

# REFERRAL RESOURCE GUIDE 2025

Carroll County, NH

## IN AN EMERGENCY OR CRISIS

### For assistance in an emergency situation

Dial 911

### Emergency Services

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.

### NH Rapid Response Access Point

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

### National Runaway Safeline

1-800-621-4000



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

## DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

### National Child Abuse Hotline

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

### National Domestic Violence Hotline

1-800-799-SAFE (7233)  
1-800-787-3224 (hearing impaired line)

### NH Statewide Sexual Assault Hotline:

1-800-277-5570

### NH Statewide Domestic Violence Hotline:

1-866-644-3574

General Web Site: [www.nhcadsv.org](http://www.nhcadsv.org)

### Starting Point: Services for Victims of Domestic & Sexual Violence

1-800-336-3795 (Crisis Line)  
603-447-2494 (Conway office)  
603-542-8014 (Southern Carroll County)  
[www.startingpointnh.org](http://www.startingpointnh.org)

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### RAINN (Rape, Abuse & Incest National Network)

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

#### Central Intake Office

29 Hazen Drive Concord, NH 03301  
603-271-6563

#### Conway District Office

73 Hobbs Street Conway, NH 03818-6188  
603-447-3841 800-552-4628

### National Human Trafficking Resource Center

1-888-373-7888



## **TREATMENT RESOURCES**

### **Substance Use Disorder Treatment:**

Call 2-1-1 or

[www.thedoorway.nh.gov](http://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**

North Conway Office 603-651-1441 x1

Center Ossipee Office 603-651-1441 x3

Littleton Office 603-444-1300

Berlin Office 603-215-6360

### **MWV Supports Recovery Coalition**

Center Conway Office 603-662-0668

### **NH Harm Reduction Coalition**

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

### **Mental Health Treatment & Support:**

**Northern Human Services** Conway Office 603-447-2111    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  
603-225-5359    800-242-6264 [info@naminh.org](mailto:info@naminh.org) [www.naminh.org](http://www.naminh.org)

## **SELF-HELP RESOURCES, GROUPS, HARM REDUCTION, NALOXONE**

*Find a time and location of a meeting. Call 2-1-1 or see below.*

<b>White Horse Recovery &amp; Behavioral Health</b> North Conway Office 603-651-1441 x1 Center Ossipee Office 603-651-1441 x3 Littleton Office 603-444-1300 Berlin Office 603-215-6360	<b>MWV Supports Recovery Coalition</b> Center Conway Office 603-662-0668  <b>C3PH Continuum of Care</b> <a href="mailto:continuum@c3ph.org">continuum@c3ph.org</a>  <b>NH Harm Reduction Coalition</b> <a href="mailto:info@nhhrc.org">info@nhhrc.org</a> <a href="http://www.nhhrc.org">www.nhhrc.org</a>
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### **Alcoholics Anonymous**

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

### **Narcotics Anonymous**

1-888-GET-HOPE (438-4673) (Hopeline)  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

### **Al-Anon/Alateen Info Service**

[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

### **Nar-Anon Family Groups**

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

### **Family Connections Resource Center**

Children Unlimited, Inc.  
PO Box 986 182 Main St  
Conway NH 03818  
603-447-6356

### **Family Supports for Recovery**

603-841-2350  
[www.sosrco.org/what-we-do/family-recovery-program](http://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://dhhs.nh.gov/esu/dbhrt/nh.htm>

Contact the Disaster Behavioral Health Coordinator at **(603) 271-9454** or **(603) 419-0074**.

## 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](http://www.carrollcountyveteranscoalition.org)

Veterans Crisis Line	NH Care Path- Veterans/Military
Dial 9-8-8, then press 1. Text 838255 or chat at <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>	Aging and Disability Resource Center resources and referrals for Military and Veteran Families: 1-866-634-9412 <a href="http://www.nhcarepath.dhhs.nh.gov/veterans-military">www.nhcarepath.dhhs.nh.gov/veterans-military</a>

### BIPOC/AAPI Mental Health Resources

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

NAMI NH – BIPOC/AAPI Health
1-8010-242-6264 <a href="http://www.naminh.org/resources-2/bipoc/">www.naminh.org/resources-2/bipoc/</a>

### Gay, Lesbian, Bisexual, Transgender Support Resources

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

### OTHER RESOURCES

Carroll County Coalition for Public Health [www.c3ph.org](http://www.c3ph.org)

<http://www.c3ph.org/resource-center/resource-guides>

<b>Public Health Advisory Council (PHAC)</b> 603-301-1252 Ext 307 <a href="mailto:caleb.gilbert@graniteuw.org">caleb.gilbert@graniteuw.org</a>	<b>Prevention Coordinator</b> 603-301-1252 Ext 305 <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
<b>Emergency Preparedness Coordinator, School Based Flu Clinics</b> 603-301-1252 Ext 304 <a href="mailto:lindsay.richardson@graniteuw.org">lindsay.richardson@graniteuw.org</a>	<b>Substance Use Disorder Continuum of Care Facilitator</b> 603-301-1252 Ext 303 <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a>
<b>Community Health Worker</b> 603-301-1252 Ext 301 <a href="mailto:chwreferrals@graniteuw.org">chwreferrals@graniteuw.org</a>	<b>Carroll County Citizen Corps (volunteer)</b> 603-301-1252 Ext 302 <a href="mailto:volunteer@c3ph.org">volunteer@c3ph.org</a>

**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**

### **Carroll, Coos, and Northern Grafton County Transportation Services Directory 2021**

Click here: [https://www.nccouncil.org/wp-content/uploads/2022/01/Service\\_Directory\\_Final\\_V1.pdf](https://www.nccouncil.org/wp-content/uploads/2022/01/Service_Directory_Final_V1.pdf)

**Keep NH Moving:** <https://keepnhmoving.com>

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

#### **New Hampshire Healthy Families**

[www.Nhhealthyfamilies.com](http://www.Nhhealthyfamilies.com) Member Services: 1 (866) 769-3085

**Well Sense Health** Plan [www.WellSense.org](http://www.WellSense.org) Member Services: 1 (877) 957-1300

#### **Aging and Disability Resource Center (ADRC)**

Aging and Disability Resource Centers are trusted places in your community to ask questions about services and supports and connect with the resources you are interested in.

Call the toll-free number: 1 (866) 634-9412

Visit the Aging and Disability Resource Center website <https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers>

Visit the ADRC's [searchable database for information specific on transportation](#)

## **COMMUNITY COALITIONS**

<b>Coalition</b>	<b>Website or Contact</b>
Carroll County Coalition for Public Health	<a href="http://www.c3ph.org/">http://www.c3ph.org/</a>
Carroll County Early Childhood Coalitions	<a href="https://www.c3ph.org/initiatives/healthy-and-thriving-early-childhood-experiences">https://www.c3ph.org/initiatives/healthy-and-thriving-early-childhood-experiences</a>
Carroll County Food Access Network	<a href="https://extension.unh.edu/resource/carroll-county-food-access-network">https://extension.unh.edu/resource/carroll-county-food-access-network</a>
Carroll County Regional Coordinating Council (transportation)	<a href="http://www.nccouncil.org/about/committees/ccrcc/">www.nccouncil.org/about/committees/ccrcc/</a>
Carroll County Responds to Substance Use Disorder	<a href="https://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders">https://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders</a>
Carroll County Veterans Coalition	<a href="http://www.carrollcountyveteranscoalition.org/">www.carrollcountyveteranscoalition.org/</a>
Carroll County Youth Wellness Team	FMI: <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
Eastern Lakes Housing Coalition	<a href="https://elrhc.org/">https://elrhc.org/</a>
Mount Washington Valley Age Friendly Community	<a href="https://www.mwvagefriendly.org/">https://www.mwvagefriendly.org/</a>
Mount Washington Valley Supports Recovery Coalition	<a href="https://www.mwvsupportsrecovery.org/">https://www.mwvsupportsrecovery.org/</a>
Mount Washington Valley Housing Coalition	<a href="https://www.mwvhc.org/">https://www.mwvhc.org/</a>
Northern Carroll County Providers Network, Conway	<a href="https://conwaynh.gov/pages/general-assistance">https://conwaynh.gov/pages/general-assistance</a>
Ossipee United Roundtable	<a href="https://www.facebook.com/groups/979679432228955/">https://www.facebook.com/groups/979679432228955/</a>

