

MANCHESTER RESOURCE NAVIGATOR MAP



Call or text if you need mental health or substance use support.

833-710-6477
NH Rapid Response

988
Suicide & Crisis Lifeline

211
Your Local Doorway for
Substance Use Resources
24/7. Confidential, no cost to you.

211 or 988
Substance Use, Housing, and
Veteran's Support - Call or Text

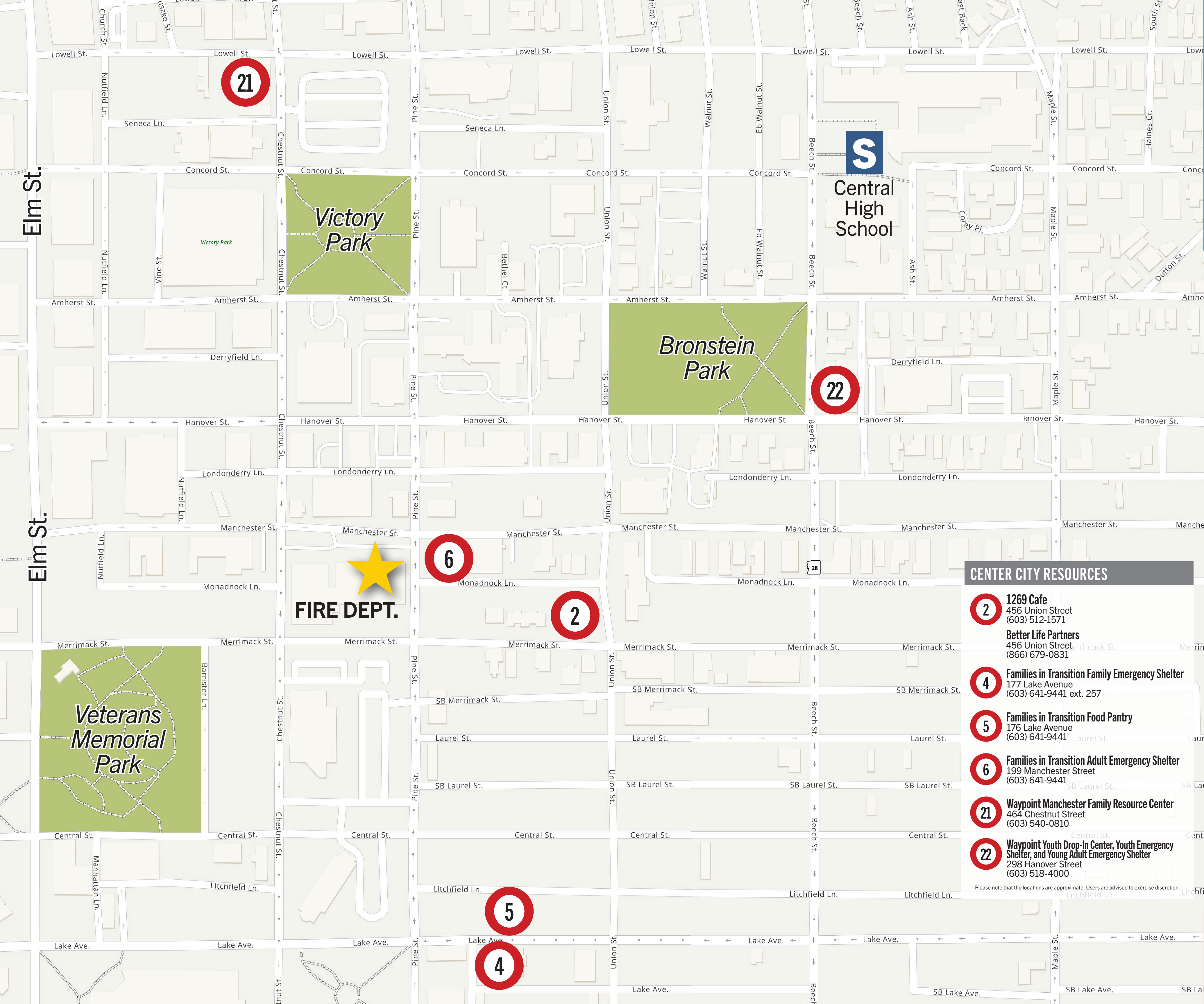
603-668-2299
REACH Crisis Services - Call 24/7
Domestic Violence and Sexual
Assault Support

nhhrc.org
New Hampshire Harm
Reduction Coalition

Design and Printing Provided By

MAKIN' IT Happen

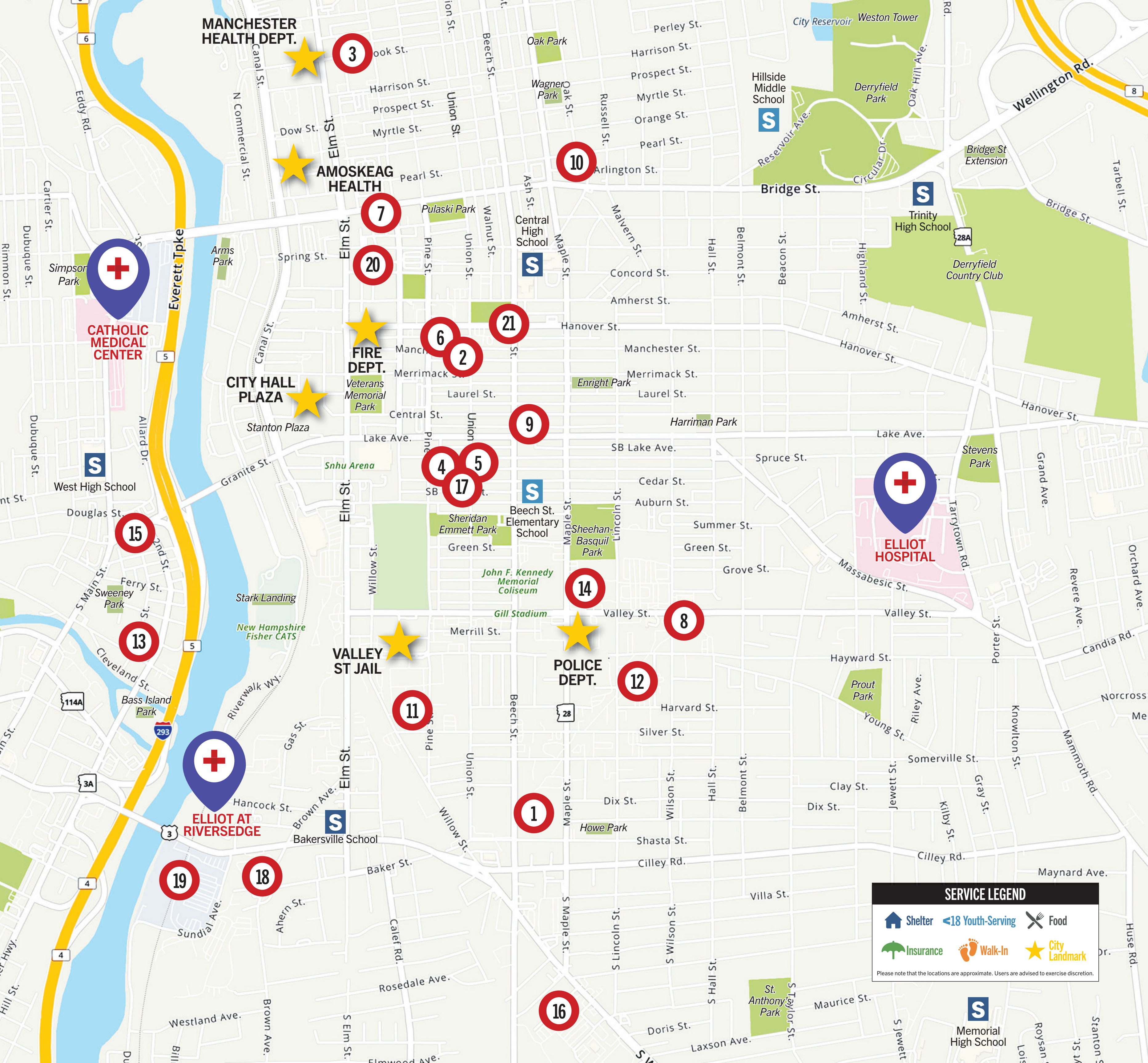
in partnership with the Manchester Health Department



CENTER CITY RESOURCES

- 2** **1269 Cafe**
456 Union Street
(603) 512-1571
- Better Life Partners**
456 Union Street
(866) 679-0831
- 4** **Families in Transition Family Emergency Shelter**
177 Lake Avenue
(603) 641-9441 ext. 257
- 5** **Families in Transition Food Pantry**
176 Lake Avenue
(603) 641-9441
- 6** **Families in Transition Adult Emergency Shelter**
199 Manchester Street
(603) 641-9441
- 21** **Waypoint Manchester Family Resource Center**
464 Chestnut Street
(603) 540-0810
- 22** **Waypoint Youth Drop-In Center, Youth Emergency Shelter, and Young Adult Emergency Shelter**
298 Hanover Street
(603) 518-4000

Please note that the locations are approximate. Users are advised to exercise discretion.



MANCHESTER, NH RESOURCES

- 1**

Beech Street Shelter
39 Beech Street
(603) 413-1775
Daily 5pm–9am, 6pm dinner for registered guests.
Call anytime or walk in before 10pm for bed availability.
- 2**

1269 Cafe
456 Union Street
(603) 512-1571
Monday–Friday 9am–3pm
Lunch: 11:30am–1pm
Food Pantry: Monday, Wednesday & Thursday, 10:30am–Noon
Shows: Monday–Friday, 10am–3pm
Overnight Warming Station: December 1st–March 31st 8pm–7am
A Christian nonprofit providing: hot meals, showers, clothing, laundry, short-term storage lockers, medical care, recovery meetings, counseling, job training and placement.
- 3**

Better Life Partners
456 Union Street
(866) 679-0831
Monday–Friday 9am–4pm
Urgent Walk-Ins: 11:30am–2:30pm
In person and virtual non-emergent Medical and behavioral health or substance use disorder, alcohol use, wound care, cold and flu symptoms, tooth infections, UTI's, rashes, HEPC, and more!
No pain management at this location.
- 4**

Families in Transition Family Emergency Shelter
177 Lake Avenue
(603) 641-9441 ext. 257
Available 24/7 Provides limited units and ongoing support to families with children. Call 24/7 to get on the shelter waitlist.
- 5**

Families in Transition Adult Emergency Shelter
176 Lake Avenue
(603) 641-9441
Monday 1pm–4pm, Tuesday–Friday 10am–12pm & 1pm–4pm
- 6**

Families in Transition Food Pantry
199 Manchester Street
(603) 641-9441
Daily check-in: 6pm–7pm Shelter for people 18+
- 7**

Helping Hands – Men's Recovery Shelter
50 Lowell Street
(603) 623-8778
Monday–Friday 9am–5pm
Helps men overcome homelessness, addiction, prison, and poverty by providing shelter, food, case management, and more.
- 8**

HOPE For NH Recovery
293 Wilson Street
(603) 935-7524
Wellness: Monday–Friday 10am–6pm
Monday–Friday 11:30am–9pm, Saturday 12pm–9pm
Safe, judgment-free space & peer support to those seeking recovery.
- 9**

Healthcare for the Homeless – Wilson Street Integrated Health
293 Wilson Street
(603) 665-7450
Provides comprehensive care to address medical, behavioral, and social needs.
- 10**

The Light House
247 Pearl Street
(603) 232-1107 ext. 3
Monday–Friday 9am–4pm
Transitional housing to help women and their children in crisis struggling with SUD, sex trafficking/exploitation, trauma, and homelessness.
- 11**

Southern New Hampshire Services
40 Pine Street
(603) 668-8010
Monday–Friday 8:30am–4:30pm
Meets urgent and immediate individual, family, and elderly needs: health, food/nutrition services, housing, and employment assistance.
- 12**

The Doorway of Greater Manchester
60 Rogers Street Suite 210
(603) 606-1090
Walk-in or call hours: Monday–Friday: 8am–5pm
Connects tools for: screening, evaluation, treatment, & resources.
24/7 phone line: 2-1-1
- 13**

Revive Recovery Resource Center
99 Blaine Street
(888) 317-8312
A non-profit, peer recovery support center.
- 14**

Workpath Staffing
245 Maple Street, Suite 5
(603) 696-2382
Guides individuals in early recovery by providing work opportunities and a support system.
- 15**

My Turn, Inc.
340 Granite Street, Suite 1
(603) 321-3416
Monday–Friday 9am–4pm
Provides youth (14-24) drop-out prevention, HISET/GED prep, workforce development, college prep, & violence prevention; plus adult education in HISET/GED prep and violence prevention.
- 16**

On The Road To Wellness
377 South Willow Street, B2-4
(603) 623-4523
Adult Nonclinical Mental Health & Wellness Services: Monday–Friday, 8:30am–4:30pm Saturdays 8:30am–12:30pm Adult nonclinical mental health and wellness
- 17**

Hope City Church
222 Cedar Street
(603) 624-4673
Community Breakfast & Food Pantry:
Thursday and Friday 8am–10am
Free community breakfast and Food pantry.
- 18**

Farnum Center
140 Queen City Ave
(603) 622-3020
Open 24 hours Offers several levels of treatment, including detoxification, residential, and outpatient clinical services.
- 19**

AmeriHealth Caritas
25 Sundial Avenue, Suite 130, 1st Floor
(603) 263-6694
Monday–Friday 8:30am–12pm, 12:30pm–4pm
Visit for computer use, insurance plan info, resources, educational events and more!
- 20**

Waypoint Manchester Family Resource Center
464 Chestnut Street
(603) 518-4000
Wednesday 9am–12pm, Thursday 11am–2pm
Provides family support services (help during pregnancy, help with parenting and child development, etc.)
- 21**

Youth Drop-In Center + Young Adult Emergency Shelter
298 Hanover Street
(603) 540-0810
Monday by appointment, Tuesday–Sunday 10am–7pm
Homeless Youth Services (Youth Drop-In Shelter with food pantry, showers, laundry and more), and Young Adult Housing services (emergency shelter, housing programs and case management).

SERVICE LEGEND

Shelter	<18 Youth-Serving	Food
Insurance	Walk-In	City Landmark

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