

Newmarket Community Notes

New Year, New Way To Give: The Hope Community Church Wish List

Help Stock the Pantry! Hope Community Church has launched a new **Amazon Wish List** to better serve Newmarket and Newfields families.

- **High-Priority Needs:** Staple food items, soap, shampoo, and deodorant.
- **Why it matters:** These are essential items often unavailable through regional food banks.
- **Shop here:** <https://a.co/iUDs2xM>

137 Main St. Newmarket, NH | NewmarketChurch.org



**WE HAVE A NEW
AMAZON WISH LIST FOR
THE FOOD PANTRY !**

To support our Newmarket and Newfields families, please consider a donation from our new **Amazon Wish List!**

The list contains high-priority staple food items that we can not purchase at the NH Food Bank and other personal items like soap, deodorant and shampoo.

SHOP THE NEW LIST FROM THIS LINK OR VISIT OUR WEBSITE:

<https://a.co/iUDs2xM>

your donations make a huge difference!

NEWMARKETCHURCH.ORG | 137 MAIN ST. NEWMARKET, NH

A Year of History, A Future of Memories: Happy New Year from the Stone School Museum

The Newmarket Historical Society and the Stone School Museum have had a very busy year in 2025. We will be releasing our 2026 calendar of events soon. In the meantime, we hope you enjoy cozy gatherings with family and friends and good cheer in the coming year!

<https://nhnmhs.com/>

You're Not Alone This Holiday Season

The holiday season can be a beautiful time, but it also comes with its own set of challenges, like family gatherings, financial pressures, and the pressure to create the perfect celebration. It's perfectly normal to feel a bit lonely, sad, or stressed when reality doesn't quite match the picture-perfect images we see.

Remember, if you or someone you know is facing difficulties with mental health, substance use, or thoughts of suicide during this time, you are **not alone**. **Support is available right now.** The **988 Suicide & Crisis Lifeline** offers free, confidential assistance to everyone, 24 hours a day, 7 days a week.

The holidays can bring more than just mental health challenges. If you need support with housing, safety, or substance use, there are resources ready to help you. **For a comprehensive, confidential guide to finding food, shelter, heating assistance, and other community services, simply call 211 in New Hampshire.**

If you or someone you know is experiencing domestic violence, sexual assault, or stalking, the NH Statewide Hotline is here for you, **offering 24/7 confidential support at 1-866-644-3574.**

Please know that you are not alone, and there is help available for whatever you're going through.



You Are Not Alone This Holiday Season.
Help and Hope are Just a Call Away

988
Suicide & Crisis Lifeline

Any crisis: Whether you are feeling overwhelmed, isolated, or are dealing with a mental health or substance use crisis, you do not need to be in a suicide crisis to call.

Simple Access: Just three numbers, like 911, making it easy to remember when you need help the most.

Confidential Support: Calling, texting, or chatting 988 connects you with a trained, compassionate counselor who understands and listens without judgment.

NH Rapid Response Access Point
1-833-710-6477

Additional NH Resources (24/7)

 Substance Use & Recovery • The Doorway: Call 211 • SAMSSA National Helpline: 1-800-662-HELP (4357)	 Domestic & Sexual Violence • NH Statewide Hotline: 1-866-644-3574	 General Assistance & Community Needs • 211 New Hampshire: Call 211 • Crisis Text Line: Text HOME to 741741 • Veterans Crisis Line: Call 988, Press 1
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