



NH Mom Hub Community Resource Guide

Support, Advocacy, Action, and Access

"Life's most persistent and urgent question is: What are you doing for others?" – Dr. Martin Luther King Jr.

STATEWIDE CRISIS & BEHAVIORAL HEALTH

24/7 Crisis Support

NH Rapid Response Access Point – Call/Text 833-710-6477 or dial 988

988 National Suicide & Crisis Lifeline – Call/Text 988

Crisis Text Line – Text 741741

The Trevor Project (LGBTQ+ Youth) – 1-866-488-7386 or Text START to 678678

National Maternal Mental Health Hotline – Call/Text 1-833-852-6262

Local Behavioral Health Organizations

NH Community Behavioral Health Association – Find local CMHCs [\[Link\]](#)

NH Family Voices – Family support & system navigation [\[Link\]](#)

Youth MOVE NH – Youth mental health advocacy [\[Link\]](#)

BIPOC & RACIAL JUSTICE

Black Lives Matter New Hampshire – Racial justice education & community support [\[Link\]](#)

New Hampshire Racial Justice Fund – Community-led racial equity grantmaking [\[Link\]](#)

LGBTQ+ SUPPORT & COMMUNITY

New Hampshire Outright – Youth support, peer groups & advocacy [\[Link\]](#)

PFLAG New Hampshire – Family & ally support statewide [\[Link\]](#)

Center for Safer Communities – LGBTQIA+ – Crisis & support line [\[Link\]](#)

REPRODUCTIVE JUSTICE & HEALTH

Reproductive Equity Now – NH – Reproductive rights advocacy [\[Link\]](#)

Reproductive Freedom Fund of NH – Financial support for care access [\[Link\]](#)

Equality Health Center – Reproductive & gender-affirming care [\[Link\]](#)

ACLU NH – Reproductive Freedom – Legal advocacy [\[Link\]](#)

IMMIGRANT & REFUGEE SUPPORT

Legal & Integration Support

ACLU NH – Immigrants' Rights Project – Pro bono bond support & Know Your Rights [\[Link\]](#)

International Institute of New England – Immigration legal services, ESL & case management [\[Link\]](#)

Catholic Charities NH – Immigration Services – Visas, citizenship & family petitions [\[Link\]](#)

Welcoming New Hampshire – Resource network for immigrant support [\[Link\]](#)

Local Immigrant Community Groups

Centro Latino de NH – Community resources & support services

Centro Latino de Hospitalidad – Community & cultural integration support

NH Indonesian Community Support – Translation, advocacy & health access

Monadnock Immigrant Solidarity Collaborative – Community ally support in SW NH

POLICY, ADVOCACY & EQUITY

New Futures – Health policy & behavioral health advocacy [\[Link\]](#)

NH Public Health Association – Public health equity & policy [\[Link\]](#)

STATEWIDE ACCESS POINTS

NH 211 (The Doorway) – Free info & referral – multilingual support [\[Link\]](#)

NH Navigator (Healthcare Insurance) – Coverage options & enrollment help [\[Link\]](#)

EMERGENCY

In life-threatening emergencies, always call **911**

If someone is in crisis, call/text **988** or **833-710-6477**