

Teen Life Line

[TeenLine](#)

CALL: 310-855-4673

TEXT: TEEN to 839863

TEEN LINE is a nonprofit, community-based organization helping troubled teenagers address their problems. It is our mission to provide personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies and community outreach.

[Crisis Text Line](#)

TEXT: HOME to 741741

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the US to connect with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

[New Hampshire Department of Health and Human Services](#)

Description: Bureau of Drug and Alcohol Services – Provides prevention, treatment and recovery information.

603-271-6110

800-804-0909

[RAINN \(Rape, Abuse & Incest National Network\)](#)

800-565-HOPE (4673)

RAINN partners with more than 1,000 local sexual assault service providers across the country that can provide support in your local community.

[It Gets Better Project](#)

The It Gets Better Project envisions a world where all LGBTQ+ youth are free to live equally and know their worthiness and power as individuals by sharing stories and enabling you to help others.

[TeensHealth.org](#)

A nonprofit children's health system that aims to give you the tools and confidence to make the best health choices.

[Stop Bullying](#)

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

[Suicide Hotline](#)

1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

The website has more specific resources.

Teen Volunteer Opportunities

[Boys & Girls Club of Greater Nashua](#)

Minimum age: 13

603-883-0523

bcosgrove@bgcn.com

[End 68 Hours of Hunger](#)

Minimum age: 7

412-423-6368

nashua@end68hoursofhunger.org

[UpReach](#)

Minimum age: 14

603-497-2343

[Home Health and Hospice](#)

Minimum age: 15

(603) 882-2941

email from webpage: <https://www.hhhc.org/contact-us/>

Teens are required to go through a total of 33 hours of training before volunteering.

[Humane Society for Greater Nashua](#)

Minimum age: 16

(603) 889-2275 ext. 35

chuck@hsfn.org

Subscribe to the newsletter to stay current on events as off-site fundraising accepts younger volunteers. <http://www.hsfm.org/get-involved/sign-up-for-our-newsletter/>

[Hunt Community](#)

Minimum age: 14

603-589-4152 ext. 5894152

mrnyan@huntcommunity.org

[Merrimack Town Offices](#)

(603)424-2331

[Nashua Soup Kitchen](#)

Minimum age: 14

(603)-889-7770 ext. 121

carol@nssk.org

[New Horizons](#)

Under 16 must be accompanied by a parent