



**For everyday needs and difficult times, 211 is your connection to thousands of resources available in New Hampshire**

The service that 2-1-1 provides is information and referrals. The 2-1-1 team can help connect you with:

- Clothing and thrift shops
- Community services & organizations
- Consumer services
- Crisis services
- Discrimination assistance
- Domestic & sexual violence services
- Education - GED instruction, computer classes
- Employment services
- Food pantries & nutrition programs
- Health care services
- Housing - homeless prevention, shelter, tenant's rights
- Legal assistance
- Mental health care & counseling
- Mentoring
- Military, family & community network
- Parenting programs
- Smoking cessation programs
- Substance misuse prevention, treatment and recovery services
- Support groups
- Transportation
- Utility assistance
- Youth & family services
- Veterans services
- Volunteer opportunities
- Wellness programs

**Need help? Dial**



Toll free outside of New Hampshire:

**1.866.444.4211**

Search for services at [www.211nh.org](http://www.211nh.org)



**Get Connected. Get Answers.**

*An initiative of Granite United Way*

powered by:



**EVERSOURCE**



New Hampshire Housing  
*Bringing You Home*



The State of  
New Hampshire

**Your link to resources.**  
**Get help, give help. Discover options.**

**211** is the number to dial when you need help or don't know where to call.

By dialing **211** information is much easier to find.

**211** is:

- ➔ a free and confidential call from anywhere in NH
- ➔ person-to-person assistance
- ➔ available 24/7 with translation assistance

**Just dial 211**

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