

SURPLUS FOOD DISTRIBUTION AND FOOD BANKS

For information on the agency in your area call or United Way Mobile Food Pantry distribution stops, dial 2-1-1 for free 24/7 or visit www.uwsect.org/foodcenter/foodsites.

ADDITIONAL INFORMATION

Child support and alimony payments, contact the Clerk of Court or anyone with direct involvement in your case. 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 may have Hardship Funds available for parishioners in need.

FAMILY COUNSELING

During times of unemployment, or whatever the cause may be, stressful situations can become difficult. Private and family problems can magnify, and your family life can suffer. Should you need helpful advice or guidance, contact the following (programs are based on ability to pay. The first three are United Way partner agencies):

Catholic Charities

Norwich: 860-889-8346

New London: 860-443-5328

Child and Family Agency (New London):

860-443-2896

UCFS: 860-889-2375

Yale New Haven Health/L+M Hospital

Behavioral Medicine Program (New London):

860-444-5125

Hartford Healthcare/Backus Hospital Center for

Mental Health (Norwich): 860-823-6321



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For more information on services and programs, dial 2-1-1 or visit www.211ct.org

Use the 2-1-1 Connecticut Navigator Benefits Screener to determine your eligibility for programs at www.211navigator.org

Find all of this information and more on United Way of Southeastern Connecticut's website at www.uwsect.org

This booklet was prepared by the AFL-CIO Community Services Program in partnership with United Way of Southeastern Connecticut

**FOR MORE INFORMATION CONTACT:
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Where to Turn for Help in Southeastern Connecticut

Unemployment is not just a personal problem, it's a community problem.

There are a number of services, programs, and places to get help of various kinds. It's 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!



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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.

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.

LABOR DEPARTMENTS

Connecticut:

860-263-6000 / www.ctdol.state.ct.us

Rhode Island:

401-462-8900 / www.networkri.org

AMERICAN JOB CENTERS

Montville: 860-848-5240

United Labor Agency: 860-347-8060

DEPARTMENT OF HIGHER EDUCATION

Hotline: 1-800-872-5327

Connecticut: 860-947-1800

DEPARTMENT OF VETERANS AFFAIRS

Hartford Regional Benefits Center
555 Willard Avenue, Newington, CT 06111
1-800-827-1000

THE VET CENTER

2 Cliff Street, Norwich, CT 06360
860-887-1755

NOTE: The State of Connecticut has a Soldiers, Sailors, and Marines Fund: 860-886-8557

CREDIT COUNSELING

Money Management & Consumer Credit
866-515-2227 / www.moneymanagement.org

CONNECTICUT LEGAL SERVICES

Call for an appointment in:

New London: 860-447-0323

From anywhere else: 1-800-413-7798

SOCIAL SECURITY

If you are disabled or aged 62 or older

Norwich: 55 Main Street, 1-888-482-3170

New London: 2 Shaw's Cove, 1-866-643-3401

HEALTH SERVICES

Healthcare for Uninsured Kids and Youth

The HUSKY Plan is Connecticut'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: 1-877-284-8759

You can also dial 2-1-1, United Way's free, 24-hour information and referral service for health care coverage, or go to www.211ct.org to search their online database of programs and services.

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 your eligibility for available programs.

WOMEN, INFANTS, AND CHILDREN (WIC)

Pregnant women or children up to 4 years of age may be eligible for WIC. This is a supplemental food program for pregnant women and children.

TVCCA Norwich/Jewett City: 860-425-6562

TVCCA New London: 860-425-6620

STATE ASSISTANCE PROGRAMS

Medical, SNAP (formerly food stamps), temporary family assistance, etc.

Connecticut Social Services: 1-855-626-6632

Norwich: 860-823-3778

Groton: 860-441-6760

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 Center: 860-599-3285

All other towns dial: Dial 2-1-1

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 company 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

SingleCare (formerly FamilyWise Prescription Drug Discount Cards)

SingleCare helps lower the cost of medicine by an average of 45% for people without insurance or who take medications not covered by their plan. 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.singlecare.com.