



## Central CT Resource Guide: Support during COVID-19

**Dial 2-1-1** from anywhere in CT and you will reach a highly-trained professional who will assess your needs and provide referrals to resources in your community.

### COVID-19 INFORMATION

Call 2-1-1 with general questions about COVID-19. Visit [portal.ct.gov/coronavirus](https://portal.ct.gov/coronavirus) for up-to-date CT COVID-19 information. For medical questions or for COVID-19 testing call your primary care physician.

### DEPARTMENT OF SOCIAL SERVICES

DSS coordinates many benefit programs, such as SNAP (money for food), Medicaid/Husky (health insurance), and TFA (cash assistance) to income eligible households/ individuals.

#### Northern Region

Hartford: 860.723.1000  
Manchester: 860.647.1441  
New Britain: 860.612.3400  
Willimantic: 860.465.3500

#### Southern Region

Middletown: 860.704.3100  
New Haven: 203.974.8000  
Norwich: 860.823.5000

#### Western Region

Bridgeport: 203.551.2700  
Danbury: 203.207.8900  
Stamford: 203.251.9300  
Torrington: 860.496.6900  
Waterbury: 203.597.4000

Visit the website to learn more or apply: <https://www.connect.ct.gov/access/jsp/access/Home.jsp>

### UTILITY ASSISTANCE

The **Connecticut Energy Assistance Program** helps offset the winter heating costs of CT's lower income households. Contact your community action agency for more information:

Greater Hartford: 860.560.5800  
Greater Middletown: 860.347.4465  
New Britain/Bristol: 860.356.2000

**For the time being, CT officials have banned utilities from shutting off electric, natural gas, and water as a result of COVID-19.**

### FOOD

Mobile food pantry programs offer multiple locations where produce and pantry items can be picked up.

#### Foodshare

Schedule of locations at [www.foodshare.org](http://www.foodshare.org) or Text FOODSHARE to 85511 for times and locations.

#### CT Foodbank

Visit [www.ctfoodbank.org](http://www.ctfoodbank.org) or call 203.741.9751

#### Supplemental Nutrition Assistance Program (SNAP)

provides money each month to income eligible households to purchase food. Call your local DSS office or visit the DSS website for more information and to apply. If you have questions about SNAP or need help applying, call End Hunger Connecticut! at 866.974.7627 or visit [www.endhungerct.org/snap/](http://www.endhungerct.org/snap/).

*Assistance is available in English and Spanish.*

**Meals** are being provided free of charge to children 18 years and under while schools are out at sites across CT. Check with your local school district for meal information before the summer months.

Hartford Locations (present-summer): [www.hartfordschools.org/understanding-coronavirus/](http://www.hartfordschools.org/understanding-coronavirus/)

To find a summer meals site close to you, text CTmeals to 877877, call 211, or visit [www.CTSummerMeals.org](http://www.CTSummerMeals.org).

#### The Women, Infants, and Children Program (WIC)

is a supplemental nutrition program that provides women and their young children with nutrition education and nutritious foods. Contact a local WIC office to schedule an intake:

Hartford: 860.757.4780  
East Hartford: 860.528.1458 #1  
New Britain: 860.225.8695  
Middletown: 860.358.4070

### HEALTH INSURANCE

**Husky/Medicaid** (Title XIX) can pay for health care for low income CT residents. Call your local DSS office or visit the DSS website for more information and to apply.

**Access Health CT** is a health insurance marketplace that helps CT residents understand their health insurance options. Visit the website to learn more: [www.accesshealthct.com](http://www.accesshealthct.com)

## HOUSING/SHELTERS

You must call 211 in order to get into a shelter. Select Option 3, then 1.

A number of provisions have been put in place to protect renters and homeowners impacted by COVID-19. Visit [portal.ct.gov/coronavirus](http://portal.ct.gov/coronavirus) for up-to-date information.

## MENTAL HEALTH/ADDICTION

The following organizations provide behavioral and mental health services for adults and children, including diagnostic evaluations, medication management, individual, group and family therapy, coordination of care, recovery support, and referrals. Most providers are currently offering virtual sessions.

### Community Health Resources

Call 1.877.884.3571 to schedule an intake (many locations in central CT)

### Intercommunity

Call 860.569.5900 to schedule an intake (many locations in central CT)

### Hartford Behavioral Health

Call 860.548.0101 ext.354 to schedule an intake (multiple Hartford locations)

### Community Mental Health Affiliates

Call the numbers below to schedule an intake:

New Britain: 860.223.2778  
Torrington: 860.482.8561  
Waterbury: 203.596.9724

### Charis Network

A group of local Christian professional counselors. Visit the website to learn more: [www.charisnetworkct.org](http://www.charisnetworkct.org)

### Need Immediate Support?

Mental health crisis intervention services are provided by teams of mental health workers who intervene in situations where an individual's mental or emotional condition constitutes an imminent danger to him or herself, or to another person. Mobile crisis teams visit people in their homes or community sites. Dial 211 and ask for Emergency Mobile Psychiatric Services.

If you or a loved one are not safe or are considering suicide, call 911 immediately or visit the nearest emergency room.

## CT Coalition Against Domestic

**Violence** offers confidential, safe, and free support 24 hours per day, 7 days per week as well as connection to services across the state. Call the statewide hotline to learn more.

1.888.774.2900 (English)  
1.844.831.9200 (Spanish)

## Connecticut Alliance to End Sexual

**Violence** offers confidential, safe, and free support 24 hours per day, 7 days per week as well as connection to services across the state. Call the statewide hotline to learn more.

1.888.999.5545 (English)  
1.888.568.8332 (Spanish)

## EMPLOYMENT ASSISTANCE

**American Job Centers** offer no-cost services to jobseekers and employers in convenient locations throughout the state:

Hartford: 3580 Main Street  
860.256.3700

Manchester: 893 Main Street  
860.643.2222

New Britain: 260 Lafayette Street  
860.899.3500

Middletown: 272 South Main Street  
860.347.7691

## UNEMPLOYMENT

**Unemployment Benefits** are offered through the Department of Labor.

Visit the website for more information and to apply:

<http://www.ctdol.state.ct.us/UI-Online/index.htm>

**COBRA**, which stands for Consolidated Omnibus Budget Reconciliation Act, ensures that employees and their families can maintain health insurance after job loss or a qualifying event for a fee. Notify your insurance company that a qualifying event occurred and your insurance company will provide you with an insurance election notice.

## SENIORS

**CHOICES** helps CT's seniors and individuals with disabilities understand their Medicare coverage and healthcare options and connect to needed supports.

Toll free within CT: 1.800.994.9422  
Shoreline: 860.887.3561  
North Central: 860.724.6443  
South Central: 203.785.8533  
Southwestern: 203.333.9288  
Western: 203.757.5449

**MyPlaceCT.org** is a free web-based resource designed to help older adults live at home or in the community with optimal independence, health, and wellbeing.

## CHILD CARE/CHILD DEVELOPMENT

**Care 4 Kids** is a CT program that helps income eligible families pay their childcare expenses.

1.888.214.KIDS  
[www.ctcare4kids.com](http://www.ctcare4kids.com)

**211 Child Care** helps families find child care to best meet their needs and maintains current listings of licensed and license exempt child care programs in CT.

[www.211childcare.org](http://www.211childcare.org)

### Child Development Infoline (CDI)

*Do you have questions or concerns about your child's development or your pregnancy?*

CDI supports children's healthy growth and development starting from pregnancy. Care Coordinators are available Monday through Friday from 8am-6pm to answer any questions you have about your child and connect you to supportive programs in the community.  
1.800.505.7000

## LEGAL

Greater Hartford Legal Aid, Inc. and Statewide Legal Services of CT, Inc are available to answer COVID-19 related questions and is free to low-income residents.

Greater Hartford: 860.541.5070  
Statewide: 1.800.453.3320