

REFERRAL RESOURCE GUIDE

Merrimack County Area serving Franklin, NH

The Winnepesaukee Regional Resource Guide has additional resources information at www.pphnh.org or SAU 18 website under Office of Student Wellness

FREE INTERNET RESOURCES FOR FAMILIES WITH STUDENTS

Spectrum: 844-488-8395,

<https://www.wect.com/2020/03/15/spectrum-offer-free-internet-students-during-coronavirus-outbreak/>

Comcast: 800-266-2278

<https://www.xfinity.com/local/nh/concord/54-regional-drive.html?CMP=ORG:OTH:BAU:ALL:COM:GEN:INT5446cc3b393b1>

IN AN EMERGENCY OR CRISIS:

For assistance in an emergency situation

Dial 911 or 211

National Suicide Prevention Lifeline

1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)

**Riverbend Community Mental Health
24 HOUR EMERGENCY SERVICES**

1-844-744-5748

Mental Health Treatment

**Riverbend Community Mental Health
603-934-3400**

**HealthFirst
603-934-1464**

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information HelpLine provides information and referral services. 1-800-950-NAMI (6264)

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click on "Find a Provider")

CRISIS TEXT LINE: text 741741
24/7 support from a trained Crisis Counselor

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453)	National Sexual Assault Hotline 1-800-656-HOPE (4673)
National Domestic Violence Hotline 1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired)	RAINN (Rape, Abuse & Incest National Network) 1-800-656-HOPE (4673) www.rainn.org
NH Coalition Against Sexual Assault Hotline NH Statewide Domestic Violence Hotline Crisis Center of Central NH	1-800-277-5570 1-866-644-3574 1-866-841-6229

TREATMENT RESOURCES

Substance Abuse Treatment
NH Alcohol and Drug Treatment Locator nhtreatment.org

The Doorway
Assists people with opioid use disorders and/or other substance use disorders. 24/7 call 21

NH Recovery Hub nhrecoveryhub.org

If you or someone you know is experiencing a substance use or addiction-related crisis, call 911 or 1-844-711-HELP (4357)

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click on "Find a Provider")

National Runaway Safeline

1-800-621-4000

CHILDREN & YOUTH RESOURCES

NH Division of Children, Youth, and Families (reporting number)

1-800-894-5533

603-271-6562

Gay, Lesbian, Bisexual, Transgender Support Resources

GLBT National Help Center

1-888-843-4564

www.glnh.org

Trevor Project Crisis Line

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

www.glnh.org/talkline

Trans Lifeline : 1-877- 565-8860

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)
www.na.org/meetingsearch

OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com