

A Crisis Resource Guide for the Lincoln-Woodstock Community

GENERAL SUPPORT

NHCarePath 866-634-9412

Connects you to statewide partners that provide services and supports

nhcarepath.dhhs.nh.gov

NH 2-1-1 simply dial 211

New Hampshire's statewide, comprehensive information and referral service.

211nh.org

The Bridge Project, Lincoln, NH 603-348-4009

Local resource that supports and connects families with a variety of resources

www.thebridgeprojectnh.org

NATIONAL CRISIS RESOURCES

988 - Suicide Lifeline - simply dial 988

Provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones

988lifeline.org

Crisis Text Line - text HOME to 741741

Provides free, 24/7, text-based mental health support and crisis intervention

crisistextline.org

Hey Sam - text 439-726

Peer-to-peer texting service for people up to 24 years old if they are struggling, need someone to talk to or need support.

9 am to 9 pm daily

samaritanshope.org/our-services/hey-sam/

The Trevor Project Crisis Support 866-488-7386

The Trevor Project's mission is to end suicide among LGBTQ young people

Or text START to 678-678

Or chat online at thetrevorproject.org/get-help/

MENTAL HEALTH RESOURCES

Local Mental Health Providers:

White Mountain Mental Health 603-444-5358

Community mental health center serving our area, provides emergency services and ongoing care and accepts most insurances or provides a sliding fee scale.

Group Mental Health Practices -

Center for New Beginnings, Littleton, NH 603-444-6465

centerfornewbeginnings.org

Growing Roots, LLC, Plymouth, NH 603-238-3149

growingrootsllc.com

Catholic Charities, Littleton, NH 603-444-7727

cc-nh.org/programs/mental-health-counseling-services/

You may also contact your Primary Care Physician or Insurance Company to determine counseling options available in our area or search for private providers at

psychologytoday.com

Local Mental Health Phone Support:

NH Rapid Response Access Point call/text 833-710-6477

Or chat online at nh988.com

North Country Warmline 866-447-1765

Active listening to those with mental illness; education and support on mental health issues

6pm - 9 pm 7 days a week

The Family Support Warmline by Waypoint 800-640-6486

Helping families access tools, resources, and services to navigate life during challenging times

8:30 am - 4:30 pm Monday-Friday

waypointnh.org/programs/the-family-support-warm-line

LOCAL DOMESTIC VIOLENCE RESOURCES

NH Coalition Against Domestic and Sexual Violence

Statewide 24/7 Helpline 866-644-3574

Voices Against Violence, Plymouth, NH 603-536-5999

Our local crisis services agency available to victims and survivors, family and friends, community members and professionals.

24-hr crisis line 877-221-6176

NH CHILD PROTECTION RESOURCES

Department for Children, Youth and Families

In NH, all adults are mandated reporters for suspected abuse or neglect

To report suspected abuse call DCYF at 1-800-894-5533

Granite State Children's Alliance 603-864-0220

New Hampshire's Network of Child Advocacy Centers

cac-nh.org

HOUSING RESOURCES

Tri-County Community Action Program 603-444-0184

Homeless Intervention & Prevention

Bancroft House, Franconia, NH 603-823-8842

thebancrofthouse.com

Bridge House, Plymouth NH 603-536-7631

tbhshelter.org

FOOD RESOURCES

Lincoln-Woodstock Food Pantry 603-745-8958

Located at the Lincoln Woodstock Community Center, 194 Pollard Rd, Lincoln

Tuesdays 10:30 am - 1:30 pm or by appointment

New Hampshire Food Bank - Mobile Food Pantry

Drive thru food distribution on a first-come, first-served basis at a variety of locations throughout the state

nhfoodbank.org/find-food/mobile-food-pantry-schedule/ to find upcoming locations

Woman, Infants and Children Nutrition Program (WIC) 603-225-2050

A program for families with pregnant women and/or children younger than age five who meet eligibility criteria. Through Tri-County Community Action Program.

www.signupwic.com

Supplemental Nutrition Assistance Program (SNAP) 603-271-9700

Provides eligible people and families with benefits to buy food items at grocery stores, farmers markets and other approved food retailers.

FINANCIAL RESOURCES

Tri-County Community Action Program 603-968-3560

Fuel and Electric Assistance Programs

Temporary Assistance for Needy Families (TANF)/ Financial Assistance for Needy Families (FANF)

State program providing cash assistance to eligible families with dependent children

Apply online at nheasy.nh.gov

NHFTL Children's Fund 603-224-7751 ext. 350

Sponsored by NEA New Hampshire can help children obtain items or services essential to success in school

neanh.org/childrens-fund

Loon Mountain Area Community Fund

Local fund established through donation to assist members of the community in need

loonmtn.com/community-fund