

An initiative of Granite United Way

powered by:









The State of New Hampshire

## Your link to resources. Get help, give help. Discover options.



is the number to dial when you need help or don't know where to call.

By dialing



information is much easier to find.



- a free and confidential call from anywhere ⇔ in NH
- L) person-to-person assistance
- ⇒ available 24/7 with translation assistance



Toll free outside of New Hampshire:

## 1.866.444.4211

www.211nh.org



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The service that 2-1-1 provides is information and referrals. The 2-1-1 team can help connect you with:

- Clothing and thrift shops
- Community services & organizations
- Consumer services
- Crisis services
- Discrimination assistance
- Domestic & sexual violence services
- Education GED instruction, computer classes
- Employment services
- Food pantries & nutrition programs
- Health care services
- Housing homeless prevention, shelter, tenant's rights
- Legal assistance
- Mental health care & counseling
- Mentoring
- Military, family & community network
- Parenting programs
- Smoking cessation programs
- Substance abuse services
- Support groups
- Transportation
- Utility assistance
- Youth & family services
- Veterans services
- Volunteer opportunities
- Wellness programs AND MUCH MORE



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Search for services at www.211nh.org