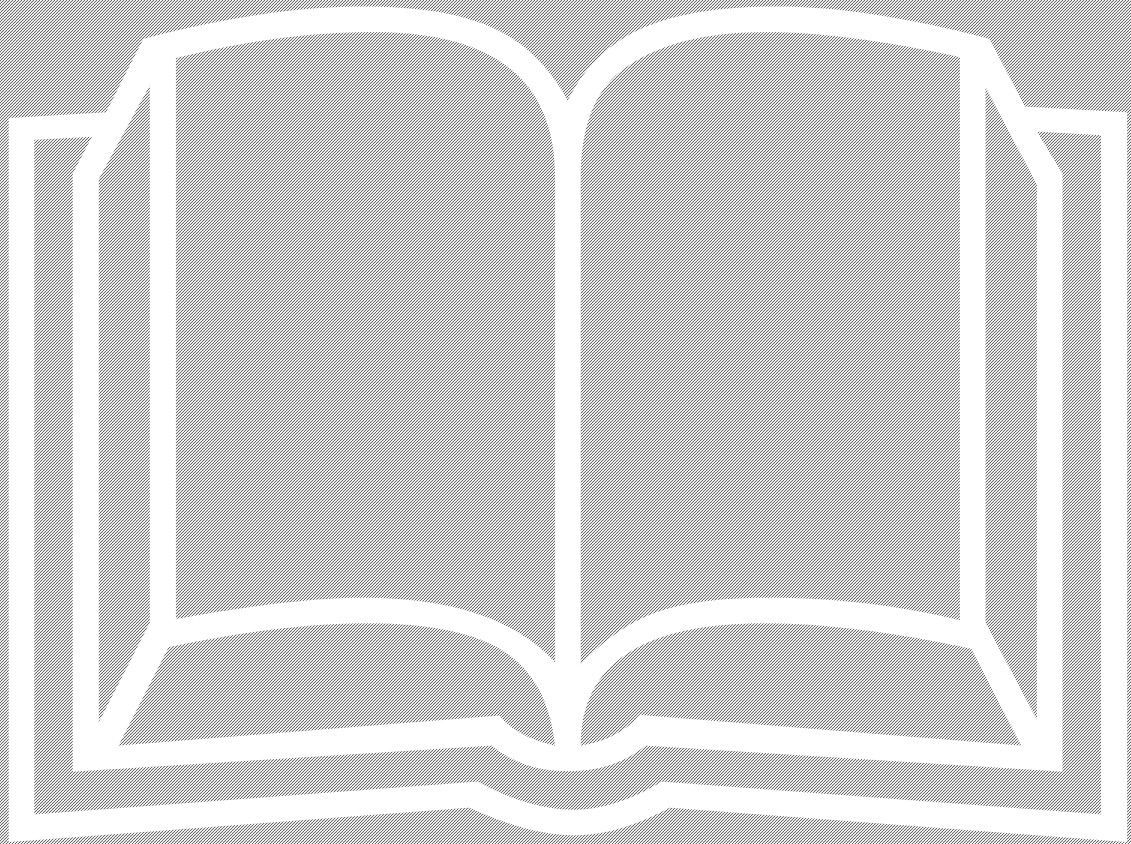


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**NEW HAMPSHIRE CELEBRATES WELLNESS**

# Directory of Health & Wellness Organizations



# Health & Wellness Organizations

## *About the Resource Listing*

This listing is provided to you as a resource for your local teams. Our attempt is to include as many New Hampshire organizations as possible for your use. If you or your team members know of other organizations not listed, please contact the NH Celebrates Wellness office with your suggestions. This list will be updated annually.

### LOCAL RESOURCES

In addition to the organizations listed, your community has local resources that may help develop and/or implement your projects. Check your local telephone book for phone numbers or dial 411 for Bell Atlantic Directory Assistance.

#### General Information:

Art and Music Classes  
 Boys/Girls Club  
 Churches  
 Community Action Program  
 Community/Home Health  
     Care/Visiting Nurse Association  
 Community Theater Groups  
 Environmental Organization  
 Financial Planning  
 Food Cooperatives Offices  
 Gardening Clubs  
 Health and Fitness Centers  
 Health Clinic  
 Health Education Units  
 Hospice  
 Hospitals  
 Housing Assistance  
 Humane Society  
 Legal Services  
 Libraries  
 Local Public Access Cable  
     Television  
 Local Parks and Recreation  
     Programs  
 Mental Health Center

Pharmacies  
 Public Health Department/Officer  
 School Education Offices  
 Senior Center  
 School System/Adult Evening  
     Classes  
 Transportation Authority  
 YMCA/YWCA

### THE WORLD WIDE WEB

**This directory includes World Wide Web addresses for your use. Give some a try; you will be amazed at the information that is available.**

A good web site makes it clear who the sponsor is, gives credentials and presents it own information, not just a list of links. References to medical literature should be included.

Be as aware of what you find on the web, as you would be of what you read in the newspaper:

- ◆ Just because it is in print does not mean it is accurate.
- ◆ There are no restrictions to what is put on the web.
- ◆ There are web pages that make false promises and present inaccurate information.

This is a good place to start if you have a brochure but do not know the producer or distributor

**NATIONAL HEALTH  
 INFORMATION CENTER**  
 1-800-336-4797

PO Box 1133  
 Washington, DC 20013-1133



### AIDS HOTLINE - NH

800-752-AIDS (2437)

### ALLERGY INFORMATION REFERRAL LINE

800-822-2762

Assistance in locating a board certified physician.

**ALZHEIMER'S  
ASSOCIATION - NH  
CHAPTER**

800-272-3900  
603-226-5868

10 Ferry Street, Suite 427-B  
Concord, NH 03301

Information and referral Helpline. Free brochures, Educational programs and Speakers available.

<http://www.alzvtnh.org>

**AARP (AMERICAN ASSN OF  
RETIRED PERSONS)-NH**

603-629-9559  
1-888-687-2277

State Office  
900 Elm Street, Suite 702  
Manchester, NH 03101

Free brochures. Speakers available on Safe Driving, Medicare & Social Security, Telemarketing Fraud, Long Term Care Choices and others.

<http://www.aarp.org>

**AMERICAN CANCER  
SOCIETY - NH DIVISION**

603-472-8899  
800-640-7101

Northern New England Region  
Gail Singer Memorial Building, 360  
Route 101, Unit 8  
Bedford, NH 03110

All programs are free. Awareness/ educational programs to reduce cancer risk. Programs all ages. Speakers available for pre- and post-diagnosis discussions. ☞

<http://www.cancer.org>

**AMERICAN DIABETES  
ASSOCIATION-NH OFFICE**

603-627-9579  
1-888-diabetes

249 Canal Street  
Manchester, NH 03101-2316

Free brochures and educational materials about diabetes the disease, what diabetes is, preventative measures, health and nutrition regarding diabetes, advocacy, legislative issues. Speakers on Living with Diabetes. ☞

<http://www.diabetes.org>

**AMERICAN HEART ASSN,  
NE AFFILIATE**

603-669-5833  
888-907-6933 (Toll Free)

2 Wall Street  
Manchester, NH 03101

Free brochures and posters. Wellness programs include school site, workplace and CPR. Speaker's bureau. ☞

<http://www.americanheart.org>

**AMERICAN LUNG ASSN OF  
NH**

603-669-2411  
800-83LUNGS

9 Cedarwood Drive, Unit 12  
Bedford, NH 03110

Free brochures. Wellness programs include No Butts About It and Samantha Skunk. Speakers available to discuss asthma, smoking prevention and cessation. 2-week asthma camp for kids. ☞

<http://www.nhlung.org>

**AMERICAN RED CROSS**

800-464-6692  
603-225-6697

Concord Area Chapter  
2 Maitland Street  
Concord, NH 03301

Free posters & brochures. Wellness programs on HIV/AIDS Education, CPR and First Aid. Speakers on CPR and First Aid, HIV/AIDS and Protect Your Back.

<http://www.crossnet.org>  
<http://www.redcross.org>

**ARTHRITIS FOUNDATION**

603-224-9322  
1-800-639-2113

NH Regional Office  
6 Chenell Drive, Suite 260  
Concord, NH 03301

Educational literature, video loan library. Wellness programs, support groups, aquatic programs, exercise programs, self-help activities, referrals and speakers available.

<http://www.arthritis.org>

**ASK-A-NURSE**

603-626-2626

Catholic Medical Center  
100 McGregor Street  
Manchester, NH 03102

Free 24-hour health information and referral service provided by Catholic Medical Center. Staffed by specially trained registered nurses who can help you with your health concerns 24-hours a day.



**BREAST AND CERVICAL  
CANCER SCREENING  
PROGRAM**

603-271-4931  
800-852-3345 x4931

Let No Women Be Overlooked  
29 Hazen Drive  
Concord, NH 03301  
Free gynecological exams, Pap smear  
test and Mammograms for eligible woman  
age 50-64. Educational materials and  
speakers available.



**CANCER HELPLINE**

800-639-6918

Norris Cotton Cancer Center  
@ Dartmouth Hitchcock Medical Ctr.  
One Medical Center Drive  
Hanover, NH 03755

**CANCER RESOURCE LINE**

603-663-5787

Elliot Hospital  
One Elliot Way  
Manchester, NH 03103

A health information and support line for  
cancer patients, their family and friends.  
CAnCER REsource line is staffed by  
oncology nurses Monday through Friday  
8:30 a.m. - 5:00 p.m.

**CDC - CENTER FOR  
DISEASE CONTROL AND  
PREVENTION**

<http://www.cdc.gov/>

**CONTROL ASTHMA NOW OF  
NEW HAMPSHIRE**

603-224-0534

8 Amoskeag Road  
Concord, NH 03301-4640

Free brochures and articles (postage  
only), lending library, educational  
programs, and professional workshops.  
NHLBI Guidelines available.



**DIABETES EDUCATION  
PROGRAM**

603-271-5173

NH Dept. of Health & Human Services  
Office of Community and Public Health  
29 Hazen Drive  
Concord, NH 03301



**ELDERLY & ADULT  
SERVICES**

603-271-4687  
800-351-1888

State Office Park South  
129 Pleasant Street  
Concord, NH 03301- 3843

Free brochures and lending library.  
Speakers on Alzheimer's and dementias,  
health and wellness, HIV/AIDs, sexuality,  
alcohol, legal and financial planning,  
caring for aging parents, etc.

[www.nh.us/dhhs/ofs/ofscstlc.htm](http://www.nh.us/dhhs/ofs/ofscstlc.htm)

**ELLIOT HOSPITAL  
WELLNESS CENTER**

603-663-2835

321 Lincoln Street  
Manchester, NH 03103

Provides worksite wellness programs  
including single topic health risk  
appraisals & health screenings,  
(Osteoporosis, hand germ, cholesterol,  
glucose, body composition etc.) health  
education, (CPR/FA, stress management,  
nutrition, smoking) fitness testing and  
services and health fairs. Speakers  
bureau at Elliot-on-call at 603-663-4567.



**FDA CENTER FOR FOOD  
SAFETY AND APPLIED  
NUTRITION HOTLINE**

800-332-4010

Answers general questions about food  
safety and specific illnesses caused by  
bacteria in food.

<http://vm.cgsan.fda.gov/>  
or <http://www.fda.gov/>

**AMERICAN COUNCIL ON  
EXERCISE**

800-529-8227

**FOOD ALLERGY NETWORK**

800-929-4040

11781 Lee Jackson Highway,  
Suite 160  
Fairfax, VA 22033



**GRANITE STATE  
INDEPENDENT LIVING  
FOUNDATION**

800-826-3700  
603-228-9680 (Voice & TTY)

21 Chenell Drive  
Concord, NH 03301

**GOVERNOR'S COMMISSION  
ON DISABILITY**

800-852-3405  
603-271-2773

57 Regional Drive  
Concord, NH 03301

**GOVERNOR'S CITIZENS  
SERVICES**

800-852-3456

**GOVERNOR'S COUNCIL ON  
PHYSICAL FITNESS**

800-852-3345 x4551

NH Dept. of Health & Human Services  
Division of Disease Prevention and  
Health Promotion  
29 Hazen Drive  
Concord, NH 03301-6527

Annual youth fitness training and  
intergenerational walk, fitness awards,  
endorsements and additional programs  
for physical education teachers and other  
health professionals.

www.state.nh.us

**GOVERNOR'S PANEL ON  
CANCER & CHRONIC  
DISEASE**

800-852-3345 x4551

NH Dept. of Health & Human Services  
Division of Disease Prevention and  
Health Promotion  
29 Hazen Drive  
Concord, NH 03301-6527

www.state.nh.us



**HELP LINE**

603-225-9000  
800-852-3388  
TDD 603-225-4033

79 Sheep Davis Road  
Pembroke, NH 03275

A 24-hour help line for NH people. Social  
services, emergency help and referrals.  
Crises assistance involving suicide, child  
or adult, domestic violence, alcohol and  
drug abuse. Assistance in locating basic  
needs.

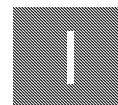


**JOB ACCOMMODATION  
NETWORK**

800-526-7234

Ideas for accommodating people with  
disabilities consulting on information or  
the Americans Disabilities Act in the  
workplace including equipment and  
procedures.

<http://www.jan.wvu.edu>



**INJURY PREVENTION  
PROGRAM**

800-852-3345 x4520  
603-271-4520

NH Dept. of Health & Human Services  
Office of Community & Public Health  
29 Hazen Drive  
Concord, NH 03301

Provides information and resources on  
prevention of child and adolescent  
injuries, including child passenger safety  
(car seats), teen driver safety, youth  
suicide prevention, teen workplace safety,  
firearm safety, falls prevention among  
older adults and other injury topics.  
Program is associated with the Injury  
Prevention Center at Dartmouth Medical  
School, which also provides free training  
and educational materials statewide.



**MEDIC ALERT FOUNDATION**

800-432-5378

2323 Colorado Ave  
Turlock, Ca 95382

Providing 24 hour emergency services for people who, because of injury, illness or disability, may be unable to speak for themselves. Members wear numbered Medic Alert bracelets or necklaces.

<http://www.medicalert.org>

**MEDICARE COUNSELING**

603-225-9000  
800-852-3388

HICEAS (Health Insurance Counseling Education Assistance Services)  
79 Sheep Davis Road  
Concord, NH 03301

Provides free confidential counseling services for Medicare beneficiaries, Medicare, medical supplements insurance, long term care insurance, medical fraud and abuse.

**MEDICARE INFORMATION**

800-772-0151

Northeast Health Care Quality Foundation  
Quality Improvement Organization  
15 Old Rollinsford Road, Suite 302  
Dover, NH 03820

Provides consumer programs & materials about Medicare patients' rights and benefits, and looks into concerns about quality of care.

<http://www.nhcqf.org>

**MENTAL HEALTH CENTERS,  
NH**

Northern NH Mental Health & Dev. Svcs.  
87 Washington Street  
Conway, NH 03818

603-447-3347

West Central Services, Inc.  
2 Whipple Place, Suite 202  
Lebanon, NH 03766

603-448-0126

GENESIS –Behavioral Health  
111 Church Street  
Laconia, NH 03246

603-524-1100

Fellowship House Inc.  
11 Chelsey Street  
Concord, NH 03301

603-225-0977

Riverbend Community Mental Health Inc.  
5 Market Lane  
PO Box 2032  
Concord, NH 03301

603-228-0547

Monadnock Family Services  
64 Main Street, Suite 201  
Keene, NH 03231

603-355-3800

Community Council of Nashua, NH Inc.  
7 Prospect Street  
Nashua, NH 03060

603-889-6147

Harbor Homes, Inc  
12 Amherst Street  
Nashua, NH 03064

603-881-8436

The Mental Health Center of  
Greater Manchester  
401 Cypress Street  
Manchester, NH 03103

603-668-4111

Seacoast Mental Health Center  
1145 Sagamore Avenue  
Portsmouth, NH 03801

603-431-6703

Strafford Guidance Center  
9 Academy Street  
Dover, NH 03820

603-749-3244

CLM Behavioral Health  
Salem Professional Park  
44 Stiles Road  
Salem, NH 03079

603-893-3548

Northeast Psychiatric Associates Foundation  
14 Celina Avenue, Suite 17  
PO Box 6010  
Nashua, NH 03063



**NAMI NH (NATIONAL  
ALLIANCE FOR THE  
MENTALLY ILL, NH)**

603-2255359  
800-242-6264

15 Green Street  
Concord, NH, 03301

Educational information about mental illness provided through newsletters, conferences, agency referrals, presentations, support groups, and access to additional library materials.

[www.naminh.org](http://www.naminh.org)

**NATIONAL ASSN FOR  
SPORT AND PHYSICAL  
EDUCATION**

800-213-7193 x410

1900 Association Drive  
Reston VA, 20191

Speakers on physical activity, staff wellness and national standards for physical activity.

[www.aahperd.org/naspe.html](http://www.aahperd.org/naspe.html)

**NATIONAL CENTER FOR  
COMPLEMENTARY &  
ALTERNATIVE MEDICINE  
CLEARINGHOUSE**

888-644-6226 (Voice & TTY)

**NATIONAL CHILD SAFETY  
COUNCIL CHILDWATCH**

800-222-1464

4065 Page Avenue  
P.O. Box 1368  
Jackson, MI 49204-1368

Information on safety including drug abuse, household dangers, electricity and more.

**NATIONAL  
CLEARINGHOUSE FOR  
ALCOHOL & DRUG  
INFORMATION**

800-729-6686

Information on alcohol and drug related subjects. Sponsored by Center for Substance Abuse Prevention.

**NATIONAL HEART, LUNG  
AND BLOOD INSTITUTE**

Information Center  
301-251-1222

PO Box 30105  
Bethesda, MD 20824-0105

Publications online. Include asthma, blood disorders, cholesterol, heart attacks, high blood pressure, obesity, physical activity, smoking and more.

<http://www.nhlbi.nih.gov>

**NATIONAL HIGHWAY  
TRAFFIC SAFETY  
ADMINISTRATION AUTO  
SAFETY HOTLINE**

800-424-9393

Information on safety belts, child-safety seats and automobile recalls.

**NATIONAL INSTITUTE ON  
AGING INFORMATION  
CENTER**

800-222-2225

Information on healthy aging. Literature and referrals to organizations dealing with specific age related illnesses.

**NATIONAL INSTITUTE FOR  
ALLERGIES AND  
INFECTIOUS DISEASES**

<http://www.niaid.nih.gov/>

**NATIONAL INSTITUTES OF  
HEALTH**

<http://www.nih.gov>

**NATIONAL LIBRARY OF  
MEDICINE**

<http://www.nlm.gov>

**NATIONAL SAFETY AND  
HEALTH COUNCIL**

603-229-3397

Safety & Health Council of Northern New England  
163 Manchester Street, Suite D  
Concord, NH 03301

Posters, brochures and video- cassettes on safety and accident prevention.

<http://www.shcne.org>

**NATIONAL YOUTH SPORTS  
SAFETY FOUNDATION, INC.**

617-367-6677


One Beacon Street, Suite 3333  
Boston, MA 02108

Injury prevention educational information, speaker's bureau and coaching education workshops.

[www.nyssf.org](http://www.nyssf.org)

**NEW ENGLAND DAIRY &  
FOOD COUNCIL**


603-625-1677  
800-939-0002

Free materials. Nutrition programs, informational services and educational materials. 

[www.newenglanddairyCouncil.org](http://www.newenglanddairyCouncil.org)

**NEW ENGLAND  
ELDERHOSTEL**

877-426-8056

Residential and commuter adult education programs. Catalogs, brochures and videos. Speakers available. 

<http://www.elderhostel.org>

**NH ARTHRITIS PROGRAM**

800-852-3345 x8326  
603-271-8326

NH Dept. of Health & Human Services  
Office of Community & Public Health  
29 Hazen Drive  
Concord, NH 03301

Call for more information.

**NH ASSN FOR THE BLIND**

603-224-4039  
800-464-3075

Free brochures and other material.  
Wellness programs include rehabilitation services for partially and totally blind.  
Speaker's bureau. ☞

<http://www.sightcenter.com>

**NH ASSN OF FAMILY & CONSUMER SCIENCES**

603-483-2080

**NH ASSN OF HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE**

603-747-3508

PO Box 123  
Porter Road  
Bath, NH 03740

<http://www.nhahperd.org>

**NH CELEBRATES WELLNESS**

603-224-0184

PO Box 617  
Concord, NH 03302-0617

Offers assistance in mobilizing, training and support of statewide volunteer teams to increase community health and wellness.

<http://www.nhcw.org>

**NH COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE**

603-224-8893

PO Box 353

Concord, NH 03302-0353

Free brochures and fact sheets.  
Speaker's bureau. Topics for Wellness programs include domestic violence and sexual assault. ☞

<http://www.nhcadsv.org>

**NH COMMISSION FOR HUMAN RIGHTS**

603-271-2767

Enforces all state and federal laws prohibiting discrimination in employment, housing and public accommodations.

**NH DEPT OF EDUCATION**

603-271-3494

101 Pleasant Street  
Concord, NH 03301-3860

Program entitlement application and information. Nutrition education materials through a resource library to include videos, books and curricula appropriate for all school age children.

<http://www.state.nh.us/doe/education>

**NH DEPT. OF ENVIRONMENTAL SERVICES**

603-271-3503

29 Hazen Drive  
Concord, NH 03301

Information and regulations for air, water, wetlands, waste management.

**NH DEPT OF HEALTH & HUMAN SERVICES**

800-852-3345 x5300

603-271-5300

<http://www.dhhs.state.nh.us>

**NH DEPT OF HEALTH & HUMAN SERVICES - 5 A DAY FOR BETTER HEALTH**

603-271-4830  
800-852-3345 x4830

NH Dept. of Health & Human Services  
Office of Community and Public Health  
29 Hazen Drive  
Concord, NH 03301-6527

Get fit with 5-challenge kit, newsletters, brochures, posters, 5 A Day across the curriculum and other library materials.

**NH DEPT OF HEALTH & HUMAN SERVICES HEALTH PROMOTION LIBRARY**

800-852-3345 x0562  
603-271-0562

NH Dept. of Health & Human Services  
Office of Community & Public Health  
29 Hazen Drive  
Concord, NH 03301

Free materials for loan: films, videos, software, slides, journals, manuals, and books. Topics: cancer, fitness, nutrition, older adult, school health education, stress, tobacco prevention and many more. Call for more information.

**NH DEPT OF HEALTH & HUMAN SERVICES HEALTHY NH 2010**

800-852-3345 x8326  
603-271-8326

NH Dept. of Health & Human Services  
Office of Community & Public Health  
29 Hazen Drive  
Concord, NH 03301

Public health agenda for the first decade of the 21<sup>st</sup> century is available in hard copy and on the web. Call for more information.

[www.healthynh2010.org](http://www.healthynh2010.org)

**NH DEPT OF HEALTH & HUMAN SERVICES - OMBUDSMAN**

603-271-6941

129 Pleasant Street  
Concord, NH 03301

**NH DEPT OF HEALTH & HUMAN SERVICES - TOBACCO PREVENTION PROGRAM**

603-271-6891  
800-852-3345 x6891

NH Dept. of Health & Human Services  
Office of Community and Public Health  
Tobacco Prevention Program  
29 Hazen Drive  
Concord, NH 03301-6527

Free material for loan: Video's, films, fact sheets, manuals and books.

**NH DIETETIC ASSN**

800-286-6432  
603-225-6630

816 Elm Street #183  
Manchester, NH 03101-2101

Serves the public through promotion of optimal nutrition, health and well-being. Consumer hotline and speakers bureau. Topics include nutrition and diet.

<http://www.eatrightnh.org>

**NH DIVISION OF ALCOHOL AND DRUG ABUSE PREVENTION AND RECOVERY**

603-271-6100

105 Pleasant Street  
Concord, NH 03301

Provides information, education, intervention, treatment and prevention of alcohol and other drug abuse.

**NH EDUCATIONAL SERVICES FOR THE HEARING IMPAIRED**

603-226-2900 (Voice & TTY)

117 Peasant Street  
Concord, NH 03301

**NH HEALTHY KIDS**

603-228-2925

25 Hall Street  
Concord, NH 03301

Provides free and low cost health insurance of uninsured children.

<http://www.nhhealthykids.com>

**NH HOMESCHOOLING COALITION**

603-774-5023

**NH HOUSING FINANCE AUTHORITY**

603-472-8623  
800-339-REAP

PO Box 5087  
Manchester, NH 03108

Programs and speakers through the Resident Education and Assistance Program include home injury, REAP-wellness and health issues for older adults: gossip, medication misuses, stress reduction, speaking up and speaking out.

**NH WORKS OFFICE - WORKFORCE OPPORTUNITY COUNCIL**

800-772-7001  
TDD# 800-622-9180

This private, non-profit organization provides New Hampshire citizens with the skills they need to find good jobs and provide for their families. It also helps New Hampshire businesses meet their need for skilled and qualified employees. Training services are available statewide and are free to people who qualify.

[www.nhworks.org](http://www.nhworks.org)

**NH MINORITY HEALTH COALITION**

603-627-7703  
1-866-460-9933

25 lowell Street, 3<sup>rd</sup> Floor  
Manchester, NH 03101

<http://www.nhhealthequity.org>

**NH ONCOLOGY-HEMATOLOGY PROFESSIONAL ASSN.**

603-224-2556

253 Pleasant Street  
Concord, NH 03301

**NH SCHOOL FOOD SERVICES ASSN**

603-594-4300, x137

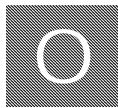
141 Ledge Street  
Nashua, NH 03060

**NH TASK FORCE TO PREVENT CHILD ABUSE**

1-800-750-4494

PO Box 607  
Concord, NH 03302

- 24-hour parent support line
- parent support groups
- children's groups
- child safety
- advocacy and awareness



**OSTEOPOROSIS EDUCATION & PREVENTION PROGRAM**

603-271-4830  
800-852-3345 Ext. 4830 (NH)

NH Dept. of Health and Human Services  
29 Hazen Drive  
Concord, NH 03301

Information kit and fact sheets tablets

**OSTEOPOROSIS SCREENING PROGRAM**

603-663-4212

Part of Elliot Hospitals Wellness Center



**PLYMOUTH STATE UNIVERSITY**

603-535-2293

Health Education

D & M Building, MSC # 22  
Plymouth, NH 03264

Health promotion continuing education classes.  
BS Health Education  
M.Ed. Health Education

<http://www.plymouth.edu>

**POISON CONTROL CENTER**

800-222-1222

**PRIME TIME, THE CENTER FOR HEALTHY AGING**

603-663-6333  
800-223-2040

195 McGregor Street, Lower Level  
Manchester, NH 03102

A wellness center for adults' 50 years old and older, free membership. Information and assistance, health screenings, seminars and classes on all aspects of aging. Fitness programs. Lending library.



**SCLP LEGAL ADVICE LINE**

624-6000  
888-353-9944  
(Toll Free in NH only)

Free legal advice for seniors (60 yrs. And older). The senior Citizens' Law Project of NH Legal Assistance is pleased to announce the start of its new statewide telephone legal advice line for New Hampshire Senior Citizens.

**SECOND OPINION HOTLINE FOR NON-EMERGENCY SURGERY**

800-638-6833

**SERVICELINK - THE NEW HAMPSHIRE NETWORK**

1-866-634-9412

Coos County ServiceLink  
Berlin Senior Center  
610 Sullivan Street, Suite 6  
Berlin, NH 03570

603-752-6407

Carroll County ServiceLink  
Tri-County Resource Center  
448 White Mountain Highway  
Chocorua, NH 03817

603-323-9394

Northern Grafton County ServiceLink  
Littleton Area Senior Center  
38 Cottage Street  
Littleton, NH03561

603-444-4498

Southern Grafton County ServiceLink  
Center for Elder Services  
10 Campbell Street  
Lebanon, NH 03766

603-448-1835

Belknap County ServiceLink  
Community Health & Hospice Building  
780 North Main Street  
Laconia, NH 03246

603-528-6945

Merrimack County ServiceLink  
Belknap/Merrimack CAP Building  
2 Industrial Park Drive  
Concord, NH 03302

603-228-6625

Sullivan County ServiceLink  
Southwestern Community Services Bldg  
Claremont, NH 03743

603-542-5177

Monadnock ServiceLink  
Monadnock Collaborative  
20 Norway Avenue

Keene, NH 03431

Manchester Region ServiceLink  
(Northern Hillsborough County)  
Easter Seals NH  
555 Auburn Street  
Manchester, NH 03103

603-644-2240

Greater Nashua ServiceLink  
(Southern Hillsborough County)  
Community Council Of Nashua  
144 Canal Street  
Nashua, NH 03060

603-598-4709

Seacoast ServiceLink  
Crotched Mountain Community Care  
30 Maplewood Avenue, Suite 210  
Portsmouth, NH 03801

603-334-6594

Southwestern Rockingham  
County ServiceLink  
Salem ServiceLink  
145 Main Street  
Salem, NH 03079

603-893-9769

Strafford County ServiceLink  
1 Wakefield Street, Suite 306  
Rochester, NH 03867

603-332-7398

Provides consumers with professional  
and confidential assistance in finding  
services and opportunities to meet  
individual's needs of senior, adults with  
chronic illness or disabilities and their  
families or caregivers.

<http://www.nh.gov/serviceline>

**SUPERINTENDENT OF  
DOCUMENTS**

202-512-1800

US Government Printing Office  
Washington, DC 20402

**SWIFTWATER GIRL SCOUT  
COUNCIL**

603-627-4158

1 Commerce Drive  
Bedford, NH 03110

Girl sports and wellness programs for  
girls and adult volunteers. Day and  
resident camps.

[www.swgirlscouts.org](http://www.swgirlscouts.org)



**UNH COOPERATIVE  
EXTENSION**

Belknap County Extension  
36 County Drive  
Laconia, NH 03246-2900

603-527-5475

Carroll County Extension  
PO Box 860  
75 Main Street  
Center Ossipee, NH 03814-0860

603-539-3331

Cheshire County Extension  
800 Park Avenue  
Keene, NH 03431

603-352-4550

Coos County Extension  
629A Main Street  
Lancaster, NH 03584-9612

603-788-4961

Grafton County Extension  
3785 DCH, Box 5  
North Haverhill, NH 03774-4909

603-787-6944

Hillsborough County Extension  
329 Mast Road, Room 101

Goffstown, NH 03045-4518

603-641-6060

Merrimack County Extension  
315 Daniel Webster Highway  
Boscawen, NH 03303

603-225-5505/796-2151

Rockingham County Extension  
113 North Road  
Brentwood, NH 03833-6623

603-679-5616

Strafford County Extension  
259 County Farm Road, Unit 5  
Dover, NH 03820-6015

603-749-4445

Sullivan County Extension  
24 Main Street  
Newport, NH 03773

603-863-9200

Free brochures and fact sheets.  
Programs include nutrition, human  
development, family resource  
management and leadership  
development.

<http://www.ceinfo.unh.edu>



**WEIGHT-CONTROL  
INFORMATION NETWORK  
(WIN)**

877-946-4627

1 WIN Way  
Bethesda, MD 20892-3665

Pamphlets and fact sheets providing  
information on physical activity.

<http://www.niddk.nih.gov>

**WOMEN'S SPORTS  
FOUNDATION**

800-227-3988

Eisenhower Park  
East Meadow, NY 11554

Pamphlets, booklets, fact sheets,  
community action kits available.

[www.womenssportsfoundation.org](http://www.womenssportsfoundation.org)

**Index By Subject**

**ALCOHOL**

Elderly & Adult Services  
Help Line  
Nat'l Clearing House for Alcohol &  
Drug Information  
NH Division of Alcohol & Drug Abuse  
Prevention and Recovery  
NH Housing Authority

**ALLERGIES**

Allergy & Asthma Network  
Allergy Information Referral Line  
Asthma & Allergy Foundation of Am  
Food Allergy Network  
Nat'l Inst for Allergies & Infectious  
Diseases

**ALZHEIMERS AND RELATED  
DISEASES**

Alzheimers Assn. – NH Chapter  
Elderly & Adult Services

**ARTHRITIS**

Arthritis Foundation  
NH Arthritis Program

**ASTHMA**

Allergy & Asthma Network  
American Lung Assn. – NH Chapter  
Control Asthma Now of NH  
National Heart, Lung & Blood Inst

**CANCER**

American Cancer Society-NH Division  
Breast & Cervical Cancer Screening  
Cancer Information Services  
National Cancer Institute  
Cancer Help line  
Cancer Resource Line  
NH DHHS Library  
NH Governor's Panel on Cancer &  
Chronic Disease  
NH Oncology-Hematology Prof. Assn.  
National Cancer Institute

**CARDIOVASCULAR  
DISEASE**

American Assn. of Cardiovascular &  
Pulmonary Rehabilitation  
American Heart Assn. – NE Affiliate  
National Heart, Lung & Blood Inst  
NH DHHS Library

**CHILD ABUSE**

NH Task Force to Prevent Child Abuse

**CPR**

American Heart Assn. – NE Affiliate  
American Red Cross  
Elliot Hospital Wellness Center

**DIABETES**

American Diabetes Assn. – NH Office  
Diabetes Centers of NH  
Nat'l Diabetes Info Clearing House  
NH Assn. for the Blind

**DISABILITIES**

Granite State Independent Living  
Foundation  
Governor's Commission on Disability  
Job Accommodation Network  
NH Assn. for the Blind  
NH Educational Services for the  
Hearing Impaired  
ServiceLink – The NH Network

**DOMESTIC VIOLENCE**

Help Line  
NH Coalition Against Domestic &  
Sexual Violence  
NH Task Force to Prevent Child Abuse

**DRUG ABUSE**

Help Line  
NH Division of Alcohol & Drug Abuse  
Prevention & Recovery  
NH Task Force to Prevent Child Abuse  
Nat'l Child Safety Council Childwatch  
Nat'l Clearinghouse for Alcohol & Drug  
Information

**FAMILY RESOURCES**

American Red Cross  
Help line  
Injury Prevention Program  
New England Elderhostel  
NH DHHS Library  
NH Healthy Kids  
NH Job Training Council  
NH Task Force to Prevent Child Abuse  
ServiceLink – The NH Network  
UNH Cooperative Extension

**FIRST AID**

American Red Cross  
Ask-A-Nurse  
Medic Alert  
National Safety Council

**FITNESS/EXERCISE**

Arthritis Foundation  
American Cancer Society  
American Heart Assn.  
Consumer Fitness Hotline  
Elliot Hospital Wellness Center  
Fifty Plus Fitness Assn.  
5 a Day for Better Health  
Governor's Council on Physical Fitness  
National Assn. for Sports & Physical Education  
National Heart, Lung & Blood Inst  
National Youth Sports Safety  
Foundation  
NH Assn. of Health, Physical Education,  
Recreation & Dance  
NH DHHS Library  
Prime Time

**GENERAL HEALTH**

American Institute for Preventive  
Medicine  
American Medical Association  
Center for Disease Control & Prevention  
Consumer Information Center

Dept of Health & Human Services  
 Medic Alert Foundation  
 National Center for Complementary &  
 Alternative Medicine Clearinghouse  
 National Institutes of Health  
 National Library of Medicine  
 NH Celebrates Wellness  
 NH Dept of Environmental Services  
 NH Dept of Health & Human Services  
 NH DHHS Library  
 NH Minority Health Coalition  
 Plymouth State University  
 Prime Time  
 Second Opinion Hotline  
 Superintendent of Documents  
 Swiftwater Girl Scouts  
 UNH Cooperative Extension

**HIV/AIDS**

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AIDS Hotline - NH  
 American Medical Assn.  
 American Red Cross

**LEGAL**

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SCLP Legal Advice Line

**MEDICATIONS**

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America's Housecall Network  
 NH Housing Authority

**MENTAL HEALTH**

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Mental Health Centers in NH  
 NAMI NH

**NUTRITION**

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American Cancer Society  
 American Diabetes Assn.  
 American Heart Assn.  
 Elliot Hospital Wellness Center  
 5 a Day for Better Health  
 FDA Center for Food Safety  
 Food Allergy Network  
 National Heart, Lung & Blood Inst  
 National Nutrition Screening Initiative  
 New England Dairy & Food Council  
 NH Assn. for the Blind  
 NH DHHS Library  
 NH Dept of Education  
 NH Dietetic Assn.  
 NH Food Bank  
 NH Housing Authority - REAP  
 NH School Food Services  
 Prime Time

UNH Cooperative Extension  
 Weight Control Info Network

**OSTEOPOROSIS**

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Elliot Hospital Wellness Center  
 NH DHHS Library  
 Osteoporosis Education & Prevention  
 Program

**SAFETY**

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American Red Cross  
 FDA Center for Food Safety  
 Injury Prevention Program  
 Nat'l Child Safety Council Childwatch  
 Nat'l Highway Traffic Safety  
 Nat'l Safety Council  
 Nat'l Youth Sports Safety Foundation  
 NH Assn. for the Blind  
 NH DHHS Library  
 NH Housing Authority  
 NH Task Force to Prevent Child Abuse  
 Poison Control Center

**SENIOR HEALTH**

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Ask-A-Nurse  
 AARP  
 AARP Information Center  
 Elderly & Adult Services  
 Fifty Plus Fitness Assn.  
 Granite State Independent Living  
 Foundation  
 Injury Prevention Program  
 Medic Alert  
 Medicare Counseling - HICEAS  
 Medicare Information  
 Nat'l Institute on Aging Info Center  
 NE Elderhostel  
 NH DHHS Library  
 NH Housing Authority  
 NH Job Training Council  
 Osteoporosis & Education & Prevention  
 Program  
 Prime Time  
 ServiceLink – The NH Network

**STRESS**

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American Heart Assn.  
 Elliot Hospital Wellness Center  
 NH DHHS Library  
 NH Housing Authority - REAP  
 NH Task Force to Prevent Child Abuse

**SUPPORT GROUPS**

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Arthritis Foundation  
 NH Task Force to Prevent Child Abuse

**TOBACCO ISSUES**

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American Cancer Society  
 American Heart Assn.  
 American Lung Assn.  
 Elliot Hospital Wellness Center  
 National Heart, Lung & Blood Inst  
 NH DHHS Library  
 NH DHHS Tobacco Prevention Program  
 NH Housing Authority

**VISION**

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American Diabetes Assn.  
 NH Assn. for the Blind

**WOMEN'S HEALTH**

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Ask-A-Nurse  
 American Cancer Society  
 America's Housecall Network  
 Breast & Cervical Cancer Screening  
 Elliot Hospital Wellness Center  
 NH DHHS Library  
 Women's Sports Foundation