

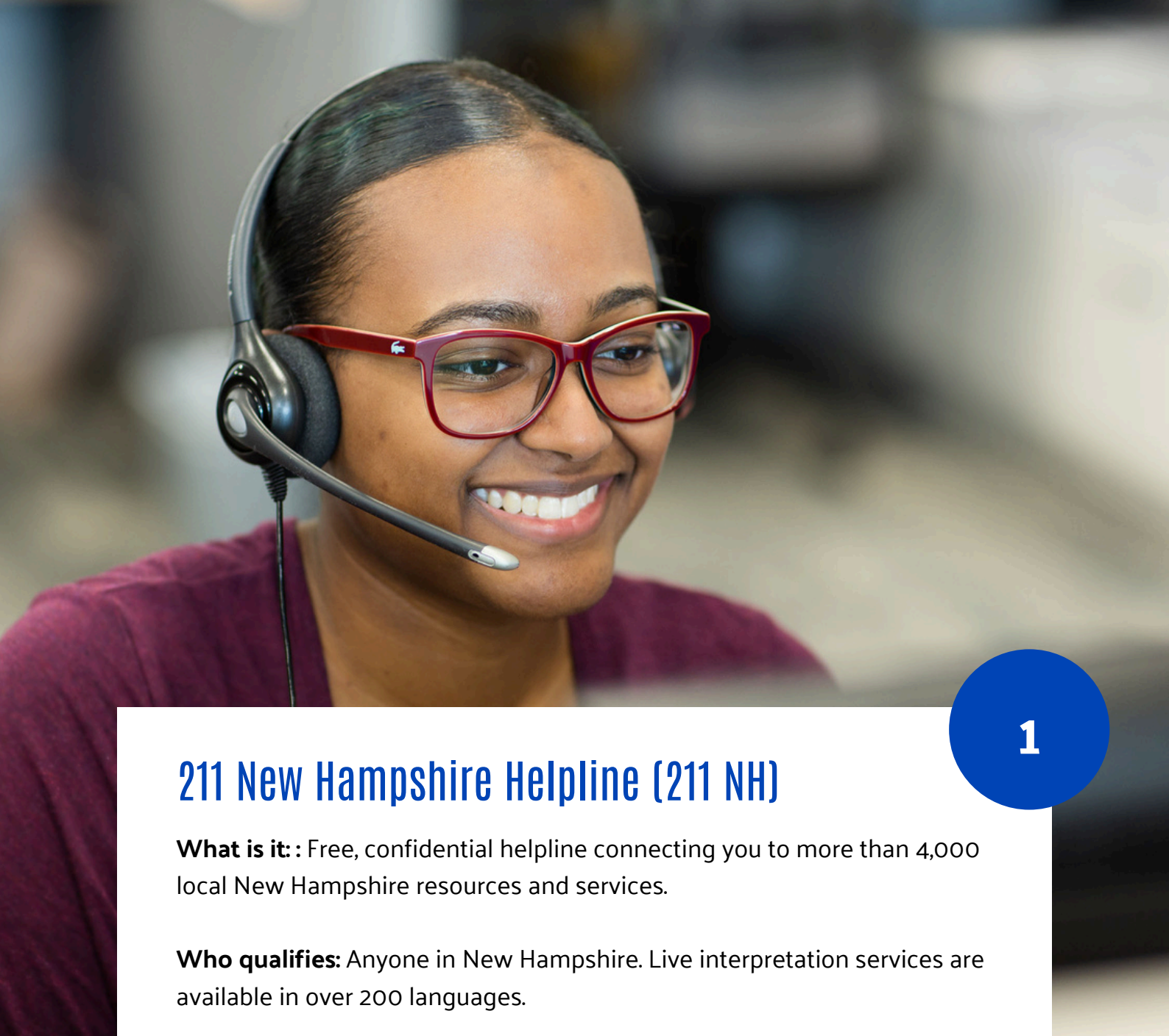


10 FREE RESOURCES MOST NH RESIDENTS DON'T KNOW ABOUT

(AND HOW TO ACCESS THEM)



**GRANITE
UNITED WAY**



1

211 New Hampshire Helpline (211 NH)

What is it: Free, confidential helpline connecting you to more than 4,000 local New Hampshire resources and services.

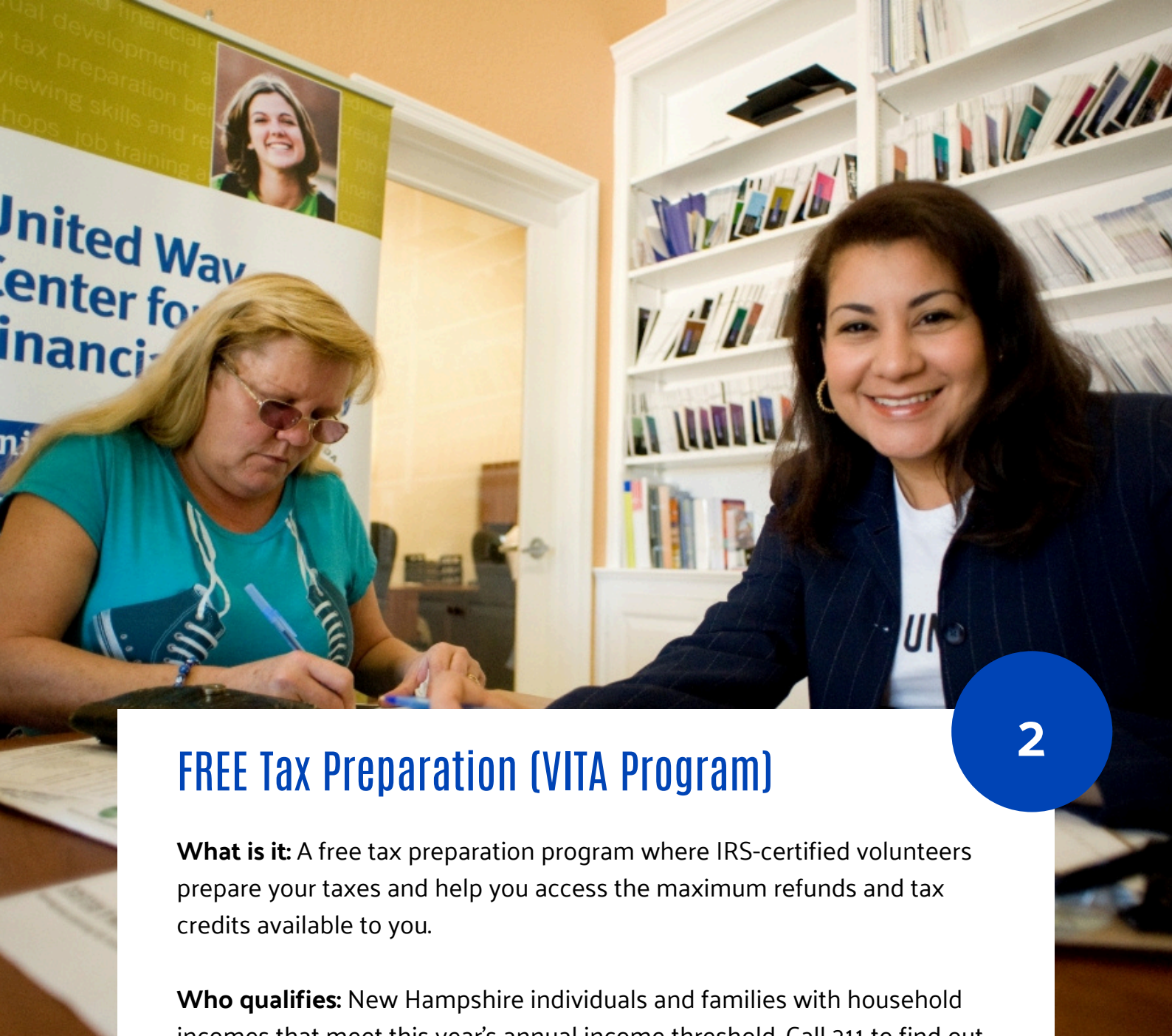
Who qualifies: Anyone in New Hampshire. Live interpretation services are available in over 200 languages.

How to access: 211 NH is available 24 hours, 365 days a year. Dial 211 (1-866-444-4211), visit www.211nh.org to search for resources, or fill out their [email contact form](#).

Benefit: Trained specialists maintain a real-time database of available services and can connect you to the resources you need.

Pro tip: The online database at 211nh.org allows you to search resources by zip code and is ideal for helping family members or planning ahead.





2

FREE Tax Preparation (VITA Program)

What is it: A free tax preparation program where IRS-certified volunteers prepare your taxes and help you access the maximum refunds and tax credits available to you.

Who qualifies: New Hampshire individuals and families with household incomes that meet this year's annual income threshold. Call 211 to find out this year's limit.

How to access: Schedule an appointment by visiting nhtaxhelp.org or calling 211 (1-866-444-4211). You can also prepare your own return for free at MyFreeTaxes.com with support from their toll-free helpline.

Benefit: Save \$200–\$300 that you might otherwise spend on commercial tax preparers for a simple tax return.

Pro tip: At your appointment, you can choose to direct part of your refund into a savings account or US savings bond to be entered into a national savings incentive program with cash prize opportunities!



SingleCare Prescription Discount Program

What is it: Discounts on more than 10,000 brand-name and generic prescriptions, saving you up to 80% on retail or "cash" prices.

Who qualifies: Everyone! Your SingleCare savings card works for you, friends, family, and coworkers, even if they're not SingleCare members. It's accepted at more than 35,000 pharmacies nationwide.

How to access: Visit www.singlecare.com to search for available discounts and download your coupon.

Benefit: Tell your pharmacist you have a SingleCare coupon card and ask them to process your prescription with it. They'll enter the information and apply your savings instantly.

Pro tip: Show the card even if you have insurance. Sometimes the discount is better than your copay!





4

Family Resource Centers

What is it: Family resource centers help individuals, families, and children find solutions to unique challenges and empower them to be successful and resilient.

Who qualifies: Everyone! Family resource centers aren't just for DCYF-involved or low-income families. They're welcoming, inclusive environments for anyone who needs support.

How to access: There are 15 Family resource center locations available across the state. Visit the [Family Resource Locator Tool](#) and enter your zipcode to find a location near you.

Benefit: Most of the services are completely free including: caregiver classes, support groups, home visiting services, educational workshops, family events, financial services, resource navigation and more.

Pro tip: Family resource centers are not just for times of crisis. They are like libraries where you can drop in anytime for the information you need.





Food Assistance (The NH Food Bank)

What is it: The [NH Food Bank](#) distributes food to more than 400 partner agencies across New Hampshire including food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more.

Who qualifies: Anyone in need of food assistance can access the NH Food Bank's mobile food pantry with no identification or requirements needed. Partner food pantries and meal programs may have their own requirements.

How to access: Visit the NH Food Bank's [mobile food pantry schedule](#) or search their list of partner agencies to [find a food assistance program](#) near you.

Benefit: The NH Food Bank offers a variety of programs including culinary job training, mobile food pantries, nutrition education, and SNAP outreach initiatives.

Pro tip: You might be eligible for SNAP benefits even if you own your home, are employed, or live with others. It's always worth applying to find out.



Energy Assistance (NH LIHEAP)

What is it: The [New Hampshire Low-Income Home Energy Assistance Program](#) (NH LIHEAP) provides financial assistance to help NH households pay for their winter heating bills.

Who qualifies: Benefits are determined based on household income, energy costs, regional heating degree days, and housing type.

How to access: Contact your local [Community Action Agency](#) to schedule an appointment or learn about the application process. For more information, call 211.

Benefit: NH LIHEAP can help secure emergency fuel delivery, prevent utility shutoffs, or connect you with other assistance sources. These benefits are grants that don't need to be repaid.

Pro tip: Even if you don't qualify for NH LIHEAP, you might still reduce your energy costs through other [Energy Efficiency Rebates and Incentives](#).





NH Health Insurance Navigator

7

What is it: Personalized assistance to help NH residents explore, apply for, and enroll in health insurance coverage.

Who qualifies: All New Hampshire residents seeking help with health insurance options, eligibility, enrollment, and post-enrollment support for Medicaid, CHIP, or Marketplace plans.

How to access: Call the NH Navigator helpline at 1-877-211-NAVI (1-877-211-6284) or visit the [NH Navigator website](#) to learn more.

Benefit: Navigators help you access financial assistance such as tax credits that can significantly reduce your monthly premiums and out-of-pocket costs.

Pro tip: Reach out early during Open Enrollment (November 1 to January 15) or immediately after experiencing a qualifying life event. This gives you ample time to explore all options, understand available financial assistance, and complete enrollment without rushing.





988 Suicide Prevention and Crisis Lifeline

What is it: A free, confidential 24/7 service that provides emotional support and crisis counseling for people experiencing suicidal thoughts, mental health crises, or substance use distress.

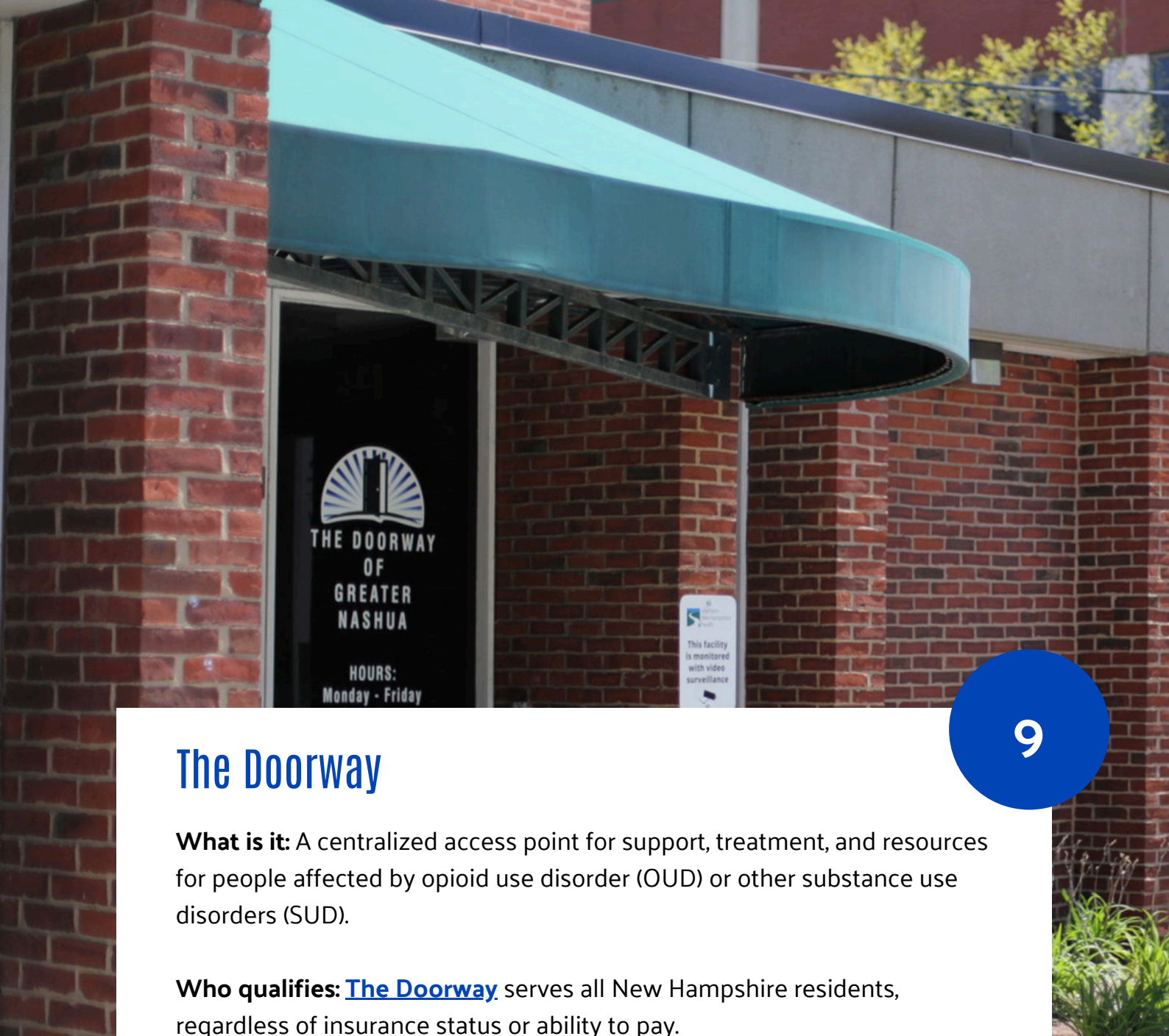
Who qualifies: Anyone in crisis or emotional distress, as well as those concerned about someone else, can access immediate help.

How to access: Call or text 988 (1-833-710-6477), or chat online at www.nh988.com.

Benefit: Your calls and texts are routed to local crisis counselors through the New Hampshire Rapid Response Access Point (NHRRAP), which can also send mobile crisis teams for in-person support when necessary.

Pro tip: If you're worried about someone, don't hesitate to call 988, even if you're uncertain about the crisis severity. Early intervention can provide timely support when it matters most.





The Doorway

What is it: A centralized access point for support, treatment, and resources for people affected by opioid use disorder (OUD) or other substance use disorders (SUD).

Who qualifies: [The Doorway](#) serves all New Hampshire residents, regardless of insurance status or ability to pay.

How to access: Find a location near you using the [Doorway Locator Map](#). You can visit any Doorway location or call 211 to begin the process. Staff will meet with you in person, by phone, or virtually.

Benefit: The Doorway uses a “hub and spoke” model to coordinate with local providers. This unified system reduces duplication, improves health outcomes, and brings support closer to home.

Pro tip: If you are helping a loved one, The Doorway also welcomes friends and family for consultation, information, and support.

NH Aging & Disability Resource Center

What is it: The NH Aging & Disability Resource Center (NH ADRC), formerly called Servicelink, offers specialized information, referrals, and support for older adults, people with disabilities, family caregivers, and anyone seeking long-term services.

Who qualifies: Any New Hampshire resident needing help with finding or understanding services and supports, including caregivers, veterans, and families of younger adults with disabilities.

How to access: Call 1-866-634-9412 to connect with your local ADRC office or visit a nearby center. [Click here](#) to learn more.

Benefit: ADRCs help you navigate options for long-term care, Medicaid, Medicare, housing, in-home services, caregiver support, assistive technology, and legal advocacy.

Pro tip: Prepare for your visit by calling ahead to schedule an appointment, bringing relevant documents like medical records or benefit letters, and listing your questions in advance.





Help Others Access These Resources

Share this guide with neighbors, coworkers, and family members, especially:

- New NH residents unfamiliar with available resources
- Older adults who may need transportation or home services
- Families who could benefit from tax assistance or emergency support
- Anyone experiencing temporary financial hardship

About Granite United Way

Our mission is to improve the quality of people's lives by bringing together the caring power of communities. Donations drive measurable outcomes for our community's most pressing needs including affordable housing, early childhood initiatives, financial empowerment, and mental health & substance use disorders.

Want to get involved?

Visit graniteuw.org or email us at info@graniteuw.org to volunteer, donate, or learn about high-impact programs in our community.

