



CT Resource Guide

211 UNITED WAY

Dial 211 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. Or visit the United Way website at www.211ct.org.

COVID-19

Visit portal.ct.gov/coronavirus for up-to-date state COVID-19 information, including numbers of confirmed cases, reopening guidance, executive orders, and general information.

For the most up-to-date information regarding **COVID-19 testing sites and vaccine clinics**, including locations and hours of operation, visit the United Way 211 website at www.211ct.org and scroll down to the COVID-19 section. Tests and vaccines are available at no charge to the public.

UTILITIES

The Connecticut Energy Assistance Program helps offset the winter heating costs of CT's lower income households. All services are offered through one of CT's community action agencies. For further information call 860.560.5800

Find your town's community action agency at www.cafca.org/agencies/

Lifeline is a program that helps make telephone and internet service more affordable for low-income customers by offering a monthly discount on service for eligible subscribers. You can participate in Lifeline if your

income is 135% or less than the federal poverty guidelines or if you (or someone in your household) participates in one of these federal assistance programs: Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA), or Veterans Pension and Survivors Benefit. To learn more, apply, and find a participating service provider near you, visit www.lifelinesupport.org.

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 or Access Health CT 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 and sign-up: www.accesshealthct.com

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 and 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>

FOOD

Mobile food pantry programs offer multiple locations where produce and pantry items can be picked up. **Foodshare's** schedule can be accessed at www.foodshare.org or text FOODSHARE to 85511 for times and locations.

The Summer Meals Program for Children and Youth provides free meals during the summer at sites across CT. To find a Summer Meals site close to you, text CTmeals to 877877, call 211, or visit www.CTSummerMeals.org.

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 Foodshare's SNAP Outreach Team at 860-286-9999 ext. 104 to set up a time to complete an application over the phone. Or call End Hunger Connecticut! at 866.974.7627 or visit www.endhungerct.org/snap/. Assistance is available in English and Spanish.

The Women, Infants, and Children Program (WIC) is an income-based 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

To find the nearest WIC office visit portal.ct.gov/DPH/WIC/Find-a-Local-Agency

HOUSING/SHELTERS

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

MENTAL HEALTH & ADDICTION

The following organizations provide diagnostic evaluations, medication management, individual, group and family counseling and recovery support. Most providers are currently offering virtual sessions.

Community Health Resources

Call 1.877.884.3571 to schedule an intake (many locations in central CT) or visit chrhealth.org

Intercommunity

Call 860.569.5900 to schedule an intake (many locations in central CT) or visit intercommunityct.org

Community Mental Health Affiliates

Call the numbers below to schedule an intake or visit cmhacc.org:

New Britain: 860.223.2778
Torrington: 860.482.8561
Waterbury: 203.596.9724

Community Health Center Inc.

Call 860.347.6971 to schedule an intake or visit chc1.com. Located at
675 Main Street
Middletown, CT

United Community and Family Services

Call for an intake or visit the website at ucfs.org

New London: 860.442.4319
Colchester: 860.537.7676

Mobile Crisis

Dial 211 and ask for Emergency Mobile Psychiatric Services. Mobile crisis teams will come to you at your home to offer in-person crisis support.

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

Wheeler Helpline offers crisis phone counseling, suicide intervention, and referrals to sources of help, 24/7. Call 860.747.3434.

CT Coalition Against Domestic Violence

Call the statewide hotline or visit ctcadv.org.

1.888.774.2900 (English)
1.844.831.9200 (Spanish)

CT Alliance to End Sexual Violence

Call the statewide hotline or visit endsexualviolencect.org 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, 60 Lafayette Street
860.899.3500

Middletown, 272 South Main St.
860.347.7691

For detailed information and a full list of locations visit,

www.ctdol.state.ct.us/JobCenterCT

Unemployment Benefits are offered through the Department of Labor.

Visit the website for more information and to apply:

<http://www.ctdol.state.ct.us/>

For assistance, CT DOL can be contacted via email at dol.webhelp@ct.gov or phone at 860.263.6975, 203.455.2653, 860.263.6974 or 203.455.2650 from 8am

to 4pm Monday through Friday for general information concerning unemployment benefits.

FINANCIAL COACHING

TrustPlus is a free virtual or telephone financial coaching program that helps people with debt, budgeting, loans and everyday money management. Visit go.neighborhoodtrust.org/8w57 and click the "Sign Up" button.

SENIORS

CHOICES helps CT's seniors and individuals with disabilities understand their Medicare coverage and connects them to needed community programs.

Toll free in 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.

CHILDCARE

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

1.888.214.KIDS
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

LEGAL

Greater Hartford Legal Aid, Inc. and **Statewide Legal Services of CT, Inc** are available to answer legal questions and both are free to low-income residents.

Greater Hartford: 860.541.5070
www.ghla.org
Statewide: 1.800.453.3320
www.slscct.org

Modified May 2021, available at urbanalliance.com