

Exeter Hospital Community Resource List

Community Benefits Service Area includes: Atkinson, Brentwood, Danville, Deerfield, Derry, East Kingston, Epping, Exeter, Fremont, Greenland, Hampstead, Hampton, Hampton Falls, Kensington, Kingston, Londonderry, N. Hampton, New Castle, Newfields, Newington, Newmarket, Newton, Nottingham, Plaistow, Portsmouth, Raymond, Rye, S. Hampton, Sandown, Seabrook, Stratham

Health Issue	Organization	Brief Description	Address	Phone	Website
	Bureau of Elderly and Adults Services (BEAS)	Provides a variety of social and long-term supports to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability.		603.271.9203	www.dhhs.nh.gov/programs-services/adult-aging-care
	Commodity Supplemental Food Program (CSFP)	Provides free food and nutrition information to promote good health for older adults age 60 and over.		833.773.2445	www.dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-older-adults
	Division for Children, Youth and Families (DCYF)	Manages protective programs on behalf of New Hampshire's children and youth and their families.	97 Pleasant St Concord	603.271.6562	www.dhhs.nh.gov/programs-services/child-protection-juvenile-justice
	The Doorway	Offers assistance with accessing screening and evaluation, treatment, prevention, supports and services to assist in long-term recovery and peer recovery support services.		211	www.thedoorway.nh.gov
	Elderly and Adult Services (APS)	Offers information about reporting a concern of adult abuse or neglect. The Adult Protection Law requires any person who has a reason to believe that a vulnerable adult has been subjected to abuse, neglect, exploitation or self-neglect to make a report immediately to the Bureau of Adult & Aging Care Services (BAAS).		603.271.7014	www.dhhs.nh.gov/report-concern/adult-abuse
	National Suicide Prevention Lifeline	Provides 24/7, free and confidential support.		988	www.988lifeline.org
	New Hampshire Department of Education	Supports services to help people gain academic and English language skills that will help them advance and grow personally and professionally.			www.education.nh.gov/adult-ed

Statewide Resources	New Hampshire State Office of Veterans Services	Assists veterans who are residents of New Hampshire or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations.		1.800.645.8333	www.nh.gov/nhveterans/index.htm
	SAMHSA's National Helpline	Provides a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families in need of mental health resources and/or information for those with substance use disorders.		1.800.622.9230	www.samhsa.gov/find-help/helplines/national-helpline
	ServiceLink	Provides information, support and referrals to individuals of all ages, income levels and abilities and administers programs and services such as Information and Referral Services, Person-Centered Options Counseling, NH Family Caregiver Program, State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).		866.634.9412	www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink
	WorkNowNH	Provides support and assistance to qualified individuals in order to become job ready and to connect with hiring employers in order to enter into sustainable employment.		833.658.4760	www.nhes.nh.gov/services/job-seekers/work-now-nh.htm
Domestic Violence	HAVEN	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.	20 International Dr Ste 300 Portsmouth	1.603.994.SAFE (7233)	www.havennh.org
	NH Coalition Against Domestic and Sexual Violence	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.		866.644.3574	www.nhcadsv.org
	Commodity Supplemental Food Program (CSFP)	Provides free food and nutrition information to promote good health for older adults age 60 and over.		800.942.4321	www.dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-older-adults
	New Hampshire Food Bank	Provide nutritious food and resources to New Hampshire residents that are food insecure.		603.669.9725	www.nhfoodbank.org/find-food/food-map/

Food Assistance	Nutrition and Meals on Wheels (Rockingham County)	Provides fresh-cooked healthy meals to your home, wellness checks, and more.	106 North Rd Brentwood	603.679.2201	www.rockinghammealsonwheels.org/contact-us
	Society of St. Vincent de Paul	Provides food and emergency assistance to those in need when other available resources have been exhausted	53 Lincoln St Exeter	603.772.9922	www.svdpxeter.com
	Supplemental Nutrition Assistance Program (SNAP)	Provides nutrition benefits to eligible low-income individuals and families so they can purchase healthy food and move towards self-sufficiency.		603.271.9700	www.nheasy.nh.gov/#/
	WIC	Provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong.			www.signupwic.com/about
Housing Support	Cross Roads	Provides shelter, respect and collaborative solutions to unhoused individuals and families who aspire to return to permanent housing and thrive in their community.	600 Lafayette Rd Portsmouth	603.436.2218	www.crossroadshouse.org
	Families in Transition	Provides housing options to meet people where they're at in every stage of their journey as they work to exit homelessness.	122 Market St Manchester	603.641.9441	www.fitnh.org
	My Friend's Place	Provides a home like emergency shelter and transitional housing program that includes exceptional support for the homeless men, women, and families.	368 Washington St Dover	603.749.3017	www.myfriendsplacenh.org
	NH Shelter Services	Provides information and resources about shelter services for individuals, youth, and families experiencing homelessness.		211	www.dhhs.nh.gov/programs-services/homeless-services/shelter-services
	Seacoast Family Promise	Provides temporary housing, food, and shelter, to families through a structured journey utilizing trauma informed care, employment education and housing search, financial education, parenting and other effective tools leading families back to stability and the return to a place they can call home.	27 Hampton Rd Exeter	603.658.8448	www.seacoastfamilypromise.org
	Waypoint	Empowering people of all ages through an array of human services and advocacy.	464 Chestnut St Manchester	603.518.4000	www.waypointnh.org

Mental Health and Substance Use	Children's System of Care	Provides guidance to families and professionals through a network of resources and assistance to addresses the real needs of youth and families.		833.710.6477	www.nhcsoc.org/help-for-families-and-youth
	Connections	Connections Peer Support Center is run by and for individuals with lived experience with mental health issues		603.427.6966	www.connectionspeersupport.org
	Endurance Behavioral Health	Offers a mental health partial-hospitalization program (PHP) for adolescents ages 13-20, located in the Seacoast Region of New Hampshire.	823 Lafayette Rd Seabrook	603.760.1942	www.endurancebehavioralhealth.com
	Infinity	Provides a free, non-medical approach to mental health wellness and recovery.	55 Summer St Rochester	603.948.1036	www.infinitypeersupport.org
	National Alliance on Mental Illness New Hampshire	Provides support, education and advocacy for people affected by mental illness and suicide.	85 North State St Concord	603.225.5359	www.naminh.org
	New Hampshire Rapid Response Access Point	Provides individuals in the state of New Hampshire with immediate, 24/7 access to mental health and/or substance use crisis support via telephone, text and chat services.		833.710.6477	www.nh988.com
	Safe Harbor	Provides a wide array of services, including individual and group counseling, in person and telephone outreach and counseling, direct education and referrals into training programs, employment readiness, health, wellness and resiliency skills training and sober social activities.	865 Islington St Portsmouth	603.570.9444	www.granitepathwaysnh.org/safe-harbor-recovery-center-1
	Seacoast Mental Health Center	Provides high quality and accessible mental health and substance use disorder services for all ages and stages of need.	30 Magnolia Ln Exeter	603.772.2710	www.smhc-nh.org
	Seacoast Youth Services	Provides resources for youth and their families, including tools to navigate life's challenges.		603.474.3332	www.seacoastyouthservices.org
	SOS	Provides support all people affected by substance use with peer-based solutions and advocacy to reduce the harm and stigma of drugs.	92 Portsmouth Ave Ste 10 Exeter	603.841.2350	www.sosrco.org
	Administration for Community Living	ACL programs, councils, and research projects help support and empower those caring for older adults and people with disabilities.			www.acl.gov/programs/support-caregivers

Senior Services	Generations Geriatric Mental Health	Provides personalized, integrative care in an environment that fosters patient dignity and respect to treat individuals with memory problems, depression, anxiety, and other emotional illnesses, and assist patients and their families in coping with aging and illness.	138 Webster St Manchester	603.645.5977	www.ggmh.org
	Exeter Senior Center	Provides a host of programs for older adults.	30 Court St Exeter	603.773.6151	www.exeternh.gov/seniorcenter/senior-center
	Exeter Senior Resource Guide	Comprehensive guide listing resources available to seniors in the Seacoast area.			www.exeternh.gov/sites/default/files/fileattachments/parks_and_recreation/page/62359/2025_senior_resource_guide_4.pdf
	NH Disability Rights Center	Disability Rights Center - NH protects, advances, and strengthens the legal rights and advocacy interests of all people with disabilities.	64 North Main St Concord	603.228.0432	www.drcnh.org
	Social Security Administration	Provides financial protection to individuals and families through retirement, disability, and survivor benefits.		800.772.1213	www.ssa.gov
Transportation	Cooperative Alliance For Seacoast Transportation	Provides a broad range of public transportation services, connecting and coordinating a robust network of transportation options for everyone.	42 Sumner Dr Dover	1.800.735.2964	www.coastbus.org
	I Got Bridged	Aims to seek out and help those in need on the Seacoast with transportation and other needs.	160 Court St #105 Portsmouth	866.274.3433	www.igotbridged.com
	Transportation Assistance for Seacoast Citizens	Provides older adults and individuals with disabilities with free rides.	200 High St Hampton	603.926.9026	www.tasc-rides.org
	TripLink	Provides a regional transportation call center, serving 38 towns between Newton and Wakefield, NH.		603.834.6010	www.communityrides.org

Additional Resources	Arts in Reach	AIR is a youth-centered organization committed to inclusivity and accessibility. Girls and gender-expansive youth ages 11–18 take part in community arts programs led by professional artists. Together, mentors and teens create supportive spaces to take creative risks, build confidence, and express themselves through the arts.		603.433.4278	www.artsinreach.org
	Austin 17 House	Provides mentorship and activities in creative arts, recreation, life skills, leadership development, college and trade school exploration, and suicide and drug prevention, junior high and high school aged teens.	263 Route 125 Brentwood	603.770.6374	www.austin17house.org
	Chase Home	Provides supportive and restorative residential and family services to at-risk youth in a safe and nurturing environment.	698 Middle Rd Portsmouth	603.436.2216	www.chasehome.org
	Exeter Adult Education	Offers free classes to prepare students with the skills needed to pass the HiSET and earn a high school equivalency certificate.	30 Linden St Exeter	603.775.8457	www.adulted.sau16.org/en-US
	Granite United Way	Granite United Way have numerous State-wide and regional programs, partnerships, and initiatives that meet the many needs in our communities.	110 Corporate Dr Portsmouth	603.380.9744	www.graniteuw.org
	Lamprey Health Care	Provide comprehensive primary care with a focus on prevention and lifestyle management to all individuals regardless of ability to pay.	207 South Main St Newmarket	603.659.3106	www.lampreyhealth.org
	New Hampshire Smiles Program	NH DHHS selected Northeast Delta Dental, in partnership with DentaQuest, to provide dental services for the adult dental benefit.		844.583.6151	www.dhhs.nh.gov/programs-services/medicaid/medicaid-dental-services-new-hampshire-smiles-program-adults
	One Sky Community Services	Assists people with developmental disabilities and acquired brain disorders to live as valued and participating members in their communities.	1755 Banfield Rd Ste 3 Portsmouth	603.436.6111	www.oneskyservices.org