



# Help is available

Do you feel isolated?  
Here are places to call for help in Tamworth, NH

**For EMERGENCY call 9-1-1**

**Suicide & Crisis Lifeline call 9-8-8 or 833-710-6477**

Call 2-1-1 to connect to all statewide services available in NH, get confidential assistance from experts

- Town of Tamworth Welfare and administrative offices ..... (603) 323-7525
- Tamworth Town Clerk/Tax Collector ..... (603) 323-7971
- Tamworth Police ..... For emergency, dial 9-1-1
- Tamworth Police office (603) 323-8581, Carroll County Dispatch (603) 539-2284
- Tamworth Community Nurse Association Skilled nursing care, Meals on Wheels.... (603) 323-8511
- Community Food Pantry at St. Andrew's Call for info and current hours ..... (603) 960-4067
- Community School Farm Stand Prepared meals by donation, open 24/7 ..... (603) 323-7000
- Cook Memorial Library ..... (603) 323-8510
- Home delivery, programs for all ages, wifi, internet & public computers, copier, print, fax service
- Carroll County Sheriff's Project Good Morning for morning check-in ..... (603) 539-2284
- Tri-County CAP Tamworth Dental Center ..... (603) 323-7645
- Tri-County CAP Fuel/Energy Assistance ..... (603) 323-7400
- NH Employment Security for jobseekers and unemployment benefits ..... (603) 271-7700
- ServiceLink for resources related to aging and living with disabilities..... (603) 323-2043
- White Mountain Community Health Center for affordable healthcare services..... (603) 447-8900
- Carroll County RSVP for rides to non-emergency medical appointments ..... (603) 356-9331
- Whitehorse Recovery for mental health & substance use disorder services ..... (603) 651-1441
- NAMI NH support for people with mental illness and their families ..... (800) 242-6264
- Starting Point for victims of domestic and sexual violence..... (800) 336-3795
- Family Connections Resource Center at Children Unlimited ..... (603) 447-6356 X 110
- Waypoint Warm Line for family support..... (800) 640-6486
- NH Easy for Medicaid, SNAP (Food Assistance) or child care assistance ..... (844) 275-3447
- Child Care Aware of NH for child care referral(855) 393-1731
- NH Legal Assistance..... (800) 921-1115 or (603) 223-9750
- Ask UNH Info Line for garden, farm, wildlife, food preservation ..... (877)-EXT-GROW or (603) 398-4769
- Tamworth Churches:**
- Chocorua Community Church ..... (603) 323-7186
- St. Andrew's in the Valley Episcopal Church ..... (603) 323-8515
- South Tamworth United Methodist Church..... (603) 651-8922
- Tamworth Congregational Church ..... (603) 323-9292
- Unitarian Universalist Fellowship of the Eastern Slopes ..... (603) 323-8585