospital: 603-569-7500

Sandwich Community Nurse Association:  
603-916-0654

Lakes Region VNA: 603-279-6611

Winnepesaukee Wellness Center (Fitness  
center): 603-253-1839

## **Treatment & Recovery:** Call 2-1-1 or visit [www.thedoorway.nh.gov](http://www.thedoorway.nh.gov)

The Doorway (Laconia): 603-934-8905

Lakes Addiction Treatment Center:  
603-202-4990

NH Harm Reduction Coalition:

[www.nhhrc.org](http://www.nhhrc.org)

Alcoholics Anonymous: [www.aa.org](http://www.aa.org)

Al-Anon/Alateen: [www.al-anon.org](http://www.al-anon.org)

White Horse Recovery: 603-651-1441

Family Supports for Recovery:  
603-841-2350

Navigating Recovery of the Lakes Region:  
603-524-5939

Narcotics Anonymous: [www.na.org](http://www.na.org)

Nar-Anon Family Groups: [www.nar-anon.org](http://www.nar-anon.org)



## **Food Security:**

The Bearcamp Center (Tamworth):  
603-707-6119

Center Harbor Congregational Church-  
Soup kitchen, food pantry cabinet:  
603-253-7698

Lakes Region Food Pantry  
(Moultonborough): 603-476-5400

Ossipee Concerned Citizens- Meals on  
Wheels and Congregate Meals  
Moultonborough/Sandwich:  
603-476-5110

Ossipee: 603-539-6851

Breaking Bread Food Pantry (Center  
Harbor): 603-253-9724

Community Food Center Pantry (Tamworth):  
603-960-4067

Meredith Food Pantry: 603-279-1115

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

## **General Assistance/Health & Human Services/Welfare Departments:**

Center Harbor: 603-253-4561

Moultonborough: 603-476-2347

Tamworth: 603-323-7525 ext. 14

Meredith: 603-677-4206

Sandwich: 603-284-7113

Tuftsboro: 603-569-4539 ext. 113

## **Public Health and Social Services:**

Carroll County Coalition for Public Health:  
603-301-1252, [www.c3ph.org](http://www.c3ph.org)

Partnership for Public Health:  
603-528-2145, [www.pphnh.org](http://www.pphnh.org)

**Aging and Disability Resource Center (ADRC) (Formerly ServiceLink)** 1-866-634-9412  
<https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers>

Provides information, support and referrals to individuals of all ages, income levels and abilities. ADRCs also administer programs and services such as Information and Referral Services, Person-Centered Counseling (Options Counseling), Family Caregiver Support Program (FCSP), State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).



**NH EASY Gateway:** 1-844-ASK-DHHS (1-844-275-3447)

<https://nheasy.nh.gov/>

Apply now for Cash, Medical, SNAP (Food Assistance), Child Care, Medicare Beneficiary and Long-Term Care Assistance.

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

Serves Carroll, Coos, and Grafton Counties. Variety of social services, including health and nutrition (Head Start, Dentistry, and Aging and Disability Resource Center), housing stability services, economic supports, energy assistance, Tri-County Transit, guardianship services, and weatherization, and TCCAP Connect to assist people with applying for services.

**Community Action Program Belknap-Merrimack Counties** 603-225-3295

<https://capbm.org/>

Variety of programs and services including early care and education, elder services, energy assistance, housing affordability, workforce development, CAP Area Resource Centers, transportation, health, food, and nutrition.

**Transportation:** Find transportation in NH: <https://keepnhmoving.com>

Interlakes Community Caregivers:  
603-253-9100

Tri-County Transit: 603-752-1741

Medicaid Enrollees: Contact your care management organization to find out what programs you qualify for.

### **Children & Families:**

Department of Health & Human Services  
(Conway): 603-447-3841  
Children Unlimited Family Resource  
Center (Conway): 603-447-1114

Department of Health & Human Services  
(Laconia): 603-524-4485  
Lakes Region Community Services Family  
Resource Center (Laconia): 603-524-8811

### **Recreation Departments:**

Center Harbor: 603-253-4561  
Moultonborough: 603-476-8868  
Tamworth: 603-704-0856

Meredith: 603-279-8197  
Sandwich: 603-387-2180  
Tuftonboro: 603-569-4539 ext. 125

### **School Districts:**

SAU 45 (Moultonborough): 603-476-5247  
  
SAU 49 (Governor Wentworth, includes  
Tuftonboro): 603-569-5167

SAU 2 (Inter-Lakes, includes Meredith,  
Center Harbor, and Sandwich):  
603-279-7947  
SAU 13 (includes Tamworth): 603-323-5088

### **Child Daycare Facilities:**

Bearcamp Center (Tamworth):  
603-707-6119  
Imaginations A Child's Place  
(Moultonborough): 603-476-8400  
Kidworks Learning Center (Meredith):  
603-279-6633  
Sandwich Children's Center:  
603-284-7014

Head Start (Tamworth): 603-323-9302  
(Laconia): 603-225-3295 ext. 118  
Inter-Lakes Day Care Center (Meredith):  
603-279-8903  
Pals & Paws (Meredith): 603-937-0284  
  
The Village Preschool (Center Harbor):  
603-455-1067

### **Public Libraries:**

Center Harbor: 603-253-6950  
Moultonborough: 603-476-8895 (Services  
include AARP Tax Aide and Santa Fund)  
Tamworth: 603-323-8510

Meredith: 603-279-4303  
Sandwich: 603-284-6665  
  
Tuftonboro: 603-569-4256

### **LGBTQ+ Resources:**

The Trevor Project: 24/7 crisis support for  
LGBTQ+ young people  
Call 1-866-488-7384  
Text 'START' to 678-678  
Chat: [www.thetrevorproject.org](http://www.thetrevorproject.org)  
New Hampshire Outright:  
[www.nhoutright.org](http://www.nhoutright.org)

LGBT National Help Center:  
National Hotline: 888-843-4564  
National Youth Talkline: 800-246-7743  
National Senior Hotline: 800-234-7243  
Chat: <https://lgbthotline.org/>  
PFLAG New Hampshire:  
[www.pflagnh.org](http://www.pflagnh.org)

### **Service Members, Veterans, and Their Families:**

Veterans Crisis Line: Dial 988, press 1  
Text 838255 or chat online at  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
Clear Path for Veterans New England:  
978-384-8800

Carroll County Veterans Coalition (Website  
includes comprehensive resource guide):  
[www.carrollcountyveteranscoalition.org](http://www.carrollcountyveteranscoalition.org)  
Veterans Inc.: 800-482-2565



## **Public Safety:**

**Police Departments:** May offer a variety of programs such as Project Good Morning, Just In Case Program, Prescription Drug Drop Boxes, and resources and materials.

Center Harbor: 603-527-9756

Moultonborough: 603-476-2400

Tamworth: 603-323-8581

Meredith: 603-279-4561

Sandwich: 603-284-7777

Tuftonboro: 603-569-8695

**Fire and Rescue Departments:** May offer a variety of services such as fire/burning permits, fire inspections, and key boxes.

Center Harbor: 603-253-4451

Moultonborough: 603-476-5658

Tamworth: 603-323-8874

Meredith: 603-279-6061

Sandwich: 603-284-6466

Tuftonboro: 603-569-3381

## **Domestic Violence, Abuse, and Sexual Assault Resources:**

National Child Abuse Hotline:

1-800-4-A-CHILD (1-800-422-4453)

[www.childhelpline.org](http://www.childhelpline.org)

National Domestic Violence Hotline:

1-800-799-SAFE (1-800-799-7233)

[www.thehotline.org](http://www.thehotline.org)

NH Statewide Sexual Assault Hotline:

1-800-277-5570

National Sexual Assault Hotline:

1-800-656-HOPE (1-800-656-4673)

[www.rainn.org](http://www.rainn.org)

National Human Trafficking Hotline:

1-888-373-7888

[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

NH Statewide Domestic Violence Hotline:

1-866-644-3574

[www.nhcadv.org](http://www.nhcadv.org)

Starting Point- Services for Victims of Domestic & Sexual Violence (Conway & Ossipee):

Crisis Line: 800-336-3795

Office: 603-447-2494

[www.startingpointnh.org](http://www.startingpointnh.org)

NH Division for Children, Youth, and Families (If you have concerns on behalf of a child in regard to possible abuse or neglect, please call Central Intake at the number below, you may remain anonymous if you wish.)  
603-271-6562

## **Faith-Based Organizations:**

Catholic Charities NH- Statewide community services, economic assistance, and more: 603-669-3030

Moultonboro United Methodist Church- Outreach program for those who qualify, coordinates efforts with the Welfare Director and other agencies:  
603-476-5152

Turning Point Chirstian Fellowship- Provides the Breaking Bread Food Pantry and Thrift Store: 603-393-4843

Center Harbor Congregational Church- Soup Kitchen, food pantry cabinet, store to door grocery delivery: 603-253-7698

St. Andrew's-in-the-Valley Episcopal Church- Provides the Community Food Center of Tamworth & Sandwich Food Pantry:  
603-323-8515



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