

## Resources to Help Libraries to Support Community Health & Wellness

*The following resources, arranged by session topic, were provided by speakers, panelists and/or participants during two DH ECHO courses (Beyond Books: Libraries supporting Community Health and Social Services, June 11<sup>th</sup> to July 23<sup>rd</sup>, 2024; Libraries as a Third Place: Navigating Community Health, March 20-June 12, 2025). Slides and AVs of the ECHO sessions didactics can be found [here](#). The resources have not been formally vetted by Project ECHO or other DH staff for accuracy or quality and are not intended to be comprehensive. Users should rely on their own judgement in referencing or employing them. Over time links or content may become outdated.*

### Cross-Cutting Resources and Information

- [NH 211](#) or call 211, Comprehensive information and referral service for health and social service related needs
- [NH CarePath](#), Centralized access to diverse services for people of all ages, a service of NH DHHS
- [New Hampshire Department of Health and Human Services](#)
- <https://www.healthvermont.gov>
- [How Do Public Library Partnerships Impact Health? A Scoping Review - Noah Lenstra, Pam B. DeGuzman, Rozalynd McConaughy, Megan Weis, 2025](#)

#### *Potential funding ops or supports*

- [Writing Grant Applications](#), American Library Association
- [Grants and Opportunities | Northern Border Regional Commission](#) Promising funding source for organizations in their catchment region.
- New England Region (7) of the [National Library of Medicine](#) Funding and education opportunities for libraries (and others).
- [Network of the National Library of Medicine](#) Nationwide funding opportunities for library health programs .

### Session 1 – Libraries as a Third Place (Supporting community, reducing isolation)

- [Rx for Community Wellness: How Social Prescribing Can Empower Libraries to Boost Public Health - Public Libraries Online](#)
- [Loneliness in America: Just the Tip of the Iceberg? — Making Caring Common](#)
- [Our Loneliness Epidemic: Ways to Support Kids | MGH Clay Center](#)

### Session 2 – Behavioral Health

#### *National*

- [National Alliance of Mental Health](#) (NAMI) – Information & diverse supports for individuals and families
- [Mental Health First Aid Trainings](#) – National Council for Mental Wellbeing
- [Substance Abuse and Mental Health Services Administration](#) – US Department of Health and Human Services
- [American Foundation for Suicide Prevention](#)
- [Question, Persuade, Response: Suicide Risk Online Training](#) – QPR Institute

#### *New Hampshire-based*

- [NH 211](#) or call 211, Treatment and referral for BH challenges
- [The NH Doorway](#) – Network of evaluation and referral centers across NH, State of NH
- [NH Rapid Response Access Point](#) or call 988 – Crisis intervention, State of NH
- [Peer Support Agencies](#) – New Hampshire Department of Health and Human Services (NHDHHS). Mental health-oriented peer supports.
- [Recovery Community Organizations](#) – NH DHHS, Substance use-oriented peer supports
- [Mental Health First Aid 8-hour Training](#) – University of New Hampshire
- [Magnify Voices Expressive Art Contest | NH CSoc](#)
- [NAMI NH - YouTube](#)

#### *Vermont-based*

- [Vermont Mobile Crisis](#) or call 988 – Crisis intervention, State of VT
- [Vermont Peer Services Organizations](#) – VT Department of Mental Health
- [Recovery Partners of Vermont](#) – Substance use-oriented peer and other supports
  - [NH State NAMI](#)
  - [VT State NAMI](#)
- [Howard Center](#) – Mental Health Resource Center in Chittenden County VT
- [Mental Health Urgent Care Takes Root in Vermont. Fountain, F. \(2023, October 20\). VTDigger.](#)

#### *Other*

- [Books on the LEAP Method of Communication - LEAP Institute](#)
- [The ethical imperative of self-care](#)
- [Self-Care Isn't Just Good For You—It's Also Good For Your Productivity](#)
- [Self-Care Starter Kit<sup>SM</sup> - University at Buffalo School of Social Work - University at Buffalo](#)

### **Session 3 – Social Drivers of Health/Social Services**

#### *General*

- [NH 211](#) or call 211, Information on all social needs and services
- [New Hampshire Free Legal Aid](#) – 603 Legal Aid
- [NH Community Action](#) – Connect with resources
- [Home - New Hampshire Community Health Worker Coalition](#)

#### *Employment*

- [American Job Center](#), US Department of Labor, a resource for career exploration, training and jobs
- [U.S. Rehabilitation Services Administration](#), oversight of State Voc Rehab Agencies
- [Homepage | Apprenticeship.gov](#)
- [Disability Benefits 101 - Choose Your State](#), tools and information on employment, health coverage, and benefits
- NH [Recovery Friendly Workplace](#)
- [NH Bureau of Vocational Rehabilitation](#), career assistance for people with disabilities
- [NH Toolkit for Employment Success](#)
- [Benefits Counseling](#), Granite State Independent Living (how work may effect Federal and State benefits)
- [VT HireAbility](#), career assistance for people with different abilities

### *Housing*

- <https://www.affordablehousing.com/>
- [Homeless De-Escalation Training](#) – Homeless Training, Empathy Studios
- [Shelter Services](#), NH DHHS
- [NH Housing Finance Authority](#) housing search assistance
- [Child Care Scholarship - NH Connections](#)
- [Cynthia Day Nashua NH - Cynthia Day Family Center - Harbor Care](#)
- [VT Housing Authority](#)

### *Food and nutrition*

- [National Food Assistance Programs](#) – United State Department of Agriculture (USDA)
- [Supplemental Nutrition Assistance Program \(SNAP\) Guidelines](#) – NHDHHS
- [New Hampshire Food Distribution Centers \(Map\)](#) – New Hampshire Food Bank
- [New Hampshire Food Insecurity Organization](#) – NH Food Solutions
- [Prevalence of Poverty and Food Insecurity in NH](#) – New Hampshire Fiscal Policy Institute
- [Vermont Food Insecurity Organization](#) – Hunger Free VT

### *Transportation*

- [New Hampshire Mobility Network](#) – Keep NH Moving
- NH CarePath [Transportation Services](#), DHHS

### *Legal/financial*

- [603 Legal Aid](#), Legal services for low income people
- [Income tax assistance](#), Granite United Way

## **Session 4 – Child and Family Welfare**

- [Family Support New Hampshire](#) - Coalition of Family Resource Centers and Family Strengthening Programs
- [Family Resource Centers in NH](#) – NHDHHS
- [New Hampshire Division for Child, Youth, and Families](#) (NH DCYF)– NHDHHS
- [New Hampshire RSA 169: Child Protection Act](#) – General Court of New Hampshire
- [DCYF Policy Manual](#) – NHDHHS
- [New Hampshire Crisis Center Map](#) – NH Coalition Against Sexual and Domestic Violence

## **Session 5 – Older Adults**

### *National or general*

- [Alzheimer's Association](#), National site with links to local Chapters
- [Abuse of Older Persons](#), – CDC, Information and resources
- [When Helping Hurts: Nonabusing Family, Friends, and Neighbors in the Lives of Elder Mistreatment Victims](#). Breckman, R., Burnes, D., Ross, S., Marshall, P. C., Sutor, J. J., Lachs, M. S., & Pillemer, K. (2018). *The Gerontologist*, 58(4), 719–723.
- [Common Scams and Crimes](#) – Federal Bureau of Investigation

### *New Hampshire*

- [NH CarePath](#), NH DHHS, nearly comprehensive links to diverse services

- [Care Giver Supports](#), US DHHS Administration for Community Living
- [Home Page | ACL Administration for Community Living](#), US DHHS
- [2021 Adult Maltreatment Report](#) – US DHHS Administration for Community Living
- [Aging Resource Center](#) – Dartmouth Hitchcock Medical Center (DHMC)
- [Elder Abuse and Financial Exploitation Unit](#) – NHDHHS
- [NH EASY - Gateway to Services](#)
- [Bureau of Adult and Aging Services | New Hampshire Department of Health and Human Services](#)
- [Aging and Disability Resource Centers | New Hampshire Department of Health and Human Services](#)
- [Bureau of Adult and Aging Services \(BAAS\) Monthly Newsletters | New Hampshire Department of Health and Human Services](#)
- [New Hampshire Alliance for Healthy Aging - NHAHA](#)
- [New Hampshire Servicelink Resource Directory](#)

## Session 6 – Telehealth and other Online Service Access

- [Library Privacy Guidelines for Public Access Computers and Networks](#) – American Library Association
- [Northeast Telehealth Resource Center](#), Funded by US Health Resources and Services Administration (HRSA) to support quality telehealth expansion
- [Extending health care access via telemedicine in public libraries](#). DeGuzman, P. B., Garth, J. L., Sanjay, K., & Compton, R. M. (2023). *Journal of the American Association of Nurse Practitioners*, 35(3), 208–215. <https://doi.org/10.1097/JXX.0000000000000819>
- [NH Digital Literacy Resources](#) – New Hampshire Department of Education
- [DH Telehealth Services](#) – Dartmouth Health

## Session 7 – Onsite Health and Social Services

### *Potential Partners*

- Visiting Nurse Associations (VNAs), diverse health -related programs
  - [NH VNA](#)
  - [VT VNA](#)
- [NH Public Health Networks](#)
- [Community Health Nurses](#)
- Area Health Education Centers (AHECs), education on diverse topics for both professionals and community members.
  - [www.snhahhec.org](http://www.snhahhec.org) Southern NH AHEC
  - [www.nnhahec.org](http://www.nnhahec.org) Northern NH AHEC
  - Vermont AHEC [Network](#)
- Community Health Centers, [VT and NH](#) , education and clinical partnerships
- Other local hospitals and clinics.
- Local Emergency Medical Services personnel, contact through local fire and safety departments (blood pressure checks, fall prevention etc)
- Local police (recognizing scams, staying safe)
- [AARP](#)- diverse topics including financial related resources

- [NAMI New Hampshire \(National Alliance on Mental Illness\)](#), mental health programs and speakers
- [NH Harm Reduction Coalition](#), Naloxone and other substance-related trainings
- [UNH Community First Responder](#) program, Naloxone and other substance-related trainings
- [The Doorway](#), Free naloxone supplies
- [Alzheimer's Association](#), programs for care-givers and affected people
- [Dartmouth Aging Resource Center](#), diverse programming for older adults
- [Future in Sight](#), vision impairment resources
- [Tick Free NH](#), educational materials and tick removers for distribution
- [Vital Communities](#), an Upper Valley community collaboration
- [NH Federal Credit Union](#)- financial related resources
- [Network of the National Library of Medicine](#) - potential funding resource for library health programs

*More local or specific resources*

- [Engage - Independent Lens](#), a PBS affiliate provides short topical films, many health related, may serve as basis for discussions
- [Book and Reading Library Program for People with Alzheimer's](#) – Tales and Travel Memory Program
- Connect with, or train to become a community health worker. Information:
  - [Community Health Workers](#)
  - [Imagine You - A Professional CHW! - New Hampshire Community Health Worker Coalition](#)
  - [Community Health Worker \(CHW 9-week\) Training](#)
  - [Community Health Workers | NH Office of Professional Licensure and Certification](#)
- [Upper Valley Nurse Connection Project](#) – Community nurse connections
- [CommunityCare of Lyme – Working toward everyone's well-being, together](#)
- [Grants and Opportunities | Northern Border Regional Commission](#)