

Resources to students and families

Lending Library for Parenting Support:

The Social Work/Guidance Department is starting a lending library. We have books that you can borrow to help support your student with issues such as: Anxiety, anger, ADHD, self-esteem, friendship building, Lesbian/Gay/Bisexual/Transgender identity support, mental health struggles. We also have some books to read to your young children regarding body safety/boundaries & diverse families. Please reach out to the Librarian/Guidance Department if you would like to borrow some of these books. We love recommendations for topics and authors you'd like to see on this list.

Community Resources

Weare Food Pantry Located behind the Town Hall at 15 Flanders Memorial Rd.
Hours: Wednesdays 4:30-6pm Email: foodpantry@weare.nh.gov 603-529-2470

Weare Farmers Market (Most farmers markets accept SNAP/EBT/Food Stamps)
<https://realfoodmarkets.com/>

DHHS Food Assistance/SNAP/EBT/Food Stamps & Medical Insurance applications:
<https://nheasy.nh.gov/#/>

Families who have a loved one who struggles with addiction:
<https://al-anon.org/>

Teens who have a loved one who struggles with addiction:
<https://al-anon.org/newcomers/teen-corner-alateen/>

Your child's right to an education, regardless of your housing situation:
<https://schoolhouseconnection.org/mckinney-vento-act/>

<https://nche.ed.gov/>

Grandparents & Relatives raising children:
<https://www.helpguide.org/articles/parenting-family/grandparents-raising-grandchildren.htm>

<https://adoptionnetwork.com/community-events/finding-support-groups/>

Family and partner conflict/violence:
<https://www.nhcadsv.org/>

Youth exploring/struggling with sexuality/identity:
<https://www.glsen.org/>

<https://www.thetrevorproject.org/>

<https://pflag.org/>

Mental Health & Well-Being

Local Info:

NH Mental Health Crisis # 1-844-743-5748

NH Community Mental Health <https://www.riverbendcmhc.org/>

<https://www.riverbendcmhc.org/service/psychiatric-emergency-services/>

National Hotline: 800-273-8255 (Call or Text)

<https://suicidepreventionlifeline.org/>

Text HOME to 741741 for free, 24/7 crisis counseling

<https://www.onoursleeves.org/>

An extra pick-me up: The Mental Health Benefits of Gratitude:

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/gratitude>