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): 

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

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

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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.

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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)