

Lebanon Human Services Resource Directory

Contents

Abuse, Neglect, and Exploitation.....	2
Addiction and Substance Use Disorders	2
Benefits Administration.....	3
Elder and Disability Services.....	3
Electric Assistance.....	4
Employment and Training	4
Food and Nutrition	5
Fuel Assistance	5
Home Repair, Weatherization, and Chore Assistance.....	5
Homeless Services, Shelters	6
Housing.....	6
Legal Services.....	6
Medical/Dental	7
Mental Health Services.....	7
Thrift Stores	8
Transportation	8
Veterans' Services.....	9
Women, Children, and Families	9

[NH Help Line](#)

2-1-1 (if calling from NH)

866-444-4211

211nh.org

Information and referral line for entire state - multiple topics

Abuse, Neglect, and Exploitation

Adult Protection Services (NH)

603-271-7014
800-949-0470
dhhs.nh.gov/dcbcs/beas/adultprotection
Investigates claims of abuse, neglect, exploitation, and self-neglect in vulnerable adults

Child Protection Services (NH)

603-271-6562
800-894-5533
dhhs.nh.gov/dcyf/cps/
Investigates claims of child abuse and neglect; identifies needs and develops case plans

WISE

603-448-5922
866-348-9473 (24-hour Crisis Line)
wiseuv.org
Domestic violence, sexual violence, and stalking information and referral; advocacy; safe home and emergency shelter; survivor groups and workshops; family violence prevention program; and safety planning

Addiction and Substance Use Disorders

The Doorway at Dartmouth Health

603-653-1860
thedorway.nh.gov/doorway-dartmouth-hitchcock
Treatment, recovery support services, prevention, workforce opportunities, training, and education for people with an opioid use disorder or a substance use disorder

Granite State Area Narcotics Anonymous

888-624-3578 (24-hour Helpline)
gsana.org
Narcotics Anonymous help line and meeting locator

Headrest

603-448-4872
800-273-8255 (Hotline)
800-639-6095 (Teenline)
headrest.org
Outpatient substance abuse treatment and counseling, 24-hour crisis/suicide hotline, low-intensity residential program, employee assistance program, vocational program

HIV/HCV Resource Center

603-448-8887
h2rc.org
Support and case management for people with HIV/AIDS and Hepatitis C; testing; syringe exchange

Moms in Recovery

603-653-1860
dartmouth-hitchcock.org/psychiatry/moms-recovery
Case management, coordination, counseling and group therapy for pregnant and parenting women who struggle with substance use

NH Al-Anon

603-369-6930
nhal-anon.org
Support for family and friends of alcoholics

NH Area Assembly for Alcoholics

Anonymous

800-593-3330

603-622-6967

nhaa.net

Hotline for NH Alcoholics Anonymous; list of meetings

NH Substance Use Crisis Hotline

1-844-711-4357

NH statewide addiction crisis line

TLC Family Resource Center

603-790-3779

tlcfamilyrc.org

Family support and education; recovery resource navigation; and youth education programs

Upper Valley Turning Point

802-295-5206

uppervalleyturningpoint.org

Recovery support services, education, and advocacy through peer support

West Central Behavioral Health

603-448-5610

833-710-6477 (Mobile Crisis Response)

wcbh.org

Mental health counseling, treatment, and support for adults and children; outpatient substance use treatment; mobile crisis response team

Benefits Administration

NH Department of Health and Human Services

800-982-1001

603-542-9544

dhhs.nh.gov

Child care assistance, Children's Health Insurance Program (CHIP), Financial Assistance to Needy Families (FANF), food stamps, Medicaid

NH Employment Security

603-543-3111

nhes.nh.gov

Unemployment claims, job fairs, job search assistance, training opportunities

Social Security Administration

888-397-9798

ssa.gov

Retirement, disability, and survivor benefits

Elder and Disability Services

Dartmouth Health

Aging Resource Center

603-653-3460

dhaging.org

Information, education, and support for older adults and their family members

Granite State Independent Living

603-228-9680

gsil.org

Education, information, advocacy, support, and transition services for seniors and people with disabilities

RSVP Volunteer Center

877-711-7787

gcsc.org/rsvp

Volunteer assistance with occasional household chores and small repairs (Chore Corps); and a telephone reassurance program (Good Morning) for older adults, veterans, caregivers, and adults with disabilities

ServiceLink

603-448-1558

servicelink.nh.gov

Information and referral; options counseling; caregiver support; State Health Insurance Assistance Program (SHIP); and Medicare counseling for older adults and people with disabilities

Special Needs Support Center

603-448-6311

snscc-uv.org

Social services, groups, and classes for adults with disabilities; education, peer support, and advocacy for parents of children with disabilities; recreation and camps for children with autism; accommodation advocacy; Special Needs Information Program (SNIP)

Upper Valley Senior Center

603-448-4213

gcsc.org

Meals, transportation, programming, and home-delivered meals for older adults

Electric Assistance

LISTEN Community Services

603-448-4553

listencs.org

Food pantry; community dinners; housing and utility assistance; thrift store vouchers; summer camp scholarships; holiday baskets; and information and referrals

Tri-County CAP

603-968-3560

tccap.org

Fuel and electric assistance; weatherization

Employment and Training

Headrest

603-448-4872

800-273-8255 (Hotline)

800-639-6095 (Teenline)

headrest.org

Outpatient substance abuse treatment and counseling, 24-hour crisis/suicide hotline, low-intensity residential program, employee assistance program, vocational program

NH Employment Security

603-543-3111

nhes.nh.gov

Unemployment claims, job fairs, job search assistance, training opportunities

NH Vocational Rehabilitation

603-357-0266

education.nh.gov/partners/vocational-rehabilitation

Assistance to NH citizens with disabilities in securing and maintaining employment

Food and Nutrition

[LISTEN Community Services](#)

603-448-4553

listencs.org

Food pantry; community dinners; housing and utility assistance; thrift store vouchers; summer camp scholarships; holiday baskets; and information and referrals

[Upper Valley Haven](#)

802-295-6500

uppervalleyhaven.org

Temporary shelter, service coordination, housing support, and educational programming for homeless families and adults; food shelf and winter outerwear available to anyone in need

[Upper Valley Senior Center](#)

603-448-4213

gcsc.org

Meals, transportation, programming, and home-delivered meals for older adults

[WIC](#)

603-225-2050

800-578-2050

capbm.org/women-infant-and-children-wic

Women, Infant and Children nutrition

program: nutrition education; breastfeeding support; health screenings; and nutritious foods to pregnant women, new mothers, infants, and preschool children

Fuel Assistance

[LISTEN Community Services](#)

603-448-4553

listencs.org

Food pantry; community dinners; housing and utility assistance; thrift store vouchers; summer camp scholarships; holiday baskets; and information and referrals

[Tri-County CAP](#)

603-968-3560

tccap.org

Fuel and electric assistance; weatherization

Home Repair, Weatherization, and Chore Assistance

[COVER Home Repair & Store](#)

802-296-7241

coverhomerepair.org

Home repair, weatherization, and reuse store featuring household goods, furniture, and building materials

[RSVP Volunteer Center](#)

877-711-7787

gcsc.org/rsvp

Volunteer assistance with occasional household chores and small repairs (Chore Corps); and a telephone reassurance program (Good Morning) for older adults, veterans, caregivers, and adults with disabilities

[Tri-County CAP](#)

603-968-3560

tccap.org

Fuel and electric assistance; weatherization

Homeless Services, Shelters

[Southwestern Community Services](#)

603-542-3160
scshelps.org/housing-stabilization-services
Claremont emergency shelter

[Tri-County CAP](#)

603-444-0184
tccap.org
Homeless intervention and prevention services

[Upper Valley Haven](#)

802-295-6500
uppervalleyhaven.org
Temporary shelter, service coordination, housing support, and educational programming for homeless families and adults; food shelf and winter outerwear available to anyone in need

Housing

[Lebanon Housing Authority](#)

603-298-5753
lebanonhousing.org
Public housing agency, administers low-income family, elderly, and disabled rental apartments; affordable tax credit housing; and Section 8 Housing Choice vouchers

[Twin Pines Housing](#)

802-291-7000
tphtrust.org
Provider of affordable housing for low- to moderate-income families in the Upper Valley; offers rental and home ownership opportunities

[Upper Valley Habitat for Humanity](#)

802-295-1854
uvhabitat.org
Builds affordable, durable, healthy, economical, and energy efficient homes

Legal Services

[603 Legal Aid](#)

603-224-3333
800-639-5290
nhlegalaid.org/about/legal-advice-and-referral-center
Free civil legal services, information, and referral to qualifying low-income NH residents

Medical/Dental

[Dartmouth Health](#)

[Medication Assistance Program](#)

603-650-5400
dartmouth-hitchcock.org/patients-
visitors/paying-medications
*Help with getting free or reduced cost long-
term medications*

[Good Neighbor Health Clinic and Red Logan Dental Clinic](#)

802-295-1868 (Medical)
802-295-7573 (Dental)
goodneighborhealthclinic.org
Free medical and dental care

[HIV/HCV Resource Center](#)

603-448-8887
h2rc.org
*Support and case management for people
with HIV/AIDS and Hepatitis C; testing;
syringe exchange*

[Lake Sunapee Region VNA & Hospice](#)

603-526-4077
lakesunapeevna.org
*In-home health care, private personal care,
and hospice; respite care; bereavement
support*

[Lebanon Community Nurses](#)

603-448-8810
lebanonnh.gov/1548/Community-Nurses
*Support, guidance, and education for the
management of chronic disease for Lebanon
residents*

[Lebanon-Upper Valley Lions Club](#)

luv-lions.square.site
Financial aid for eyeglasses and hearing aids

[VA Medical Center](#)

802-295-9363
va.gov/white-river-junction-health-care
*Primary, mental health, and specialty care for
Veterans; caregiver support; homeless
veteran care; patient advocates; vocational
rehabilitation and employment*

[Visiting Nurse and Hospice for VT and NH \(VNH\)](#)

888-300-8853
vnhcare.org
*Home health care, hospice, and rehabilitation
services*

Mental Health Services

[NAMI-NH](#)

800-242-6264
naminh.org
*Support, education, and advocacy for people
affected by mental illness and suicide*

[Next Step Peer Support Center](#)

603-448-6941
steppingstonenextstep.org
*Wellness-focused support for people with
mental illness by peers*

[VA Medical Center](#)

802-295-9363
va.gov/white-river-junction-health-care
*Primary, mental health, and specialty care for
Veterans; caregiver support; homeless
veteran care; patient advocates; vocational
rehabilitation and employment*

[West Central Behavioral Health](#)

603-448-5610

833-710-6477 (Mobile Crisis Response)

wcbh.org

Mental health counseling, treatment, and support for adults and children; outpatient substance use treatment; mobile crisis response team

Thrift Stores

[The COVER Store](#)

158 S. Main Street

White River Junction

802-296-7241

coverhomerepair.org/cover-store

[LISTEN - Lebanon](#)

387 Miracle Mile

603-448-2510

[LISTEN - Canaan](#)

236 US Rte 4

603-632-5331

[LISTEN - WRJ](#)

42 Maple Street

802-295-9217

listencs.org/thrift-stores

Salvation Army Thrift Store

7 Martin Drive

West Lebanon

603-298-8724

[Uplifting Thrifting](#)

102 Railroad Row

White River Junction

802-427-7183

upliftingthrifting.org

Transportation

[Advance Transit](#)

802-295-1824

advancetransit.com

Free bus service serving Lebanon, West Lebanon, Hanover, Enfield, Norwich, VT and Hartford, VT

[Southwestern Community Services](#)

603-542-9609

scshelps.org/transportation

Bus service from Lebanon to Claremont

[Upper Valley Senior Center](#)

603-448-4213

gcsc.org

Meals, transportation, programming, and home-delivered meals for older adults

Veterans' Services

[Easterseals/Veterans Count](#)

603-315-4354

vetscount.org/nh

Employment counseling, emergency financial assistance, mental health issues, deployment support, substance abuse support, housing stabilization, disability services, budgeting

[Friends of Veterans](#)

802-296-8368

fovvtnh.org

Rental, mortgage, utility assistance; service dogs and veterinarian bill assistance; vehicle repair; home repair

[VA Medical Center](#)

802-295-9363

va.gov/white-river-junction-health-care

Primary, mental health, and specialty care for Veterans; caregiver support; homeless veteran care; patient advocates; vocational rehabilitation and employment

[Veterans Inc.](#)

800-482-2565

veteransinc.org

Case management; housing; employment and training; health and wellness; outreach

Women, Children, and Families

[Dartmouth Health](#)

[Women's Health Resource Center](#)

603-650-2600

dartmouth-hitchcock.org/whrc

Education, support, lending library, diaper bank, menstrual product bank, infant formula, breast pump program

[The Family Place](#)

802-649-3268

familyplacevt.org

Child advocacy; child care referral and financial assistance; early intervention; home visits; parent education and support; play groups; welcome baby bags

[Good Beginnings of the Upper Valley](#)

603-298-9524

gbuv.org

Support to families with new babies: in-home volunteer visitor program, education, support, and Mentors of Moms (MOM) program

[Grace House of the Upper Valley](#)

603-298-6123

pc-uv.com/residential-program

Managed residence for motivated women of child-bearing years

[Waypoint](#)

603-298-8237

waypointnh.org

Early childhood and family support; resources for families affected by incarceration; homeless youth services; family preservation and strengthening services; and home care for seniors and adults with disabilities