

Common Resources that may be needed during the COVID-19 Emergency

General support <i>(When in doubt start here!)</i>	<ul style="list-style-type: none"> ❖ 2-1-1: Directs to all information and supports available during COVID-19. Call 2-1-1 or visit www.211nh.org. ❖ Family Resource Centers: FRCs act as a “front-door” to services—they provide many supports directly and help families navigate to whatever else they might need. Find your local FRC at www.nhchildrenstrust.org/connect. ❖ Waypoint Warm Line: Free guidance and support for parents/caregivers. Call: 1-800-640-6486 M-F, 8:30-4:30.
Financial & other Assistance	<ul style="list-style-type: none"> ❖ Unemployment Insurance Benefits have been expanded during COVID-19: Call NH Employment Security at 603-271-7700 or visit www.nhes.nh.gov/ to assess eligibility and get further instructions, e.g. call times. ❖ Cash and other Assistance: For TANF and other state assistance, visit https://nheasy.nh.gov/#/ or call 1-800-852-3345. Visit www.dhhs.nh.gov/dfa/covid19-changes.htm for temporary eligibility and program changes.
Food & Nutrition	<ul style="list-style-type: none"> ❖ Food Pantries: NH Food Bank’s list of local agencies: www.nhfoodbank.org/need-food/agency-list. ❖ NH Food Access Map: Crowd-sourced listing of food resources during COVID-19: bit.ly/nhfoodaccessmap. ❖ WIC: Nutrition support for pregnant women, new mothers, children 0-5. Services remain accessible by telephone only. More info: www.dhhs.nh.gov/dphs/nhp/wic/index.htm or 1-800-942-4321. ❖ Food Stamps (SNAP): Visit https://nheasy.nh.gov/#/ or call 1-844-275-3447.
Housing	<ul style="list-style-type: none"> ❖ Most evictions and foreclosures are temporarily frozen during the current NH State of Emergency: See NH Emergency Order #4, issued on March 17, and clarification provided in Emergency Order #24 on April 3. ❖ Housing Assistance: If you are experiencing a housing crisis, call NH 2-1-1, or contact your local city or town welfare office (searchable at www.nhmunicipal.org/municipal-directory). Call ahead for current operations.
Crisis Support	<ul style="list-style-type: none"> ❖ Domestic Violence Helpline: 24/7 help at 1-866-644-3574 or www.nhcadv.org for free, confidential support. ❖ Crisis Text Line: Text 741741 or visit crisistextline.org for free, 24/7 support from a trained Crisis Counselor. ❖ NAMI: For information on a variety of crisis and mental health supports visit www.naminh.org/resources-2/covid-19 or call (800) 950-6264 M-F, 10am- 6pm. For 24/7 crisis support text "NAMI" TO 741741.
Substance Use	<ul style="list-style-type: none"> ❖ NH Doorways: Call 2-1-1 for information on substance use disorder treatment during COVID-19, or visit www.thedoorway.nh.gov.
Child Care	<ul style="list-style-type: none"> ❖ ChildCare Aware: Visit nh.childcareaware.org for COVID-19 childcare support for essential workers and others.
COVID-19	<ul style="list-style-type: none"> ❖ NH DHHS: Visit www.nh.gov/covid19 or call 2-1-1 for COVID-19 related guidance and resources.