



### **Intro Copy:**

During these changing and uncertain times, Counseling Associates is here to offer support for those impacted by Covid-19. We have come together to create a list of resources available to anyone who might benefit from it. Resources below include warmlines, services assisting in food and housing for our community, self care resources, education around the coronavirus for both adults and children, and more.

For those persisting in their work in essential businesses and services, we thank you for all that you do. We are happy to offer an expedited phone service for those who are impacted by Covid-19 and for those who are filling essential roles during this time. To speak with a counselor or therapist please call XXX-XXX-XXXX.

## **Resources:**

[The Germ Called Coronavirus: A Guide for Children](#)

[NPR Blog Post: Tips for Homeschool During Coronavirus](#)

[Mayo Clinic: Self Care During COVID-19](#)

COMMUNITY VOLUNTEERSVolunteers are available for check in phone calls, transfer station pick-up, deliveries, and to pick-up groceries, etc. Contact Nancy Lindsey at Kearsarge Neighborhood Partners (KNP) at 603-877-0117 or NancyMLindsey@gmail.com. This service is available for residents in the Kearsarge area.

## **Mental Health Services**

Counseling Associates: 603-865-1321

Crisis Textline: Text 741-741

[US English Guide: Living with worry and anxiety amidst global uncertainty.](#)

NAMI NH Info & Resource Line: To connect with resources in NH, contact [info@NAMINH.org](mailto:info@NAMINH.org) or 1-800-242-6264 (press 4).

NH Warmline: Available Sun, Mon, Wed 4-9 PM; Tue, Thu, Fri, Sat 4-8 PM at 888-582-0920;  
Claremont Area: 603-543-1388

### NH Peer Support Agencies

### Supporting Child and Family Wellbeing during the COVID-19 Emergency: Resources and Guide

Mental Health Services for Deaf and Hard of Hearing: 603-899-6147

24hr Emergency Line: 800-762-8191

National Alliance on Mental Illness (Resource Line): 1-800-242-6264

National Suicide Prevention Lifeline: 1-800-273-8255, TTY: 1-800-799-7889

Samaritans Crisis Hotline: 357-5505

The LGBTQ+ National Help Center: 1-888-843-4564

The Trevor Project: 1-866-488-7386 (Trained Counselors available)

Trans Lifeline: 1-800-273-8255, option 1. Text message: 838255

West Central Behavioral Health-Adult: 603-542-2578

West Central Behavioral Health-Children and Teens: 603-542-5449

## **Child Care**

The First Baptist Church of New London is offering child care and supervision for school-age children (ages K-6) for New London Hospital and DHMC personnel only. This service is limited to NLH and DHMC personnel only. If you feel you qualify for this free service, please call the church office, 603-526-6511.

## **Food Resources**

List for Sullivan County: <https://www.nhfoodbank.org/sullivan/>

List for Merrimack County: <https://www.nhfoodbank.org/merrimack/>

DHHS Food Stamps: 603-543-9544

Salvation Army (Newport Only –Bunny Perry): 603-863-1146

St. Marys Catholic Parish: 603-542-9518

UNH Cooperative Ext Sullivan County: 603-863-9200

WIC (Women, Infants, & Children): 603-719-4234

Catholic Charities: 603-448-5151

Bradford, NH:

Bradford Food Pantry, 603-938-2086

Providing food for residents in Bradford that need assistance

Charlestown:

Charlestown Food Shelf, 54 Woodrise Rd., please contact 603-499-3504

Open: Monday, Thursday, and Friday: 9:00 am-11:00 am

Claremont:

Claremont School District([sau6.org](http://sau6.org))

Busses located at the schools (Maple Avenue, Bluff, Disnard, Claremont Middle School, and Stevens) are a distribution center for children 2-18years old. Any Claremont Family with children in this age group can pick up meals at any school distribution site.

Times are: **Breakfast 8-9:30am and Lunch 12-1:30**

Please call Misty Hodgdon at 603-543-4200 x6000 for questions and dietary restrictions.

St. Vincent De Paul-Please call 603-542-5950 on Mondays. They are providing assistance to Claremont residents in need on Mondays at 2:00 pm.

Upper Valley Haven, VT Please call 802-295-6500 for an appointment.

The Claremont Soup Kitchen 53 Central Street, 603-543-3290, Serving Take Out Only

**Breakfast 9:30am-10:30am, lunch 12pm-1pm, and dinner 4pm-5pm**

Claremont Food Pantry Pick up by appointment only. Please call 603-543-3290 to schedule an appointment.

Feeding Tiny Tum mies

Distributing food bags to our Head Start families in Sullivan County

Danbury:

Danbury food pantry, please call 603-768-3424

Lebanon:

Listen Community Services Food Pantry, 60 Hanover Street, Lebanon

Open **M-F 9am-5pm**, until further notice.

**Open to ANY person in need of food, no need to schedule an appointment.**

Questions-603-448-4553

Newbury:

South Newbury Union Church has a food pantry at the Friendship House 162 Village Road, South Newbury 603-938-5369, Open M-F 11am-1pm and 6pm-7pm

New London:

First Baptist Church, 603-526-6511, Open 2 days a week (Wed 5:30pm-7pm and Sat 10am-11:30am). Servicing 11 towns, Lake Sunapee area and the Kearsarge area

Kearsarge Regional School District

Brown Bag Lunch to go

Student lunches will be available starting Wednesday, March 18th and breakfasts beginning on the 19th. Lunches can be picked up at one of three school locations between **11:30am and 1:00 pm** or delivery services will be available at designated stops in your area. The pick-up locations are Simonds Elementary School, New London Elementary School and Kearsarge Regional Middle School.

**Newport:**

Newport Area Association Food Pantry, 95 South Main Street, 603-863-3411 By appointment only. Please call ahead and set up an appointment. You may need to leave a message.

**Newport School District:**

Breakfast and Lunch are available for pick up or delivery to the bus stop. Please sign up with SAU 603-865-9500 or email [bminnihan@sau43.org](mailto:bminnihan@sau43.org) for more information and to register.

**Got Lunch Newport:**

They are preparing a Monday delivery of essentially non-perishable plus eggs, milk, cheese & bread to families whose children receive free/reduced lunch. They serve: Newport, Goshen, Lempster, Sunapee and Croydon. Please call/text Charen Urban: 603-995-1248

**Sunapee:**

Town of Sunapee Food Pantry: 603-763-2212

**Sutton:**

Trinity Bible Church Food Pantry 603-927-4384

Sutton Safety Services Non-Perishable Trailer Fire Station. Take what you need, donate what you can

Open daily, 7:30am-5pm Warner: CAP-Community Action Program

Belknap/Merrimack County Food Pantry  
603-456-2207

The Local, 3 E Main St, 603-456-6066  
Distributing no cost bag lunches for anyone who needs them

## **Aging Community Resources**

SCS Commodity Foods (Seniors 60+): 603-719-4240

Adult Protection Services: 800-949-0470

Alzheimer's Association: 603-272-3900

Claremont Senior Center: 603-543-3072

Commodity Food Program (CSC): 603-719-4250

Connecticut Valley Home Care: 603-543-6800

Meals on Wheels (Claremont): 603-543-3072

Meals on Wheels (Newport): 603-543-3072

Newport Senior Center: 603-543-3072

NH Division of Elderly/Adult: 603-542-9544

Social Security: 800-772-1213

VA (White River Junction): 800-295-9363