

COMMUNITY FAMILY SERVICES:

Community Service Link: [2-1-1](#)

Child Welfare Information Gateway <https://www.childwelfare.gov/NationalChild>

Financial Assistance Program: <https://www.FindHelp.org>

Pelham Public Library: <https://pelhampubliclibrary.org>

Pelham Parks and Recreation (School Year and Summer Program)

www.pelhamweb.com/pelham-parks-and-recreation/pages/catalog-of-recreation-prgrams

Upper Room: A Family Resource Center www.urteachers.org

FOOD SERVICES:

St.Patrick Food Pantry: <https://www.stpatricks-pelham.com/food-pantry>

Pelham Good Neighbor Fund: <https://pelhamgoodneighborfund.org>

BEHAVIORAL SUPPORTS SERVICES:

National Alliance Mental Health www.NAMI.org

Center for Life Management: <https://www.centerforlifemanagement.org>

CLOTHING:

Upper Room Compassionate Ministry Nashua [\(603\) 595-2039](tel:6035952039)

Marion Gerrish Community Center www.mgccderrynh.org

DEVELOPMENTAL DISABILITIES:

Community Crossroads www.communitycrossroadsnh.org

Gateways Community Services www.gatewayscs.org

New Hampshire of Health and Human Services (DHHS) www.dhhs.nh.gov

DOMESTIC AND SEXUAL VIOLENCE:

Bridges Domestic and Sexual Violence Support: www.bridgesnh.org

Child Advocacy and Protection Program (CAPP) www.chadkids.org

Granite State Childrens Alliance www.cac-nh.org

Domestic Violence Hotline: [1.800.799.SAFE](tel:1.800.799.SAFE)

RAINN (Sexual Assault Hotline) [1.800.656.HOPE](tel:1.800.656.HOPE)

New Hampshire Coalition Against Domestic and Sexual Violence

Domestic Violence or Stalking Hotline: [1.866.644.3574](tel:1.866.644.3574)

Sexual Assault Hotline: [1.800.277.5570](tel:1.800.277.5570)

YWCA Crisis Service: www.ywcanh.org

CHILDREN/YOUTH RESOURCES:

For NH Youth: Teen Head Rest: 1.800.639.6095

Crisis Text Line: TEXT 74174

LGBTQ+: 1.866.488.7386 or text 678678

Trevor Project: www.thetrevorproject.com

Your Life Your Voice <https://childhelpline.org>

Boys and Girls Club of Salem www.salembgc.com

Pelham School Aged Child Care www.psacc-nh.org

RESOURCES FOR INDIVIDUALS WITH A SUBSTANCE USE DISORDER:

INTERVENTION RESOURCES:

Overdose Info/Access to Narcan	Anyone.Anytime.org
Addiction Crisis Line	1-844-711-HELP

Treatment Resources:

NH Treatment Locator	Nhtreatment.org
Addiction Crisis Line	1-844-711-HELP
NH Treatment Resource Guide	Dhhs.nh.gov/dcbcs/bdas

RECOVERY RESOURCES:

Recovery Resource Guide	Dhhs.nh.gov/dcbcs/bdas/guide
Alcoholics Anonymous	aa.org (603) 622-6967
Narcotics Anonymous	na.org (603) 645-47777
Al-anon/Alateen	Al-anon.alateen.org
F.A.S.T.E.R.	NH4youth.org

HELPFUL WEBSITES:

Substance Abuse and Mental Health	SAMSHA.gov
Identify pills, medications interactions	Drugs.com