

## Other Resources

### Person to Person

- For anything not food related, families must connect with a case worker by calling 203-621-0699. They will need to have a photo ID, copy of their lease, utility bill (if utility assistance is what they need), and a recent income statement from February or March. The most they can give is \$500 at the moment.

### ABCD INC.

- Who is eligible?
  - Households earning below 125% of the Federal Poverty Guild lines may be eligible for one- time financial support up to \$200.00 for food insecurities, utility bills, rent payments, and childcare expenses.
- Application is required:
  - Norwalk residents call (475) 489-9119 Monday – Friday 8:30am-4:30pm to schedule an appointment. To complete application, you must:
    - provide proof of income or lack thereof
    - provide the unpaid bill
    - a self-declaration of their hardship.
- ABCD Inc. will pay the bill directly.

### Internet

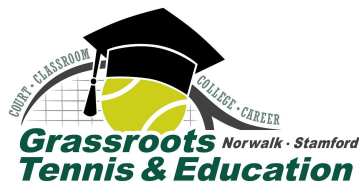
- Comcast – FREE internet for low income households <https://www.internetessentials.com/>
- Altice USA providing FREE internet
  - <https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>
- Starting Monday, March 16, 2020, eligible households interested in this solution can call:
  - 866-200-9522 to enroll in Optimum region
  - 888-633-0030 to enroll in Suddenlink region

### Stamford Hospital COVID-19 Hotline

- For any information regarding COVID 19 call 203-276-411
  - Answer questions or concerns regarding the virus. Stamford Health Care officials are available to speak 7 days a week from 7:00 a.m.- 7:00 p.m.

### The State of Connecticut & United Way of Connecticut - hotline

- For questions from the public regarding issues related to the spread of coronavirus (COVID-19). People who have questions can call 2-1-1 or text “CTCOVID” to 898211. This information hotline is only intended to be used by individuals who are not experiencing symptoms but may have general questions related to COVID-19.



## Other Resources

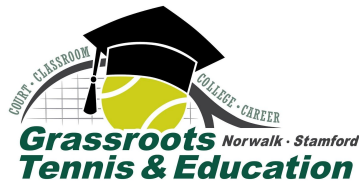
### CT Voices for Children Blog Series

Blog series that answers common questions in the following areas:

- Q & A Blog Series: Health & Health Care:  
<https://ctvoices.org/2020/03/q-a-blog-series-family-economic-security-and-more/?eType=EmailBlastContent&eld=bdeb6b4e-8ec7-4eec-a17b-51b61133221b> (english)  
  
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- Q & A Blog Series: Family Economic Security & More:  
<https://ctvoices.org/2020/03/q-a-blog-series-family-economic-security-and-more-2/?eType=EmailBlastContent&eld=bdeb6b4e-8ec7-4eec-a17b-51b61133221b> (english)  
  
<https://ctvoices.org/2020/03/q-a-blog-series-family-economic-security-and-more-2/?eType=EmailBlastContent&eld=bdeb6b4e-8ec7-4eec-a17b-51b61133221b> (spanish)
- Q & A Blog Series: Childcare & K-12 Education:  
<https://ctvoices.org/2020/03/q-a-blog-series-childcare-and-k-12-education/?eType=EmailBlastContent&eld=bdeb6b4e-8ec7-4eec-a17b-51b61133221b> (english)  
  
<https://ctvoices.org/2020/03/q-a-blog-series-childcare-and-k-12-education/?eType=EmailBlastContent&eld=bdeb6b4e-8ec7-4eec-a17b-51b61133221b> (spanish)
- Q & A Blog Series: Paid Leave and Unemployment Insurance:  
<https://ctvoices.org/2020/03/q-a-blog-series-paid-leave-and-unemployment-insurance/?eType=EmailBlastContent&eld=bdeb6b4e-8ec7-4eec-a17b-51b61133221b> (english)  
  
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### Mental Health Resources

- If you or someone in your family is in an immediate crisis:  
Dial 211 or go to the 211 website or call CT Mobile Psychiatric Crisis: (800) 586-9903
- **Stamford school based counselors** are still available to address students' mental and physical health needs.  
Click the following for school based counselor contact information:  
<https://www.familycenters.org/School-Based>
- **NCC students:** to schedule a phone appointment with a counselor contact Jeanne Lanzetta: [jlanzetta@norwalk.edu](mailto:jlanzetta@norwalk.edu) or Andrea Arnold at [aarnold@ncc.commnet.edu](mailto:aarnold@ncc.commnet.edu)



## Other Resources

- **Family Centers:** Individual and group counseling services, (203) 869-4848  
[www.familycenters.org](http://www.familycenters.org)
- **Kids in Crisis:** Immediate intake and triage of mental health concerns, (203) 327-5437
- **Child Guidance Center:** Outpatient mental health services for children and families  
203-299-1315, [www.childguidancemfct.org](http://www.childguidancemfct.org)

\*More information on flyer below

### CT Public Utilities Regulatory Authority :

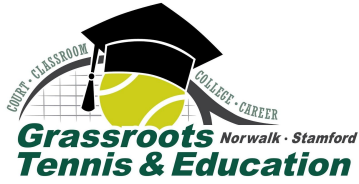
- (PURA) has ordered an emergency stop on electric, natural gas, and water utility shut-offs in response to the coronavirus pandemic. To learn more, visit their website at <https://portal.ct.gov/pura>

### Taxes

- The deadline to file and make payments for 2019 taxes has been moved back to July 15, 2020 <https://uwc.211ct.org/taxhelp/>

### Student Loans

- Borrowers with federally held student loans will automatically have their interest rates set to 0% for a period of at least 60 days.
- Borrowers will have the option to suspend their payments for at least two months to allow them greater flexibility during the national emergency. This will allow borrowers to temporarily stop their payments without worrying about accruing interest. To learn more visit their website at <https://studentaid.gov/announcements-events/coronavirus>



## Other Resources

### Job openings at Shoprite:

**ShopRite**® Displaced from your regular routine? Join us.

Family-owned and -operated with care, maintained at the highest safety standards, your neighborhood **ShopRite** has immediate openings for Associates during this high-volume period.

**Apply Today!** Visit our website  
<https://shoprite.com/careers>



**Mental Health Resources:**

## FREE ONLINE MENTAL HEALTH RESOURCES DURING THE CORONAVIRUS EPIDEMIC

**FEELING ANXIOUS OR DEPRESSED? YOU ARE NOT ALONE!**

Although in-person support groups are not meeting during the Covid-19 pandemic, you still have options to connect **ONLINE** through audio or videoconferencing. Check out the **FREE** options below. Be #coronastrong

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<p><b>NEED TO CONNECT?</b></p> <ul style="list-style-type: none"> <li>• Talk to a peer at Soundview Warmline, 800-921-0359, daily from 5pm-10pm</li> <li>• Free forums &amp; chats at <a href="http://www.7cups.com">www.7cups.com</a></li> <li>• Older adult check-in (Greenwich), 203-862-6700</li> <li>• Community Mindfulness Project (New Canaan), free meditation daily at 7am, 12n, 7pm: 857-799-9498</li> </ul>	<p><b>SPECIALIZED SUPPORT GROUPS:</b></p> <ul style="list-style-type: none"> <li>• SMART Recovery videoconferences: Ages 18+, Tuesdays at 6; Teens, Wednesdays at 4; Family &amp; Friends Thursdays at 6:30; Join at: <a href="https://meetings.ringcentral.com/j/6651939516">meetings.ringcentral.com/j/6651939516</a></li> <li>• Hearing Voices Network: Info: Skye at <a href="mailto:scollins@advocacyunlimited.org">scollins@advocacyunlimited.org</a></li> </ul>
<p><b>SUPPORTS FOR YOUNG ADULTS?</b></p> <p><b>CT's Young Adult Warmline:</b></p> <ul style="list-style-type: none"> <li>• Call 1-855-6-HOPENOW daily from 12pm-9pm. (Other times: call Patricia at 860-549-2435)</li> </ul> <p><b>NAMI Young Adult Connection</b></p> <ul style="list-style-type: none"> <li>• Community check-In, daily from 3:30-4:30pm. Info: Val at <a href="mailto:vlepoutre@namict.org">vlepoutre@namict.org</a></li> </ul>	<p><b>IN A CRISIS?</b></p> <ul style="list-style-type: none"> <li>• Kids in Crisis: 203-327-KIDS</li> <li>• Text the Crisis Text Line at 741741</li> <li>• Call the National Suicide LifeLine at 800-273-TALK</li> <li>• Call The Trevor Project (LGBTQ support): 866-488-7386</li> <li>• Dial 2-1-1, select option 1 for CT's mobile crisis</li> <li>• Call 911 and ask for a Crisis Intervention Trained (CIT) officer</li> </ul>

Find more resources and behavioral health treatment options at [www.thehubct.org/treatment](http://www.thehubct.org/treatment)

### Self-care



**FUTURE 5**

### Develop a self-care routine

- AVOID EXCESSIVE EXPOSURE TO MEDIA COVERAGE
- FOCUS ON YOUR MENTAL HEALTH
- ADD EXTRA TIME FOR DAILY STRESS RELIEF
- keep in contact with loved ones
- stay busy: games, books, e-learning
- practice relaxation techniques: meditation, yoga, mindfulness