

---

## 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>

**Medicare and Coronavirus:** <https://www.medicare.gov/medicare-coronavirus>

**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:** <https://www.cdc.gov/>

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

### **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 web page](#) and work with your landlord

**Eviction Relief:** see [Governor Lamont's COVID-19 web page](#)

**CT Commission on Human Rights and Opportunities Fair Housing Unit:** 1-860-541-3403  
<https://www.ct.gov/chro/site/default.asp> All services are at no cost.

**CT Fair Housing Center:** [www.ctfairhousing.org](http://www.ctfairhousing.org)

**Intake Line:** 1-860-247-4400 or 1-888-247-4401

**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](http://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 web page](#) and work with your local tax collector

**Insurance premiums and coverage (auto, health, home):** see [Governor Lamont's COVID-19 web page](#) 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](http://www.AccessHealthCT.com)

**Current Health Insurance Premiums/Payments:** see [Governor Lamont's COVID-19 web page](#) and work with your provider

**Unemployment Compensation Insurance:** see [Governor Lamont's COVID-19 web page](#) and CARES Act web page <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:** 1-888-770-4478 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](http://www.InTheRooms.com) online recovery, wellness, spiritual, etc. 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:** 1-203-327-KIDS

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

**Center for Sexual Assault Hotline:** 1-888-999-5545

**Domestic Violence Hotline:** 1-888-774-2900

**Substance Use Access Line:** 1-800-563-4086

**Problem Gambling Helpline:** 1-888-789-7777

**Smoking Quitline:** 1-800-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:** 1-800-273-TALK(8255)