



## CT Resource Guide: Support during COVID-19

### 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](http://www.211ct.org).

### COVID-19

Visit [portal.ct.gov/coronavirus](http://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**, including locations and hours of operation, visit the United Way 211 website at [www.211ct.org](http://www.211ct.org) and click COVID-19 Information and COVID-19 Diagnostic Testing. Testing is available at no charge to the public.

### COVID-19 Hotlines

Call a COVID-19 hotlines with questions or to schedule a test:

*Hartford Healthcare:* 860.972.8100  
*Yale New Haven Health:* 833.275.9644  
*Bristol Hospital:* 860.261.6855  
*Stamford Health:* 203.276.4111

### 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/](http://www.cafca.org/agencies/)

### 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](http://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

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

**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/](http://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](http://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.

The **Temporary Rental Housing Assistance Program** (TRHAP) offers assistance to renters to prevent eviction. The **Temporary Mortgage Assistance Program** (T-MAP) offers assistance to low/moderate income households who are struggling to pay their mortgages due to the impact of the COVID-19. To determine if you qualify for (TRHAP) or (T-MAP) call 860.785.3111.

## 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](http://chrhealth.org)

### Intercommunity

Call 860.569.5900 to schedule an intake (many locations in central CT) or visit [intercommunityct.org](http://intercommunityct.org)

### Community Mental Health Affiliates

Call the numbers below to schedule an intake or visit [cmhacc.org](http://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](http://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](http://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](http://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](http://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](http://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/UIOnLine/index.htm>

*For assistance, CT DOL can be contacted via email at [dol.webhelp@ct.gov](mailto: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](http://go.neighborhoodtrust.org/8w57), click the button "Sign Up" and select the coach you prefer.

## SENIORS

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

*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.

## CHILDCARE

**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)

## 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](http://www.ghla.org)

*Statewide:* 1.800.453.3320

[slsct.org](http://slsct.org)