

16. SURPLUS FOOD DISTRIBUTION AND

FOOD BANKS:

For information on the agency in your area call: Infoline at: **211**
Gemma E. Moran United Way Labor Food Center: **860-444-8050**
Mobile Food Pantry Program Dist. Stops:
Call Infoline: **211**

17. ADDITIONAL INFORMATION: Child support and alimony payments — Contact the Clerk of Court or anyone you are directly involved with. Write a note stating you are out of work and cannot fulfill your obligation for the time being. Do not ignore this type of obligation. Contact your local church officials who sometimes have Hardship Funds available for parishioners in need.

18. FAMILY COUNSELING: During times of unemployment, or whatever the cause may be, stressful situations can become difficult to deal with. Private and family problems can magnify and your family life sometimes suffers. Should you need helpful advice or guidance, contact the following: (Programs are based on ability to pay. The first three are United Way funded agencies)

Catholic Charities:

Norwich: **860-889-8346**
New London: **860-443-5328**

Child and Family Agency of SE CT:
New London **860-443-2896**

United Community Family Services of SE CT:
Southeastern CT: **860-889-2375**

L + M Hospital Behavioral Medicine Program:
New London **860-444-5125**

Backus Hospital Center for Mental Health:
Norwich **860-823-6321**

For more information on
Services and Programs dial

2-1-1 or www.211ct.org

or use the

2-1-1 Connecticut Navigator at

www.211navigator.com/

Visit United Way of Southeastern CT
website at:

www.uwsect.org

Where to turn for help in Southeastern Connecticut



Unemployment is not just a personal problem. It is also a community problem. There are a number of services, programs, and places to get help of various kinds. It is important that you know where to get help, or how to get information about where to get help, in your community.

This pamphlet will help you during hard times. Remember — the most valuable resource you have is YOU.

**Hold your head up, keep a
positive attitude ~
and don't give up!**

This booklet was prepared by

**AFL-CIO
COMMUNITY SERVICES PROGRAM
IN PARTNERSHIP WITH THE
UNITED WAY OF SOUTHEASTERN CT**

FOR MORE INFORMATION CONTACT:
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860-464-3325

If You Need Help, Don't Be Afraid to Ask

Don't hesitate to apply for assistance for which you may qualify. Personal pride can make it hard to ask for help the first time. But remember, you've helped to pay for public assistance programs through your taxes while you were working, and you probably gave to your local charities. So you're making your money work for you now when you need it. And we all need a little help at some time in our lives. Even companies get subsidies and tax breaks from the government during hard times. There is simply no reason you shouldn't get help as well.

- 1. NOTIFY ALL CREDITORS:** Contact landlord(s), mortgage holders, banks, credit union, store accounts, credit cards and utility company before your account gets in arrears. Arrange for suspended or modified payments.
- 2. LABOR DEPARTMENT:**
860-263-6000
www.ctdol.state.ct.us
NETWORK of R.I.: **401-462-8900**
www.networkri.org
- 3. American Job Centers:**
Montville: **860-848-5240**
United Labor Agency: **860-347-8060**
- 4. DEPT. OF HIGHER EDUCATION:**
Hotline: **1-800-872-5327**
CT: **860-947-1800**
- 5. DEPT. OF VETERANS AFFAIRS:**
Hartford Regional Benefits Center
555 Willard Ave.
Newington, CT 06111
1-800-827-1000

The Vet Center
2 Cliff St.
Norwich, CT 06360
860-887-1755

NOTE: State of Connecticut has established a **Soldiers', Sailors' and Marines' Fund:**
Southeastern CT: 860-886-8557

- 6. CREDIT COUNSELING:**
Money Management & Consumer Credit Counseling Services
Full-service credit counseling
866-515-2227
www.moneymanagement.org
- 7. CONNECTICUT LEGAL SERVICES:**
Call for an appointment in
New London: **860-447-0323**
From anywhere else: **1-800-413-7798**
- 8. SOCIAL SECURITY:**
If you are disabled or age 62 or older
Norwich: 55 Main St. **1-888-482-3170**
New London: 2 Shaw's Cove **1-866-643-3401**
- 9. HEALTH SERVICES:**
Healthcare for Uninsured Kids and Youth:
The HUSKY Plan is CT's health insurance program for children. Every child needs quality health care and the HUSKY Plan offers a comprehensive health package for youngsters up to age 19. This may take the worry out of paying for health care; HUSKY provides free or low-cost health insurance for families of all income levels. For questions and to help you apply call: **1-877-284-8759**

Please dial 2-1-1, United Way's free, 24-hour information and referral service for health care coverage. Or visit www.211ct.org.

If your Insurance coverage runs out and you or your family is faced with a hospitalization, be sure to ask to see a Hospital Social Worker. Every hospital has a Social Services Department. The worker will give you the advice you need regarding what programs you might be eligible for.
- 10. WIC:**
Pregnant women or children up to 4 years of age may be eligible for the State WIC Program. This is a supplemental food program for pregnant women and children.
TVCCA Norwich/Jewett City: **860-425-6562**
TVCCA New London: **860-425-6620**

- 11. STATE ASSISTANCE PROGRAMS:**
Medical, Food Stamps, temporary family asst. etc.
CT Social Services: 1-855-626-6632
- 12. City & Town Social Service:**
Norwich: **860-823-3778**
Groton: **860-441-6760**
- 13. ENERGY ASSISTANCE:**
Thames Valley Council for Community Action (TVCCA): **860-889-1365**
Operation Fuel and Project Warm-Up
Catholic Charities Norwich: **860-889-8346**
New London: **860-443-5328**
Pawcatuck Neighborhood Ctr: **860-599-3285**
All other towns dial: **2-1-1**
- 14. UTILITY SHUTOFFS:** If you are unable to arrange payments on your bill, be sure to contact the credit office of the company. Let them know what your job status is. Call the Gas or Electric Co. to make payment arrangements. If you are threatened with a shutoff, contact:
Department of Public Utility Control:
1-800-382-4586
LIHEAP Energy Assistance Hot Line:
1-800-842-1132
- 15. FamilyWize Prescription Drug Discount Cards**
The FamilyWize card helps lower the cost of medicine by an average of 35% or more for people without insurance or who take medications not covered by their plan. These discount cards can be used by everyone in the community, not just people without insurance. They can even be used by people with health benefits, including Medicaid and Medicare. To learn more about the program and where cards can be used visit www.familywize.org/