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

Updated April 2022
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
thedoorway.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
603-542-1848
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

Updated April 2022
RSVP Volunteer Center
877-711-7787
gcscc.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
snsc-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
gcscc.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 Senior Center**
603-448-4213
gcscc.org
Meals, transportation, programming, and home-delivered meals for older adults

**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

**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
gcscc.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

*Updated April 2022*
Homeless Services, Shelters

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

Tri-County CAP
603-443-6150
tccap.org
Homeless outreach, 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

UVGEAR
603-443-7637
uvgear.org
Assistance and supplies for homeless individuals and families, including camping and hygiene supplies, gas cards, phones, and emergency motel stays

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

Updated April 2022
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  
gcscc.org  
*Meals, transportation, programming, and home-delivered meals for older adults*
### Veterans’ Services

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Easterseals/Veterans Count</strong></td>
<td>603-315-4354</td>
<td>vetscount.org/nh</td>
<td>Employment counseling, emergency financial assistance, mental health issues, deployment support, substance abuse support, housing stabilization, disability services, budgeting</td>
</tr>
<tr>
<td><strong>Friends of Veterans</strong></td>
<td>802-296-8368</td>
<td>fovtnh.org</td>
<td>Rental, mortgage, utility assistance; service dogs and veterinarian bill assistance; vehicle repair; home repair</td>
</tr>
<tr>
<td><strong>VA Medical Center</strong></td>
<td>802-295-9363</td>
<td>va.gov/white-river-junction-health-care</td>
<td>Primary, mental health, and specialty care for Veterans; caregiver support; homeless veteran care; patient advocates; vocational rehabilitation and employment</td>
</tr>
<tr>
<td><strong>Veterans Inc.</strong></td>
<td>800-482-2565</td>
<td>veteransinc.org</td>
<td>Case management; housing; employment and training; health and wellness; outreach</td>
</tr>
</tbody>
</table>

### Women, Children, and Families

<table>
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<tbody>
<tr>
<td><strong>Dartmouth Health</strong></td>
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<tr>
<td><strong>Women's Health Resource Center</strong></td>
<td>603-650-2600</td>
<td>dartmouth-hitchcock.org/whrc</td>
<td>Education, support, lending library, diaper bank, menstrual product bank, infant formula, breast pump program</td>
</tr>
<tr>
<td><strong>The Family Place</strong></td>
<td>802-649-3268</td>
<td>familyplacevt.org</td>
<td>Child advocacy; child care referral and financial assistance; early intervention; home visits; parent education and support; play groups; welcome baby bags</td>
</tr>
<tr>
<td><strong>Good Beginnings of the Upper Valley</strong></td>
<td>603-298-9524</td>
<td>gbuv.org</td>
<td>Support to families with new babies: in-home volunteer visitor program, education, support, and Mentors of Moms (MOM) program</td>
</tr>
<tr>
<td><strong>Grace House of the Upper Valley</strong></td>
<td>603-298-6123</td>
<td>pc-uv.com/residential-program</td>
<td>Managed residence for motivated women of child-bearing years</td>
</tr>
<tr>
<td><strong>Waypoint</strong></td>
<td>603-298-8237</td>
<td>waypointnh.org</td>
<td>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</td>
</tr>
</tbody>
</table>