

# WHERE TO TURN FOR HELP



At some point in our lives, we've all needed a little help. United Way of Southeastern Connecticut is here for you in times of need and beyond.

Our promise is to mobilize the community to action so all can thrive. Don't hesitate to reach out for assistance - whether it's a family member, friend, coworker, neighbor, or maybe even you. We are here to help.

Because we are all stronger when we work together!

2-1-1 is your first call for help. For more information on the services and programs listed here and more, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org).



Use the 2-1-1 Connecticut Navigator Benefits Screener to determine your eligibility for programs at [www.211navigator.org](http://www.211navigator.org).

Find all of this information on United Way of Southeastern Connecticut's website at [www.uwsect.org](http://www.uwsect.org).

## FOR MORE INFORMATION CONTACT:

Maggie Marley, AFL-CIO Community Engagement Labor Liaison,  
(860) 464-3325 or [maggie.marley@uwsect.org](mailto:maggie.marley@uwsect.org)

## FINANCIAL ASSISTANCE

### 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.

### DEPARTMENT OF VETERANS AFFAIRS

Hartford Regional Benefits Center  
555 Willard Avenue, Newington, CT 06111  
1-800-827-1000 / [www.va.gov](http://www.va.gov)

### FOR VETERANS

- The Vet Center: 2 Cliff Street, Norwich, CT 06360 / 860-887-1755
- Soldiers, Sailors, and Marines Fund: 860-886-8557
- Veterans Rally Point: 24 Stott Avenue, Norwich / 860-859-4148 ext. 1
- NMCRS for Active & Retired Sailors & Marines: 5023 Grayling Avenue, Bld 83, Groton / 860-694-3285

### CREDIT COUNSELING

Money Management & Consumer Credit  
866-515-2227 / [www.moneymanagement.org](http://www.moneymanagement.org)

### CONNECTICUT LEGAL SERVICES

- 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

### ENERGY ASSISTANCE

- TVCCA: 860-425-6681
- 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.

- Department of Public Utility Control: 1-800-382-4586
- LIHEAP Energy Assistance Info Line: 1-800-842-1132

## EMPLOYMENT

### LABOR DEPARTMENTS

- Connecticut: 860-263-6000 / [www.ctdol.state.ct.us](http://www.ctdol.state.ct.us)
- Rhode Island: 401-415-6772 / [www.dltri.gov](http://www.dltri.gov)

**AMERICAN JOB CENTERS:** 860-848-5240

### DEPARTMENT OF HIGHER EDUCATION

- Automated Service: 1-800-872-5327
- Connecticut: 860-713-6543 / [www.ohe.ct.gov / portal.ct.gov/sde](http://www.ohe.ct.gov/portal.ct.gov/sde)

## HEALTH SERVICES

### Healthcare for Uninsured Kids and Youth

The HUSKY Plan is Connecticut's health insurance program, offering a comprehensive health package for children up to age 19. For questions and to help you apply: 1-855-805-6325.

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 to give you the advice you need regarding your eligibility.

### DRUG DISCOUNT CARDS

- [www.singlecare.com](http://www.singlecare.com)
- [www.goodrx.com](http://www.goodrx.com)

### WOMEN, INFANTS, AND CHILDREN (WIC) NLC

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

### FAMILY COUNSELING

Should you need helpful advice or guidance, contact the following programs which are based on ability to pay.

- Catholic Charities
  - Norwich: 860-889-8346
  - New London: 860-443-5328
- Child and Family Agency (New London): 860-443-2896
- UCFS Healthcare: 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

### ACCESS AGENCY (Windham County)

- Willimantic: 860-450-7400
- Danielson: 860-412-1600

## BASIC NEEDS

### 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

### 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](http://www.uwsect.org/foodcenter).

### CHILD SUPPORT OR ALIMONY PAYMENTS

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.