

COVID-19 Response Resident Resources and Information

Governor Lamont's State of CT COVID-19 updates: <https://portal.ct.gov/Coronavirus>

Federal Coronavirus Aid, Relief, and Economic Security (CARES) Act:
<https://home.treasury.gov/policy-issues/cares>

211: Dial 211 or text CTCOVID to 898211CT Supplemental Nutrition Assistance Program (SNAP, fka Food Stamps):
<https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP>

CDC: www.cdc.gov

CT Department of Public Health: <https://portal.ct.gov/dph>

CT Mobile Vaccine Clinics: <https://portal.ct.gov/vaccine-portal/DPH-van-clinics> For up to date Mobile COVID-19 Vaccination clinics - this link is updated daily to reflect the Mobile van schedule, so you might want to always visit the website daily for the up to date schedule.

CT Reasonable Accommodations/Modifications for Vaccines:
<https://www.disrightsct.org/covid19> People with disabilities can get needed reasonable accommodations/modifications to get the COVID-19 vaccines and/or obtain information about receiving the COVID-19 vaccine.

You may also reach out to the ADA Coalition of CT at adacoalitionct@gmail.com.

Utilities:

Eversource: <https://www.eversource.com/content/ct-c>
and <https://www.eversource.com/content/ct-c/residential/safety/protect-yourself/responding-to-covid-19>

United Illuminating: <https://www.uinet.com/>

Connecticut Natural Gas: <https://www.cngcorp.com>
Propane-work with your provider

Renter's Relief-see Governor Lamont's COVID-19 website and work with your landlord

Eviction Relief-see Governor Lamont's COVID-19 website

CT Commission on Human Rights and Opportunities Fair Housing Unit: 860-541-3403
www.ct.gov/chro All services are at no cost

CT Fair Housing Center: www.ctfairhousing.org

Intake Line: 860-247-4400 or 888-247-4401

Request Rent Recalculation (for those with rent based on income):
<https://ctfairhousing.org/rent>

CT Legal Services: (Bridgeport, Stamford, Waterbury, New Britain, Willimantic, New London)

<https://ctlegal.org>

Disability Letter Generator: <https://www.ctfairhousing.org/raletters>

Legal Services: Serves low-income persons on civil legal matters

Statewide Legal Services: Advice and Referral 800-453-3320 or www.slsct.org

New Haven Legal Assistance Association: <https://nhlegal.org>

Greater Hartford Legal Services: <https://www.ghla.org>

Property (Car) Taxes: see Governor Lamont's COVID-19 website and work with your local tax collector

Insurance premiums and coverage (auto, health, home)-see Governor Lamont's COVID-19 website and work with your agents/providers

Health Insurance

Access Health Special Enrollment Period-Individuals who lose their coverage due to qualifying life events may be eligible for a special enrollment window to get healthcare through Access Health CT as an alternative to COBRA 1- 855-392-2428 or www.AccessHealthCT.com

Current Health Insurance Premiums/Payments - see Governor Lamont's COVID-19 website above and work with your provider

Unemployment Compensation Insurance: see Governor Lamont's COVID-19 and CARES Act websites <http://www.ctdol.state.ct.us/UI-online/Index.htm>

Stay connected with others via phone support:

CT Department of Mental Health and Addiction Services (DMHAS) Warm line: <https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines>

JoinRiseBe Statewide Young Adult Warmline Initiative: 1-855-6HOPENOW 12-9pm Daily

Advocacy Unlimited Phone Based Peer Support: 888-770-4478 M-F 9am-5pm
Substance Abuse and Mental Health Services Administration's (SAMHSA) free 24-hour Disaster Distress Helpline: 1-800-985-5990 if lonely or need support

In The Rooms: www.InTheRooms.com online recovery, wellness, spiritual, etc.

Friendship Line:

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

The **Friendship Line** at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older adults and adults living with a disability. Call the **Friendship Line** anytime, day or night, 7-days a week at 1-800-971-0016 and introduce yourself to one of our staff members or volunteers.

Meetings

NAMI-CT: <https://namict.org/find-support/support-groups/>

CT's Crisis Supports 24/7 Hotlines:

Mobile psychiatric crisis: Dial 211, option 1

Kids in Crisis: 203-327-KIDS

Dial 911 and ask for Crisis Intervention Team (CIT) officer

Center for Sexual Assault hotline: 888-999-5545

Domestic Violence Hotline: 888-774-2900

Substance Use Access Line: 800-563-4086

Problem Gambling Helpline: 888-789-7777

Smoking QuitLine: 800-QUITNOW

Veterans Crisis Line: 1-800-273-8255, Press 1

National Crisis Supports 24/7 Hotlines:

Crisis Text Line: Send text to 741741

Suicide Lifeline: 800-273-TALK(8255)