

# “ONE-TOUCH” TO A HEALTHY HOME

## Know Where To Get The Help You Need Manchester, NH



### MANCHESTER HEALTH DEPARTMENT

1-603-624-6466

[www.manchesternh.gov/health](http://www.manchesternh.gov/health)

#### Asthma

The Department provides outreach and education to families with children ages 1-18 years who have been diagnosed with Asthma and are currently experiencing issues with controlling it. Eligibility requires that children must be taking Asthma medication daily and have been recently hospitalized or visited the emergency room or missed many school days due to Asthma.

#### Lead Poisoning

In collaboration with the NH Division of Public Health, the Department provides Healthy Homes Assessment outreach and education to families with children that have documented elevated blood leads over 10 micrograms per deciliter.

#### Smoking

The Manchester Health Department provides residents with tobacco prevention and treatment information and materials, as well as connects residents with statewide tobacco resources.



### SOUTHERN NH SERVICES, INC.

1-800-322-1073

#### Weatherization & Fuel Assistance

[www.snhshome.homestead.com/](http://www.snhshome.homestead.com/)

The Weatherization Program can help to reduce your energy usage and heating costs by offering FREE Energy Saving Measures. Homeowners, mobile home owners and renters are eligible to apply. Eligibility is determined by income with priority given to elderly, handicapped, and families with children under 6. If your fuel assistance application lists your Federal Poverty Guidelines at or below 200% you qualify for weatherization.



**WAYPOINT**  
Help Along the Way

Formerly  
CHILD AND FAMILY SERVICES

### WAYPOINT

1-800-640-6486

#### Pregnant, Parenting & Elderly Services

<https://waypointnh.org/>

Child & Family Services is a non-profit organization that provides a multitude of support programs that include services to pregnant woman through the birth of their first child and up through their first year of life. Services to low income families in need of parenting support and to the elderly in need of assistance with home care.



### MANCHESTER FIRE DEPARTMENT

EMERGENCY 9-1-1

[www.manchesternh.gov](http://www.manchesternh.gov)

**Fire Education** 1-603-669-2256  
**Code Enforcement** 1-603-669-2256  
**Arson Tipline** 1-603-644-FIRE (3473)

The Fire Department provides emergency response and fire prevention services for residents throughout the city. The Fire Department partners with the Police Department and the City Code Department with a goal of achieving fire safety throughout the community.



### SMOKERS HELPLINE

#### Spanish

1-800-QUIT-NOW

(1-800-784-8669)

1-800-8-DEJALO

(1-800-833-5256)

The Try To STOP TOBACCO Resource Center is a free resource to NH residents. It offers help for residents who want to quit smoking, chewing tobacco or snus. Free phone counseling is provided by Certified Tobacco Treatment specialists. Visit us at [www.trytostophn.org](http://www.trytostophn.org).



**GET CONNECTED. GET ANSWERS.  
Finding Health & Human Services Available To You**

**Dial 2-1-1  
www.211nh.org.**

For everyday needs and difficult times, 2-1-1 is your connection to thousands of resources available in New Hampshire. 2-1-1- is a free and confidential call from anywhere in NH offering person-to-person assistance. Available 24/7 with translation assistance in over 150 languages.



**UNH COOPERATIVE EXTENSION  
Insects or Rodents?**

**1-877-EXT-GROW  
(1-877-398-4769)**

The Extension provides phone consultation and educational material regarding rodents and insects found in homes. The Energy Answers program provides information and referral on energy issues. Visit us today at [www.extension.unh.edu](http://www.extension.unh.edu) or email us at [answers@unh.edu](mailto:answers@unh.edu).



**THE BED BUG ACTION COMMITTEE**

**www.nhbedbugs.com**

A group of community organizers, educators, local business owners, health workers, local officials, church members, and volunteers, all committed to successfully addressing the problem of bed bugs in NH.

**For Bedbug Infested Furniture Pickup, contact Public Works at 1-603-624-6444.**



**CITY OF MANCHESTER CODE ENFORCEMENT**

**1-603-624-6475  
www.manchesternh.gov**

The City of Manchester Planning and Community Development Department enforces the Housing Code Ordinance that pertains to residential buildings within the city. The Housing Code Ordinance was established to ensure that all residential rental properties in the City of Manchester meet or exceed minimum standards. Details on this ordinance can be found on the website.



**RADON, MOLD & DRINKING WATER QUESTIONS**

<b>Radon</b>	<b>1-603-271-6845</b>	<b>www.des.nh.gov</b>
<b>Drinking Water</b>	<b>1-603-271-7061</b>	<b>www.des.nh.gov</b>
<b>Asbestos</b>	<b>1-603-271-1370</b>	<b>www.des.nh.gov</b>
<b>Mold</b>	<b>1-800-438-4318</b>	<b>www.epa.gov/mold/index.html</b>



New Hampshire's Department of Environmental Services and the United States Environmental Protection Agency are an available resource for those with questions concerning Radon, Mold and Drinking Water.



**New Hampshire Legal Aid**  
Legal Information,  
Referrals and  
Pro Se Assistance

**NEED HELP WITH A LEGAL ISSUE?**

**www.nhlegalaid.org/  
1-800-639-5290  
1-800-562-3174  
1-800-834-1721**

**Legal Advice & Referral Center  
New Hampshire Legal Assistance  
The Disabilities Rights Center**

New Hampshire Legal Services is a community of agencies dedicated to the ideal of equal access to justice. Working together, we provide a range of services to low income people across the state. Working with a partnership of agencies, we strive to provide complete assistance and information to our client community.



**MANCHESTER HOUSING INITIATIVE  
Housing Rehab and Lead Hazard Control**

**1-603-624-6450  
www.lead safemanchester.com**

The Manchester Housing Initiative oversees funding available through the U.S. Dept. of Housing & Urban Development to assist property owners with code issues and the removal of lead paint from their buildings. Property owners must own a residential building in the City of Manchester and have tenants that meet income requirements.