



NEWSLETTER-June 2022

# Infinity Peer Support



I remember when I was struggling with my mental health and realized that I needed someone who was a prescriber who understood mental health and was part of a healthcare system. I was lucky enough to find

the best prescriber for me. That was simply the first step. Then as I worked with her, I felt I was becoming a human Petri dish.

We had to keep trying different medications, and then see how they worked or didn't work. This went on for almost a year. I remember a medication I was put on that caused suicide ideation, when I had not experienced that in 30 years. My prescriber was quick to introduce a different medication. For well over a year, it took that long to find the right regiment of medication. **Don't give up is my message.**

Medication, coupled with a good prescriber and good therapy helped to stabilize me and allowed me to start my Masters degree while working full-time and raising a daughter. Sometimes medication can be the miracle. Today I am happy to share that I have been stabilized for 4 years. One downfall of mental health medications is that their pharmacological value can decrease with tolerance.

So I must check in with my prescriber every 3 months, or sooner if there has been an adjustment. There is a saying- "Don't Give Up Before the Miracle Happens." I had to remind myself that over and over when we were trying so many variety of medications. I am grateful to say that today I am compliant in taking my medications faithfully, and follow the directions as given.

In wellness,

Melissa

## Why Do We Need to Create a Budget?

Since we depend on a fixed income and are facing widespread inflation, now is a good time to talk about budgeting.

**Important:** Visit [credit.org](http://credit.org) for complete, free information on budgeting and building your credit score.

## Basic Tips

1. Start right away. To get out of an economic hole, start digging by reducing excess spending as soon as you can. Avoid new debt.
2. Transition to a cash-only lifestyle. If not possible, track your spending with pen and paper (see **Daily Expense Tracker**), a **Spending Tracker** app or sort through receipts at the end of the week/month.
3. Budgeting is an ongoing process. If you stumble, get back on track by taking it one-day-at-a-time.

## Track Your Spending

Before you create a budget, know where you spend money.

**Important:** Over the next month, track these kinds of expenses:

- ∞ Bills
- ∞ Loans
- ∞ Living Expenses
- ∞ Entertainment Funds
- ∞ Groceries
- ∞ Everyday Purchases

**Important:** Track everything, both small (e.g., coffee) and large (e.g., rent) expenses. Sort expenses into different categories:

Category	Examples	Recommended Percentage of Expenses
Housing	mortgage, rent, property taxes	35% to 45%
Utilities	gas, electricity, water, sewage	8% to 15%
Automotive & Transportation	gasoline, car payment, insurance, repairs, registration, bus passes	15% to 25%
Loans	student, personal, financing loans	20%
Amenities	internet, phone, monthly subscriptions	
Medical	bills, insurance	8% to 15%
Taxes	income	

Entertainment	activities, gifts	
Necessities	clothes, household products	5% to 10%
Groceries	food, pet food, dining out	10% to 20%
Savings	short-term, medium-term and long-term goals	5% to 10%

**Important:** Refer to the **Tracking Sheet for Monthly Expenses**. After you make a budget, continue tracking expenses to make sure you stick to your plan. Include as many categories as you need to cover all your expenses. Once you track your expenses, you have the information you need to make an accurate budget.

### Calculate Your Take-Home Income

Once you know how much you spend each month, calculate how much money you receive (e.g., disability income, paychecks).

**Important:** Consider all sources of income. Add them to your budget and apply them to expenses, debt payments and goals.

### Set Financial Goals

After you've calculated your income and tracked your spending, think about setting financial goals (<https://credit.org/blog/financial-goals-examples/>).

Common financial goals:

- ∞ Live on your existing income
- ∞ Eliminate credit card debt
- ∞ Pay off loans
- ∞ Buy a car
- ∞ Buy a home

There are three types of financial goals:

1. **Short-term goals** can be reached in within one year (e.g., television, computer, vacation).
2. **Medium-term goals** can be reached within five years (e.g., pay off a credit card, small personal loan, save to buy a car).
3. **Long-term goals** take more than five years to achieve (e.g., save for a college education, save for retirement).

Once you've picked your goals, consider when you can complete them. Put aside money every month as savings.

## **Create a Budget**

Subtract monthly expenses (spending) from your total monthly income. If you have a negative balance, find areas to reduce or cut spending or increase your income.

50-30-20 charts ([https://credit.org/wp-content/uploads/2020/08/Budget-Allocation-Breakdown\\_FINAL.pdf](https://credit.org/wp-content/uploads/2020/08/Budget-Allocation-Breakdown_FINAL.pdf)) divide expenses into two categories: needs and wants. Wants are the first items you could cut if your budget doesn't balance (e.g., entertainment expenses, streaming services, food deliveries).

1. Strive to save as much as possible for emergencies, retirement and other goals (5% to 10%).  
Once you repay all debt, try to save as much as 20% per month.
2. Consider reducing or cutting miscellaneous expenses (e.g., clothes). Thrift stores are great places to save money on clothes and other household items.
3. Set aside 20% for credit card and other debt payments, which does not include your auto loan or mortgage. If your debt payments take up more than 20%, you may need more intensive help.
4. Talk to a coach. Credit.org has professional financial coaches to help you find the best solution for you.

**Source:** <https://credit.org/courses/budgeting101>.

### Tracking Sheet for Monthly Expenses

Use to sheet to summarize your monthly expenses. Make copies of this page as needed.

	Net Income		Income	Income	Income	Income
	Net Income	Per Week:				
Housing	Monthly Expense	Budget	Week 1	Week 2	Week 3	Week 4
	Mortgage/Rent					
	2 <sup>nd</sup> Mortgage					
	Property Taxes/12					
	Homeowner's Insurance					
	Gas & Electric					
	Water/Sewer/Garbage					
	HOA Dues					
	Telephone					
Food	Food: Dining Out					
	Groceries					
Medical	Medical					
Auto	Car Payment					
	2 <sup>nd</sup> Car Payment					
	Auto Insurance					
	DMV Registration/12					
	Gas/Oil					
	Repairs					
Family	Childcare					
	Elder Care					
	Alimony					
Taxes	Taxes					
Personal	Miscellaneous (Cable TV)					
	Personal (Cosmetics, Clothes)					
	Entertainment					
	Gifts/Contributions					
Savings	Savings					
Totals	Total Expenses					
	Total Income					
	Total Surplus					
	Total Deficit					

### Daily Expense Tracker

Date	Mortgage/ Rent	Property Taxes	Insur- ance	HOA	Gas /Electric	Telephone/ Mobile	Water/ Sewer/ Trash	Groceries	Car Payment	2 <sup>nd</sup> Car Pay-ment
1										
2										
3										
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<b>Totals</b>										

**Daily Expense Tracker (Continued)**

Date	DMV Reg- istration	Auto Insur- ance	Gas/Oil	HOA	Day Care	Child Support	Taxes	Medical	Cable TV	Savings	Misc.
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<b>Totals</b>											

## **Keep Your Anger in Check**

### **Is my anger in my control or does it make me “out of control?”**

Anger can be an adaptive reaction to what is unfair and unjust. However, all too often we let anger control us rather than us being in control of our anger.

### **Is my anger due to intolerance and narrow mindedness, thinking people should be more like me?**

At times our anger arises not from healthy reasons, but from intolerance, disgust, narrow-mindedness, and the refusal to let go of unrealistic expectations of self and others.

### **Is my thinking too “all or nothing” and extreme?**

The ability to keep our thoughts in perspective in order to combat irrational thinking is of prime importance to control anger. Thinking in black and white and extreme ways will, for sure, make you see red!

### **Am I holding onto self-righteous judgements and unrealistic “shoulds?”**

Getting rid of unrealistic “shoulds” of how you think others “should” be, as well as combatting one’s own need to be perfect, will provide the foundation for healthy thinking.

### **Do I keep in mind the long-term consequences of what I say?**

Once the words come out you can never get them back! Just like a feather pillow that is torn, once the feathers fly away you can never get them back.

### **Is my anger causing me to act aggressively?**

Resist the temptation to express anger in an aggressive way. A lot of people think anger and aggression are the same thing but they are not. Anger is a feeling, while aggression is a behavior. Feeling angry is fine, but acting aggressively is not!

### **Do I acknowledge that anger expressed aggressively leads to shame?**

Once you are no longer seeing red, most healthy people regret behaviors done and words said in anger. This leads to shame, which will then turn the anger inwards towards yourself!

### **Am I more interested in being right or being kind?**

Arguments happen because people want to be right, ignoring the importance of building relationships and being kind.



## **STOP and Pause!**

Imagine a stop sign and **STOP** and **PAUSE!** Think about what you are thinking-are they helpful thoughts?

An unhelpful thought would be, "He's an idiot."

A helpful thought you can replace it with is "I don't like his behavior but that does not mean he is worthless or an idiot. Rather, he is a person who is acting badly, but it does not mean he is a bad person."

**REMEMBER:** Don't lose control by trying to control others!

**"Whatever is begun in anger ends in shame." – Benjamin Franklin**

Carole Otash, Program Coordinator

## **Member of the Month**

Lucy DiGiovanni



Lucy has been a member of the center for 10 years. Infinity is her safe place and she enjoys coming and helping out where needed. The group she likes the most is Adult Children of Alcoholics/Dysfunctional Families, as she can relate because of everything she went through as a child growing up.

In her spare time, she enjoys being at home, playing with her kitty, watching TV and going for walks. One thing that she doesn't think people know about her is that she is a good-hearted person. Something she most admires about people is how respectful they are, how they talk to other people and their personality.



# JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Budgeting</p>	<p>2 Question of the day 9:45 Meditation 10:15 Woman's Group 11:00 Bingo 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>3 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Singing and Dancing</p>
<p>6 Question of the day 9:45 Meditation 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>7 Question of the day 9:45 Meditation 10:15 Journaling 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>8 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group <b>12:00 Community BBQ</b> <b>12:30 Community Meeting</b></p>	<p>9 Question of the day 9:45 Meditation 10:15 Woman's Group 11:00 Fun and Games 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>10 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Crafts</p>
<p>13 Question of the day 9:45 Meditation 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>14 Question of the day 9:45 Meditation 10:15 Journaling 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>15 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Making cold soup or salad</p>	<p>16 Question of the day 9:45 Meditation 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>17 Question of the day 9:45 Meditation <b>10:30 Picnic at Great Island Common</b> 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Singing and Dancing</p>
<p>20 Question of the day 9:45 Meditation 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>21 Question of the day 9:45 Meditation 10:00 NH Mental Health Peer Alliance 10:00 Journaling 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>22 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Gardening</p>	<p>23 Question of the day 9:45 Meditation 10:15 Woman's Group 11:00 Bingo 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	<p>24 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Crafts</p>
<p>27 Question of the day 9:45 Meditation 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>28 Question of the day 9:45 Meditation 10:15 Journaling 12:30 TED Talks <b>7:00 NA Meeting</b></p>	<p>29 Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Budgeting <b>5:00 Board Meeting via Zoom (Members Welcome!)</b></p>	<p>30 Question of the day 9:45 Meditation 10:15 Woman's Group 11:00 Fun and Games 1:00 Wellness Recovery Action Plan <b>6:30 NA Meeting</b></p>	

Resource Guide for Strafford County				
Resource	Organization	Address	Phone Number	
<b>Shelters:</b> Contact prior to arrival.	Home for Now	202 Washington St., Rochester	603-332-3065	
	My Friend's Place	368 Washington St., Dover	603-749-3017	
	Cross Roads House	600 Lafayette Rd., Portsmouth	2-1-1 or 603-436-2218	
<b>Homelessness Services</b>	2-1-1 NH		2-1-1	
	Coordinated Access (Shelter Referral)		603-435-2448	
	Homeless Outreach & Drop-In Center	577 Central Ave., Suite 10, Dover, <a href="http://straffordcap.org">straffordcap.org</a>	603-435-2500	
	NH Emergency Rental Assistance Program (NHERAP)	<a href="http://straffordcap.org">straffordcap.org</a>		
	Seacoast St. Outreach (ages 12-22)		603-851-1320 or 603-716-6083	
	ServiceLink	1 Wakefield St., Rochester	603-332-7398	
	Waypoint (ages 12-24)	Family Resource Center, 279 Locust St., Ste. B, Dover	603-742-5662 or 1-800-640-6486	
<b>Affordable Housing</b>	NH Emergency Rental Assistance Program	<a href="http://straffordcap.org">straffordcap.org</a>	603-435-2500	
	NH Housing Finance Authority	32 Constitution Dr., Bedford	603-472-8623	
	Integrative Housing Pilot Waitlist (People with Felony Convictions)	Infinity Peer Support Staff has Applications	<a href="mailto:CGodbout@LRMHC.org">CGodbout@LRMHC.org</a>	
	Dover Housing Authority	62 Whittier St., Dover	603-742-5804	
	Rochester Housing Authority	77 Olde Farm Ln., Rochester	603-332-4126	
	Somersworth Housing Authority	28 Franklin St., Somersworth	603-692-2357	
<b>Credit</b>	Consumer Credit Counseling Service	<a href="http://credit.org">credit.org</a>	1-800-431-8157	
<b>Food Pantries/ Meals</b>	Barrington Community Food Pantry	105C Ramsdell Ln., Barrington	603-664-0233	
	Community Action Partnership of Strafford County	577 Central Ave., Ste. 10, Dover	603-430-4237 or 603-435-2500	
	Community Food Pantry	176 West High St., Somersworth	603-692-2907	
	Comucopia Food Pantry	15 Mill Rd., Durham	603-862-1165	
	Dover Food Pantry	1 Silver St., Dover	603-749-7827	
	End 68 Hours of Hunger	33 Coe Dr., Durham	603-389-3310	
	First Congregational Church, UCC Food Pantry	63 South Main St., Rochester	603-332-1121	
	First United Methodist Church	34 South Main St., Rochester	603-332-4170	
	Gerry's Emergency Food Pantry	150 Wakefield St., Ste. 14, Rochester	603-335-0011	
	Grab & Go	Dover Transportation Center, Dover	<a href="https://www.facebook.com/DoverNHHomelessCommunityGroup">Facebook.com/Dover NH Homeless Community Group</a>	
	Grace Food Pantry	57 Wakefield St. Rochester 9 Mechanic St., Farmington	603-332-9689 603-332-9689	
	Interfaith Food Pantry	400 Main St., Farmington	603-755-4816	
	Meals 4 Kids	31 Emerson Ave., Rochester	603-436-0641	
	New Durham Food Pantry	5 Main St., New Durham	603-817-0372	
	Our Daily Bread at St. Joseph's Church	150 Central Ave., Dover	603-742-4837	
	Red's Good Vibes Food Truck	Dover Transportation Center, Dover	<a href="https://www.facebook.com/DoverNHHomelessCommunityGroup">Facebook.com/Dover NH Homeless Community Group</a>	
	Rochester Fellowship Kitchen	34 Main St., Rochester	207-200-6983	
	Seeds of Faith Food Pantry	1 Front St., Ste. 160, Rollinsford	207-475-2155	
	St. Thomas Moore Food Pantry	6 Madbury Rd., Durham	603-868-2666	
	Salvation Army	10 Olde Farm Ln., Rochester	603-332-2623	
	Seymour Osman Community Center	40 Hampshire Circle, Dover	603-749-6692	
	Strafford Nutrition & Meals-on-Wheels	25 Bartlett Av., Ste. A, Somersworth	603-692-4211	
	Third Baptist Church	30 Strafford Rd., Strafford	603-664-7750	
	We Care Food Pantry	370 White Mountain Hwy., Milton	603-923-9456	
	Wilkinson Food Pantry at Lee Congregational Church	17 Mast Rd., Lee	603-659-2861	
	<b>Clothing</b>	CERV	96 New Rochester Rd., Dover	
		First Congregational Church, UCC Food Pantry	63 South Main St., Rochester	603-332-1121
First Parish Church		218 Central Ave., Dover	603-742-5664	
Gerry's Emergency Food Pantry		150 Wakefield St., Ste. 14, Rochester	603-330-3468	
Goodwill		450 High St., Somersworth	603-343-5560	
		720 Lafayette Rd., Portsmouth	603-430-2040	
Salvation Army		28 Signal St., Rochester	603-332-2698	
Second Chance		1 Winter St., Ste. 5, Rochester	603-395-0762	
Thrift & Gift Shop		180 Rochester Hill Rd., Rochester	603-332-1376	
Trinkets & Treasures		125 Milton Rd., Rochester	603-332-8282	
<b>Employment Services</b>	Complete Labor & Staffing	314 Central Ave., Dover	603-343-2661	
	CoWorx Staffing Services	130 Central Ave., Ste. 3, Dover	603-834-6002	
	Express Personnel Services	472 High St., Somersworth	603-742-0880	
	McIntosh Staffing Resources	65 Belknap St., Ste. 6, Dover	603-742-8325	
	NH Employment Security	6 Marsh Brook Rd., Somersworth	603-749-7515	
	People Ready	517 Central Ave., Dover	603-740-0891	
<b>Domestic Violence</b>	Haven (formerly A Safe Place and SASS)	24-Hour Hotline	603-994-7233	
	NH Coalition Against Domestic & Sexual Violence	P.O. Box 353, Concord	603-224-8893	

<b>General Health</b>	Families First Healthcare Van	10 Olde Farm Ln., Rochester	1-888-922-0005
	Frisbie Memorial Hospital	11 Whitehall Rd., Rochester	603-332-5211
	Goodwin Community Health	311 Route 108, Somersworth	603-749-2346
	Wentworth-Douglass Hospital	789 Central Ave., Dover	603-742-5252
	Wentworth Health Partners	10 Members Way, Dover	603-609-6930
<b>Non-Emergency Medicaid Transportation</b>	NH DHHS (One Call)	48-Hour Notice Required	1-833-303-0653
	NH Healthy Families (MTM)	3-Day Notice Required	1-888-597-1192
	Well Sense (One Call)	48-Hour Notice Required	1-844-909-7433
	AmeriHealth Caritas NH (CTS)	48-Hour Notice Required	1-833-301-2264
	TTY Services and Hearing Impaired		7-1-1, 1-800-735-2964
	Family & Friends Mileage Reimbursement	Advance Approval Required	NH DHHS 1-833-303-0653 NH Healthy Families 1-888-597-1192 Well Sense 1-844-909-7433 AmeriHealth Caritas NH 1-833-301-2264
<b>Transportation</b>	Alliance for Community Transportation	42 Sumner Drive, Dover	603-743-5777 x120
	COAST	42 Sumner Drive, Dover	603-743-5777
	MyRideNH	myridenh.com	603-335-7433
	TripLink	triplink@communityrides.org	603-843-6010
<b>Driver Intervention Programs for DUI/DWI</b>	Alcohol Program	onlinealcoholclass.com	
	Amethyst Foundation	120 Hedding Rd., Epping	603-679-2100
	Community Alcohol Information Program	119 North Main St., Boscaawen, nhdwi-caip.com	603-753-8181
<b>Mobile Phones &amp; Mobile Phone Service for Medicaid Recipients</b>	AmeriHealth Caritas NH	Must provide Name, Date-of-Birth, Medicaid Number and potentially ID.	603-493-0311 (Gina)
	NH Healthy Families		603-263-7208 (Jo Ann)
	Well Sense		603-540-1223/603-263-3084 (Jenny)
	Assurance Wireless	assurancewireless.com	\$0 to \$9.95/mo. to those qualified
	QLink Wireless	qlinkwireless.com	\$0+/mo. to those qualified
	Safelink Wireless	safelinkwireless.com	\$0+/mo. to those qualified
ServiceLink Wireless	servicelinkwireless.com	\$0+/mo. to those qualified	
<b>Mental Health</b>	Community Partners	50 Chestnut St., Dover & 25 Old Dover Rd., Rochester	603-516-9300
	Goodwin Community Health	311 Route 108, Somersworth	603-749-2346
	Great Bay Mental Health Associates	35 Second St., Dover	603-742-9200
	Infinity Peer Support	55 Summer St., Rochester	603-948-1036
	National Alliance on Mental Illness NH	85 N. State St., Concord	603-225-5359
	Salmon Falls Behavioral Health	1 Old Dover Rd., Rochester, salmonfallsbehavioralhealth.com	603-335-2444
<b>Warm Lines &amp; Hot Lines</b>	Peer Warmline	544 Islington St., Portsmouth	603-427-6966 or 1-800-809-6262
	Suicide Prevention Hotline		1-800-273-TALK
	Veteran Crisis Hotline		1-800-273-TALK
<b>Substance Use Disorder</b>	The Doorway	798 Central Ave., Dover	2-1-1
	Better Life Partners (Suboxone Counseling)	44 South Main St., Suite 2, Hanover	1-866-679-0831
	Hope on Haven Hill	158 Route 108, Somersworth	603-841-5353
	SOS Recovery Community Organization	4 Broadway, Dover & 14 Signal St., Rochester	603-841-2350
	Southeastern NH Services	272 County Farm Rd., Dover	603-516-8160
	Turning Point Halfway House		
<b>Harm Reduction</b>	Hand Up Health Services	5 Hale St., Dover Signal St. & Olde Farm Ln., Rochester 84 Elm St., Somersworth	207-370-7187
	NH Harm Reduction Coalition	Rochester	603-534-0932
	Bureau of Elder & Adult Services	Concord	603-271-7014 or 1-800-949-0470
	Child Protective Services	Concord	603-271-6562 or 1-800-894-5533
<b>Child &amp; Elderly Services</b>	ServiceLink	25 Old Dover Rd., Rochester	603-332-7398 or 1-866-634-9412
	Strafford County Head Start	577 Central Ave., Dover	603-652-0990
	Women, Infants & Children (WIC)		1-800-942-4321
	Dover Adult Learning Center of Strafford County	61 Locust St., Dover 63 South Main St., Rochester	603-742-1030 603-335-6200
	Dover Center for Health & Rehabilitation	307 Plaza Dr., Dover	603-742-2676
<b>Educational Opportunities</b>	Empire Beauty School	456 High St., Somersworth	603-842-6192
	Great Bay Community College	5 Milton Rd., Unit 32, Rochester	603-427-7600 or 1-800-522-1194
	Birth Certificate	31 Wakefield St., Rochester	603-332-1167
	Driver's License/Non-Driver ID	50 Boston Harbor Rd., Dover	603-227-4000
	Food Stamps	150 Wakefield St., Rochester	1-800-852-3345 ext. 4238
	Home Base (Veteran Support & Recovery)		617-724-5205
	603 Legal Aid	93 North State St., Ste. 200, Concord	1-800-639-5290 or 603-224-3333
	Disability Rights Center	64 Main St., Ste. 2, 3 <sup>rd</sup> Floor, Concord	1-800-834-1721 V/TTY or 603-228-0432
	NH Legal Assistance	117 N. State St., Concord	603-224-1407
	NH Department of Health & Human Services	150 Wakefield St., Rochester	1-800-862-5300
<b>Government Documents, Programs &amp; Legal Assistance</b>	Social Security Administration	80 Daniel St., Portsmouth	1-888-397-9796 (local) or 1-800-772-1213 (national) FAX 1-833-950-3589
	Barrington	333 Calef Hwy., P.O. Box 660, Barrington	603-664-0155, 603-396-4469, 603-862-1392

<b>Welfare Offices</b>  Infinity Peer Support Revision 11 (Updated with Community Action Partnership Information) 05/18/2022	Dover	61 Locust St., Dover	603-516-6500
	Durham	15 Newmarket Rd., Durham	603-868-8043
	Farmington	356 Main St., Farmington	603-755-3100
	Lee	249 Calef Hwy., Lee	603-969-8251
	Madbury	13 Town Hall Rd., Madbury	603-742-5131
	Middleton	182 Kings Hwy., Middleton	603-473-5230
	Milton	424 White Mountain Hwy., P.O. Box 310, Milton	603-403-2320
	New Durham	4 Main St., P.O. Box 207, New Durham	603-859-2091 ext. 2
	Rochester	31 Wakefield St., Ste. 3, Rochester	603-332-3505
	Rollinsford	667 Main St., P.O. Box 309, Rollinsford	603-534-1049
	Somersworth	157 Main St., Somersworth	603-692-9509
Strafford	12 Mountain View Dr., P.O. Box 23, Strafford	603-664-2192 ext. 108	

### **Infinity Peer Support Location and Contact**

55 Summer Street, Rochester, NH 03867 • **Phone:** 603-948-1036 or 603-948-1048

[info@infinitypeersupport.org](mailto:info@infinitypeersupport.org)

[www.infinitypeersupport.org](http://www.infinitypeersupport.org)

**Limited Transportation in June and July:** Call 603-948-1036

**Business Hours:** Monday—Friday (In-Person) 8 AM—5 PM, Tuesday, 8-4

Providing a non-medical approach to mental health wellness and recovery for adults 18 years of age and older who reside in Strafford County.

**All services are free-of-charge.**

**To receive our calendar and newsletter,** call (603) 948-1036 or email us at [info@infinitypeersupport.org](mailto:info@infinitypeersupport.org). Visit our website at [www.infinitypeersupport.org](http://www.infinitypeersupport.org) for more information.

### **Infinity Peer Support Mission Statement**

Mission Statement: Our members are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

### **Warmlines**

Warmlines are located all over the State of NH. These telephone lines are staffed by peers and provide support to people who are struggling to cope. **You do not have to be in a crisis to contact warmlines.**

**To be on a Warmlines' Outreach Call List,** call Infinity Peer Support at 603-948-1036.

**Alternative Life Center,** Conway, NH: 1-866-447-1765, Every Day: 5 PM—9 PM

**Connections Peer Support Center,** Portsmouth, NH: 603-427-6966, 1-800-809-6262, Every Day: 5 PM—10 PM

**CornerBridge,** Laconia, NH: 1-800-306-4334, Every Day: 5 PM—10 PM

**Monadnock Peer Support,** Keene, NH: 1-866-352-5093, Every Day: 5 PM—10 PM

**Stepping Stone,** Claremont, NH: 1-888-582-0920, Sun., Mon., Wed: 4 PM—9 PM, Tues., Thurs., Fri., Sat.: 4 PM—8 PM

### **Helpful Phone Numbers**

Suicide Prevention Lifeline: 1-800-273-TALK

Bipolar Support Group: (603) 431-6703 x 3167 (Diane Cyr)

Sexual Assault Hotline: 1-800-277-5570

Domestic Violence Hotline: 1-866-644-3574

### **Peer Respite**

Due to COVID-19, some peer respites are operating at reduced capacity or are shut down.

**H.E.A.R.T.S. Peer Support Center,** Nashua, NH: (603) 864-8769 or (603) 882-8400

**Monadnock Peer Support,** Keene, NH: (603) 352-5093 or (866) 352-5093

**Stepping Stone,** Claremont, NH: (603) 543-1388 or (888) 582-0920

### **Vaccine Update**

Visit [vaccines.nh.gov](http://vaccines.nh.gov) for more information about vaccines: qualification and registration. You have to register before you can be scheduled for a vaccination date and time. If you do not have a medical provider, call 2-1-1 for more information.

### **Rochester Fixed Vaccination Site: No Appointment Needed. Walk-Ins Welcome.**

Spaulding Commons, 306 North Main Street, Rochester, NH 03867. Open Monday through Friday 10 am to 7 pm and Saturdays 9 am to 2 pm.

### **COVID-19 Testing**

If you would like to be tested for COVID-19, call your medical provider, call Convenient MD at 1-822-263-0131, register at [https://prd.blogs.nh.gov/dos/hsem/?/page\\_id=8479](https://prd.blogs.nh.gov/dos/hsem/?/page_id=8479) or call 603-271-5980.

**Community Action Partnership of Strafford County** – 603-435-2500 – Help with food, shelter, jobs, healthcare, fuel & electrical assistance.

**Information Referral – Call 2-1-1** or 866-444-4211 – 24 hours per day.

**NH Legal Aid** – The Centers for Disease Control extended the eviction ban until January 31, 2021. Visit [nhlegalaid.org](http://nhlegalaid.org) or call 800-639-5290 for more information.

**Seacoast Street Outreach (ages 12 to 22)** – 603-851-1320 or 603-716-6083

**Shelter Referral via Coordinated Access** – 603-435-2448

Call first and they will attempt to locate shelter in the area. May need to leave number and wait for call back.

### **Additional Services**

Bureau of Elderly & Adult Services: If you suspect an elder or adult needs help, call 1-800-949-0470 or 603-271-7014.

**Peer Substance Use Disorder Support:** SOS Recovery Community, located at 4 Broadway in Dover, 603-841-2350, ext. 2 and are located at 14 Signal Street in Rochester, 603-841-2350, ext. 1.

### **Hand Up Syringe Exchange Service**

- Mondays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.
- Tuesdays, 5 to 6 pm, St. Thomas Church, Dover, NH.
- Wednesdays, 6 to 7 pm, Elm Street, Somersworth, NH.
- Fridays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.

### **Transportation**

COAST Bus (New Schedule): (603) 743-5777. If you need bus tickets for wellness appointments or court obligations, visit Infinity Peer Support.