

IMPORTANT PHONE NUMBERS**DIAL 9-1-1 FOR ALL EMERGENCIES**

2-1-1 Connects callers for free to information about services available in their community.	2-1-1
Adult Protection Reporting Line	603-271-7014
Reporting child abuse and neglect - NH Division for Children, Youth and Families Call either number if you suspect that a child has been abused or neglected. During non-business hours, call 911 or the Manchester Police Department at 603-668-8711.	603-271-6562 or 800-894-5533 (in-state only)
Domestic Violence 24-Hour Hotline	1-866-644-3574
Gay, Lesbian, Bisexual & Transgender Hotline (LGBTQIA+) Provides information and referrals for gays, lesbians, transgender and persons with questions about their sexuality. Information, referrals and peer counseling are offered.	1-888-843-4564
Gay, Lesbian, Bisexual & Transgender Hotline (LGBTQIA+) National Help Center	1-800-246-7743
The Samaritans Suicide Hotline	1-877-583-8336
Homeless Hotline (Manchester Continuum of Care)	1-877-606-5173
Manchester Health Department	603-624-6466
Manchester Police Department	603-668-8711
Mental Health America Trained Crisis Counselors are available for free 24/7.	Text MHA to 741741
Mental Health Center of Greater Manchester	603-668-4111
Mental Health Suicide & Crisis Lifeline Trained Crisis Counselors available for free 24/7 with Tele-Interpreters for more than 240 languages	9-8-8
Mobile Crisis Response Team New Hampshire Rapid Response	833-710-6477 and https://www.nh988.com/
National Runaway Hotline	1-800-621-4000
NH Statewide Addictions Crisis Line	1-844-711-4357
NH Try-to-Stop Tobacco Resource Center Español: 1-800-833-5256 Hearing Impaired: 1-800-833-1477	1-800-784-8669
Poison Control Center 24/7 for poison emergencies, questions, and prevention.	1-800-222-1222
RAINN (Rape, Abuse, and Incest Network)	1-800-656-4673
Sexual Assault 24-Hour Hotline	1-800-277-5570
Trans Lifeline Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.	1-877-565-8860
Trevor Project Suicide Prevention Hotline Leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth.	1-866-488-7386
Veterans Crisis Line Confidential support 24 hours a day, 7 days a week, 365 days a year.	1-800-273-8255 Press 1
REACH at YWCA NH Crisis Line Call 24 hours a day, 7 days a week to talk to a crisis advocate regarding domestic violence, sexual violence, stalking, and/or teen dating violence.	603-668-2299

EMERGENCY HOUSING & HOMELESS RESOURCES

1269 Café

Address: 456 Union St, Manchester, NH 03103

Lunch Hours: Monday-Friday, 11:30am-1pm. Sunday (service at 12pm) and lunch served at 1pm.

Food Pantry Hours: runs Wednesdays & Thursday, 10:30am-12:30pm and Sundays 10:30-11:45am, 1:00-1:30pm.

Warming Station Hours: December-March, Sunday-Friday from 1pm-4pm. Guests can leave any time, but doors only open for admittance/smoke break once an hour, on the hour.

Website: <https://thetwelveonunion.org/service-hours/>

Services: Faith-based support and assistance to people in need.

39 Beech Street Shelter & Engagement Center

Address: 39 Beech Street, Manchester NH 03101

Phone: 603-413-1775

Shelter Hours: Monday-Sunday, Check-in starts at 9pm

Engagement Center Hours: Monday-Sunday, 9am-5pm

Website: <https://www.manchesternh.gov/Departments/Housing-Stability/>

Services: The Shelter provides on-site meals, storage for tents and personal belongings, and provides 40 beds in a communal open space for sleeping. Guests have access to private showers and bathrooms, which are wheelchair accessible. Guests must be age 18 and older, and there is a daily bed hold policy. The Engagement Center provides on-site local providers to assist with substance abuse treatment, mental health support, medical care, housing navigation, and employment services. Overflow space available during emergency weather events.

Families in Transition (FIT) Emergency Shelter

Address: 122 Market Street, Manchester, NH 03101

Phone: 603-641-9441

Email: info@fitnh.org

Website: <https://www.fitnh.org/services/emergency-homeless-services/shelter/>

Services: Families in Transition provides safe, emergency shelter and comprehensive social services to individuals and families who are homeless or at risk of becoming homeless. Programs and services are designed to ensure that people have the seamless support they need to find and maintain long-term stability. Our goal is to partner with individuals and serve as a single hub they can utilize wherever they are in their journey to exiting homelessness. Families in Transition operates an adult emergency center (199 Manchester St.) and a family emergency shelter (177 Lake Ave).

Health Care for the Homeless

Address:

- Appointment/Walk-In Clinic @ New Horizons Shelter, 199 Manchester Street, Manchester, NH 03103 (603-663-8718, ages 18 and older) Monday/Tuesday/Thursday 8-5; Wednesday 9-6 and Friday 8:30-3
- Appointment/Walk In Clinic @ Wilson Street Integrated Health, 293 Wilson Street, Manchester NH 03103 (603-665-7450) Monday/Tuesday/Thursday 8-5; Wednesday 9-6 and Friday 8:30-3
- Appointment/Walk-In Clinic @ Manchester Mobile Health Care. Call 603.663.8718 for locations and times.

Website: <https://www.catholicmedicalcenter.org/>

Services: Health Care for the Homeless provides primary medical care, mental health care, addiction counseling, nurse case management, assistance with food stamps, Medicaid and disability applications and limited dental care and eye care. Clients can find all the services they need in one location to support their recovery and sustain medical and emotional wellness.

Manchester City Welfare

Address: 1528 Elm Street, Upper Level, Manchester, NH 03101

Phone: 603-624-6484

Monday – Friday 8:00am – 4:30pm.

Website: www.manchesternh.gov/welfare/

Services: Provides assistance with basic living need expenses to eligible persons who reside in Manchester and are unable to support themselves. Applications are processed by appointment. Please contact the office for further information.

Manchester Health Department – Clinics

Address: 1528 Elm Street, Manchester, NH 03101

Phone: 603- 624-6466

Hours: Call for specific program hours.

Website: <http://www.manchesternh.gov/Departments/Health/Clinics/>

Services: The Manchester Health Department clinical services include: Flu Vaccine Clinics, COVID-19 Vaccine Clinics, HIV/STD Clinics, Immunization Clinics, Lead Screenings, and Tuberculin skin testing. Clinical services are tailored to prevent infectious disease through immunization services and to identify other public health issues such as tuberculosis and lead poisoning.

Manchester Housing Stability Department

Address: 100 Merrimack Street, Manchester, NH 03101

Website: <https://www.manchesternh.gov/Departments/Housing-Stability/>

Services: The Department of Housing Stability works to reduce homelessness and increase housing stability in Manchester by way of City-wide coordinated response, increased access to sustainable housing. The department currently operates a shelter and centralized service hub for Manchester residents facing housing instability.

Manchester School District

Address: 20 Hecker Street, Manchester, NH 03102

Phone: 603-624-6300

Hours: Monday-Friday, 7:30am-4pm.

Website: <https://www.mansd.org/>

Email: jpinsonneault@mansd.org

Services: The Manchester School District has an appointed Homeless Liaison to provide necessary assistance for students facing homelessness including transportation, immediate enrollment, and supplemental educational services. A Manchester Health Department Community Health Worker is also available to assist students facing homelessness connect with resources for healthcare, dental care, social services and other basic needs.

NH Department of Health and Human Services, Division of Economic Stability

Address: 1050 Perimeter Road, Manchester, NH 03103 (Manchester Office)

Phone: 603-668-2330 or 1-800-852-7493

Phone: Temporary Assistance for Needy Families: 603-271-9700

Hours: Monday-Friday, 8am-4pm.

Website: www.dhhs.nh.gov/

Services: Administers programs and services for eligible NH residents by providing financial, medical, food and nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

NH Homeless Hotline

Phone: 2-1-1

Phone: 866-444-4211 (outside of NH)

Hours: 24 hours a day, 7 days a week, and 365 days a year

Website: www.211nh.org

Services: Contacts with the NH State Bureau of Homeless and Housing Services to provide specialized information and referral line that serves individuals and/or families who are homeless or in danger of becoming homeless. 211 provides information and referrals to callers regarding available shelter, and many other supportive services including healthcare, substance misuse services, and legal assistance.

New Hampshire Housing

Address: 32 Constitution Drive, Bedford, NH 03110

Mailing Address: PO Box 5087, Manchester, NH 03108

Phone: 603-472-8623; 800-640-7239; TDD for Hearing Impaired: 603-472-2089

Hours: Monday-Thursday, 8:30am-5pm; Friday, 8:30 am - 4:30 pm.

Website: www.nhhousing.org/

Services: Administers a broad range of rental and homeownership programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing.

Southern NH Services (SNHS) Supportive Housing for the Elderly

Address: 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010

Hours: Monday-Friday, 8:30am-4:30pm.

Website: <https://www.snhs.org/services/senior-housing>

Services: SNHS continues to maintain its place as one of the state's leading providers of housing to low-income eligible senior citizens. SNHS operates 12 supportive elderly housing projects in Southern New Hampshire. Call for more information and eligibility requirements.

Southern NH Services (SNHS) Housing and Homeless Outreach

Address: 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010

Hours: Monday-Friday, 8:30am-4:30pm.

Website: <https://www.snhs.org/services/homelessness-prevention-housing/>

Services: SNHS receives funding to provide a range of services aimed at preventing homelessness or assisting those who find themselves homeless to find shelter. Services include short term-assistance to prevent eviction for those at risk of losing their housing or to secure housing for those suddenly homeless, and information and referral services for individuals or families in need of emergency shelter

Harbor Care

Address: Multiple locations in Greater Nashua, New Hampshire and telehealth.

Phone: To access general housing supports, call the Nashua region's coordinated entry line at 1-844-800-9911.

To access our intake coordinator, including our health care, veteran, substance misuse, HIV/AIDS, and behavioral health care services, call 603-882-3616. Hours: Please call for specific program hours.

General hours of operation are Monday – Friday, 9am to 5pm.

Website: www.harborcarenh.org/

Services: Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force.

Working as one, the programs of Harbor Care provide the tools people need to improve their lives.

Harbor Care provide high-quality housing and residential services, primary and behavioral health care, substance use disorder treatment, home care, HIV/AIDS care, veteran services, employment supports, and supports to individuals and families who are experiencing or at risk of homelessness.

Waypoint- Youth & Young Adult Programs (12-24)

Address: Youth Resource Center & Overnight Emergency Shelter

298 Hanover Street, Manchester, NH 03104

Phone: 603-540-0810

Hours: Please call for specific program hours.

Website: <https://waypointnh.org/programs/youth>

Services: Waypoint provides comprehensive services for homeless youth, including street outreach, a youth resource center, rapid rehousing, supportive counseling, and many other services.

Youth who are actively participating in programming may also access free clothing, laundry services, shower facilities, a food pantry, and individualized case management.

EMPLOYMENT PROGRAMS

Goodwill Workforce Services

Website: <https://goodwillnne.org/programs/workforce-services/>

Services: Provides career advisor and life navigators (a social worker position), who help participants work through barriers to success. Job search, career building, digital skill development, and other training options provided.

Granite State Independent Living

Address: 60 Rogers Street, Suite 209, Manchester, NH 03104

Phone: 603-518-4600

Website: <https://www.gsil.org/>

Services: GSIL can tailor an employment solution for you. For more than 30 years, GSIL has been making local quality job placements for people who receive Social Security Disability benefits or have a disability in NH. Job coaching, interview training, and assistance filling out applications (among other services) available.

Harbor Care - Veterans FIRST Services

Address: Multiple locations in Greater Nashua, New Hampshire and telehealth.

Phone: To access our veteran employment intake coordinator, call 603-882-3616.

Hours: Monday – Friday, 9am to 5pm.

Website: www.harborcarenh.org/veterans-services-overview/

Services: Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force.

Working as one, the programs of Harbor Care provide the tools people need to improve their lives.

Harbor Care operates a Department of Labor-funded employment services program for veterans from anywhere in New Hampshire experiencing homelessness. Veterans work one-on-one with an employment specialist to find and maintain meaningful employment, and, if qualified, may also access our full range of veteran services including transitional housing, case management, temporary financial support, on-the-job training, and more.

Manchester Community Resource Center (MCRCnh)

Address: 434 Lake Ave, Manchester, NH 03103

Phone: 603-647-8967

Website: www.mcrcnh.org

Services: MCRC offers a series of self-directed employment tools to assist with job readiness, job search, and job retention. Services offered include job listings/announcements, scanning, faxing, copying, notary services, and access to public computers that are equipped with resume writing software, internet services, Microsoft Office, printer and OSHA Testing.

NH Works – Workforce Innovation and Opportunity Act (WIOA)

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03103

Phone: 603-647-4470 Ext 8047

Website: <http://www.snhs.org/programs/workforce-development/workforce-investment-act-wia/>

Services: WIOA is an employment and training program to help dislocated workers and other eligible adults access the tools they need to manage their careers through information and high quality services. Supports may include transportation and child care reimbursement, HiSet preparation, computer literacy skills and resume writing and paid on the job training.

New Hampshire Job Corps Center

Address: 943 Dunbarton Rd, Manchester, NH 03102

Phone: 800-733-5627

Website: <https://newhampshire.jobcorps.gov/>

Services: Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.

Senior Community Service Employment Program (SCSEP) - Operation A.B.L.E.

Address: 228 Maple Street, Manchester, NH-03103

Phone: 603-206-4405

Hours: Monday – Friday, 8:30 am – 4:30 pm

Website: <https://operationable.net/scsep-new-hampshire-residents/>

Services: Provides workforce development for people 55 years of age and older, including paid internships, on-the-job training, soft skills, and resume help.

Vocational Rehab

Address: 1 Sundial Ave #201N, Manchester, NH 03103

Phone: 603-669-8733

Website: <https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation/programs-and-services/vocational>

Services: The mission of NH Bureau of Vocational Rehabilitation is to assist eligible NH citizens with disabilities secure suitable employment and financial and personal independence by providing rehabilitation services.

Workplace Success

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03103

Phone: 603-668-8010 ext.5623

Website: <https://www.snh.org/services/workplace-success>

Services: Workplace Success provides participants in the NH Employment Program (NHEP) with the skills, knowledge, experience, and support needed to obtain paid employment. NHEP offers career counseling, increased employability, job skills and paid on the job training for TANF (Temporary Assistance for Needy Families) eligible adults only.

FINANCIAL ASSISTANCE**Easter Seals Military & Veterans Services**

Address: 555 Auburn Street, Manchester, NH 03103

Phone: 603-351-4354

Program Coordinator: mvsintake@eastersealsnh.org

Website: <https://www.easterseals.com/nh/our-programs/veterans-count/>

Services: Emergency financial assistance for any Service Member engaged in the NH Deployment Cycle Support Program and/or his or her family in conjunction with a comprehensive plan for self-sufficiency. Additional services include employment counseling, mental health services, employment support, and substance abuse services.

Harbor Care - Veterans FIRST Services

Address: Multiple locations in Greater Nashua, New Hampshire and telehealth.

Phone: To access our veteran services intake coordinator, call 603-882-3616.

Hours: Monday – Friday, 9am to 5pm.

Website: www.harborcarenh.org/veterans-services-overview/

Services: Harbor Care is the new shared name of Harbor Homes, Keystone Hall, Healthy at Home, the Harbor Care Health and Wellness Center, and the Southern NH HIV/AIDS Task Force.

Working as one, the programs of Harbor Care provide the tools people need to improve their lives.

Harbor Care operates a Department of Veteran Affairs-funded “Supportive Services for Veteran Families” program that provides eligible veterans who are experiencing or at risk of homelessness with access to a variety of supports, including case management and temporary financial assistance. If enrolled in the program, veteran households may also qualify to access employment services and a full range of veteran services including transitional and permanent housing, legal aid, and more. Call Harbor Care for more information on eligibility.

Merrimack Valley Assistance Program (MVAP)

Address: 170 Lowell Street, Manchester, NH 03104

Phone: 603-623-0710

Hours: Monday-Thursday, 8 am – 5 pm; Friday, 8 am – 11:30 am

Website: www.mvap.org/

Services: Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

Manchester City Welfare

Address: 1528 Elm Street, Upper Level, Manchester, NH 03101

Phone: 603-624-6484

Website: www.manchesternh.gov/welfare

Services: Provides financial assistance to those individuals and families in Manchester who are unable to meet basic needs, such as food, housing, medications and utilities. Potential applicants are encouraged to apply in person.

NH Department of Health and Human Services, Division of Economic Stability.

Address: 1050 Perimeter Road, Manchester, NH 03103

Phone: 603-668-2330 or 1-800-852-7493

Website: www.dhhs.nh.gov/

Services: Administers programs and services for eligible NH residents, including Temporary Assistance for Needy Families (TANF) and the Supplemental Nutrition Assistance Program (SNAP) to provide financial, medical, food and nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing.

NH Fuel Assistance Program (FAP)- Administered by Southern NH Services

Address: 160 Silver Street, Manchester, NH 03103 Phone: 603-647-4470

Website: www.snh.org/programs/energy-programs/low-income-home-energy

www.energy.nh.gov/consumers/help-energy-and-utility-bills/fuel-assistance-program

Services: Provides low-income residents with the financial assistance necessary to assist with payment of seasonal heating expenses.

NH Medicaid Program

Address: 129 Pleasant Street, Concord, NH 03301

Phone: 800-852-3345 ext. 4344

Website: www.dhhs.nh.gov/ombp/medicaid/index.htm

Services: The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services.

Salvation Army

Address: 121 Cedar Street, Manchester, NH 03101 Phone: 603-627-7013

Office Hours: Monday – Friday, 9 am – 3 pm. Please call for specific program hours.

Website: <https://nne.salvationarmy.org/manchester/>

Services: Assistance with fuel, rent and utility bills for those who qualify. Call or stop by the office for more information.

Southern NH Services (SNHS) Fuel Assistance Program

Address: 160 Silver Street, Manchester, NH 03103

Phone: 603-647-4470

Website: <https://www.snhs.org/services/fuel-assistance>

Services: Provides elderly, disabled, and low-income residents with the financial assistance necessary to meet vital heating and utility expenses.

State of NH Electric Assistance Program-Administered by Southern NH Services (SNHS)

Address: 160 Silver Street, Manchester, NH 03103

Phone: 603-647-4470

Website: www.snhs.org/services/electric-energy-assistance

www.energy.nh.gov/consumers/help-energy-and-utility-bills/electric-assistance-program

Services: The Electric Assistance Program, or EAP, provides income eligible customers with a discount on monthly electric bills. Discounts range from 8% to 76% depending on the customer's gross household income and household size.

FOOD ASSISTANCE**Food for Children, Inc.**

Address: JFK Coliseum Parking Lot, Beech Street/Valley Street, Manchester, NH 03102

Website: <https://www.foodfc.org/>

Services: Food distribution to families and individuals in need every Saturday.

Fueled By Kids

Website: <https://fueledbykids.org/>

Services: Weekend food bag distribution to students every Friday. Families can contact their school social worker for more information.

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Services: Weekend food bag distribution to students every Friday. Families can contact their school social worker for more information.

Merrimack Valley Assistance Program (MVAP)

Address: 170 Lowell Street, Manchester, NH 03104 Phone: 603-623-0710

Hours: Monday-Thursday, 8 am – 5 pm; Friday, 8 am – 11:30 am

Website: www.mvap.org/

Services: Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

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NH Food Bank

Address: 700 East Industrial Park Drive, Manchester, NH 03109

Phone: 603-669-9725

Website: www.nhfoodbank.org

Services: Distributes nutritious food to more than 400 partner agencies who, in turn, distribute to food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. Visit the website to identify a local food pantry near you or to see the Mobile Food Pantry schedule.

Roca Kidz Club

Address: 222 Cedar Street, Manchester, NH 03103

Address: 140 Wilson Street, Manchester, NH 03103

Address: 130 Conant Street, Manchester, NH 03102

Website: <http://www.rocakidzclub.com/>

Services: Faith based after school program that offers a free meal for kids of all ages on Thursdays at 6pm. Also provides homework help, games, activities, mentoring, and youth development.

Salvation Army Kids Café

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: <https://nne.salvationarmy.org/manchester/kids-cafe>

Services: Provides evening meals four nights a week, but also structured recreational activities, interaction with caring adults and a place where children and teens can learn and grow with the support of others. Call for hours and additional information.

SNAP/Food Stamps/EBT

Phone: 603-271-9700

Website: <https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap>

Services: The Food Stamp Program is about good nutrition and health. It provides eligible individuals
