



Overview of Community Resources - New Hampshire

This introduction to community resources in New Hampshire can help you begin to understand options and to further explore if you may be eligible.

ServiceLink

servicelink.nh.gov

ServiceLink is New Hampshire's Aging and Disability Resource Center. Works to connect older adults and adults with disabilities to appropriate programs and services.

Locate your local ServiceLink at: servicelink.nh.gov/locator/index.htm

New Hampshire Community Action Agencies

Community Action Agencies can help to locate resources in your area. Programs can include food assistance, housing programs, and access to other community resources.

Locate your local agency at: capnh.org/cap-lookup

Granite State Independent Living

gsil.org

603-228-9680

By and for people with disabilities, Independent Living agencies connect people to local disability-related services and programs.

New Hampshire Department of Health and Human Services (DHHS)

Find your local DHHS district office: dhhs.nh.gov/about-dhhs/locations-facilities#locations or call 1-844-275-3447. You can also apply online at: nheasy.nh.gov/#/services/

At DHHS you may apply for:

- **Financial Assistance to Needy Families (FANF)**
dhhs.nh.gov/financial-assistance-0/temporary-assistance-needy-families-tanf
Cash assistance for low-income households with dependent children.
- **State Supplement Program (SSP-Cash)**
dhhs.nh.gov/financial-assistance-0/cash-assistance
Cash assistance for low-income elders, people with disabilities or who are legally blind.
- **The Emergency Assistance (EA) Program**
Scroll to the bottom of the page for EA program information:
dhhs.nh.gov/financial-assistance-0/temporary-assistance-needy-families-tanf
Cash assistance that can help eligible families with children pay for a variety of housing costs. Must meet the eligibility rules for TANF.
- **Supplemental Nutrition Assistance Program (SNAP)**

dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap

Previously known as Food Stamps, SNAP funds may be used to buy food. Individuals and families with low income may qualify.

Additional Cash Assistance

- **Granite State Paid Family Medical Leave (PFML)**

metlife.com/insurance/disability-insurance/paid-family-medical-leave/states/new-hampshire/

The PFML program is through MetLife insurance. Individuals that are not able to access the program or an equivalent benefit through their employer can opt-in for both paid family leave (PFL) and paid medical leave (PML) benefits. Job protection would be provided, if eligible, under the federal Family and Medical Leave Act (FMLA).

Absence reasons can include:

PFL:

- Child bonding within the first year of birth, adoption, or foster placement.
- Care for a family member with a serious health condition.
- Military exigency or to care for a service member with a serious injury or illness.

PML Worker's own serious health condition.

- **The Social Security Administration (SSA)** has two programs for people with serious disabilities. **Find your local SSA office:** secure.ssa.gov/ICON/main.jsp or call 800-772-1213. We recommend you apply in person if possible.

- **Social Security Disability Insurance (SSDI)**- for those who have recently worked and paid Federal Insurance Contributions Act (FICA) taxes for at least a certain period of time before becoming disabled.
- **Supplemental Security Income (SSI)**- for those who are disabled, blind, or age 65+. This is a needs-based program with income and asset limits.

Food Assistance

- **SNAP** See DHHS above for information about SNAP (formerly food stamps).

- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**

People with low-income may qualify if they are pregnant, breastfeeding, non breastfeeding postpartum, or a child up to their 5th birthday. **No immigration requirements.** To find and apply at your local WIC office go to www.signupWIC.com, or call 1-800-942-4321.

- **New Hampshire Commodity Supplemental Food Program**

dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-seniors

1-877-211-0723

Provides eligible seniors aged 60 and over with free food and nutrition information.

- **New Hampshire Food Bank's Food Pantry Locator**

nhfoodbank.org/need-food/agency-list/

Housing

- **New Hampshire Housing Finance Authority**
nhhfa.org/
603-472-8623
 - Provides information about subsidized housing options in New Hampshire.

Fuel Assistance

- NH Community Action Agencies
The LIHEAP program can assist eligible households with heating costs.
 - **Locate your local Community Action Agency at:**
capnh.org/cap-lookup

Emergency Financial Assistance Funds

- **NH 2-1-1**
Explains and refers to financial assistance and other help in the community. Dial 211 (in New Hampshire), call 866-444-4211, or search 211nh.org/