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):  

CDC:  https://www.cdc.gov/

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

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 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
  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
  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

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 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)