

**CHARLESTOWN HEALTH & HUMAN SERVICES**  
**(603) 826-5266**

*Office Hours: Tuesday & Thursday 8:30 a.m. to 1:00 p.m.*

As the colder weather approaches we would like to make sure residence aware of the programs and benefits that may be available to low-income individuals and families.

**ENERGY SERVICES**

Call: 542-9528 or 1-800-529-0005 for

**Fuel Assistance Program**  
**Electric Assistance Program**

*Provides qualifying electric customers with a discount off their electric bill.*

**Neighbor Helping Neighbor**

*(If you are not eligible for fuel assistance but have an electric disconnection notice)*

**Senior Energy Assistance Program (SEAS)**

Assists elderly age 60 and above who are over income under (LIHEAP) with up to \$270 per household

*Remember to contact Fuel and Electric Companies before missing scheduled payments to inform them of any difficulties may have in paying on time. Ask for an extension and tell them when you will be able to pay. If you need assistance in making payment arrangements with electric company to avoid disconnection contact the Charlestown Health and Human Service Office.*

**FOOD**

**Charlestown Food Pantry**

826-5657 (open Mon. and Fri. 9-11am and Thursday. 9-10am)

**Alstead Food Shelf:**

835-2283 (open Mon-Sat 9am-4pm)

**SNAP (Food Stamps)**

Apply online at [www.nheasy.nh.gov](http://www.nheasy.nh.gov) or call: 1-800-852-3345 ext. 9700

**WIC (Women Infants & Children)**

If, you have children under the age of (5) five

Call: 1-800-529-0005 or visit [www.dhhs.nh.gov/dphs/nhp/wic](http://www.dhhs.nh.gov/dphs/nhp/wic)

**CSFP (NH Commodity Supplemental Food Program)**

For seniors age 60 and above, call: 1-800-529-0005 and women with children age 5-6

**HOUSING/HOMELESS PREVENTION/HOMELESS**

CALL (SCS) SOUTHWESTERN COMMUNITY SERVICES FOR:

**Homeless Prevention Program** – application can be found at

<http://www.scshelps.org/homelessServices.htm> or call 719-4225 or 719-4226

**SCS HOUSING, INC.** – Low income Senior and Family housing

Application can be found at [www.scshelps.org/housing.htm](http://www.scshelps.org/housing.htm) or call **Diane Ouellette at 719-4284**

If, you are Homeless call 211 and the **NH Housing Authority** at 1-800-439-7247, for immediate assistance

**Town Assistance Applications are available on-line at [www.charlestown-nh.gov](http://www.charlestown-nh.gov)**  
**or at the Town Selectman's Office.**