

Connecticut Resources for Community

[Reach Out Connecticut | 1-844-TALK-4CT](#)

We have launched a helpline for emotional support and to help connect you with the resources you need. If you just need someone to talk to, have questions on how to get information about COVID-19, or need help, we are here with compassionate listeners who are trained in providing mental health guidance.

The number is 1-844-TALK-4CT

[Food Resources](#)

[Food Assistance - Farmers' Markets, Farms and Farm Stands](#)

Information on SNAP benefits for farmers' markets, farms and farm stands with maps provided for participating vendors. Most offer double the value on produce and other items with SNAP.

[Pantry to Pantry | Coordinated Food Assistance Network \(CFAN\)](#)

New Haven's CFAN is providing free, weekly home deliveries of food to those in need living in New Haven, East Haven, West Haven, and Hamden.

The following school districts in the immediate greater New Haven area are offering free meals to students during school closures:

[Branford Public Schools](#)

[Bridgeport Public Schools](#)

[East Haven Public Schools](#)

[Guilford Public Schools](#)

[Hamden Public Schools](#)

[New Haven Public Schools](#)

[Norwalk Public Schools](#)

[West Haven Public Schools](#)

Additional information on food provided by school districts statewide can be found [here](#).

If your child attends a school not listed above, please contact your school district for further information.

The most recent changes to SNAP benefits for families already on the program can be found [here](#).

Temporary SNAP EBT cards are available for families who qualify and they can receive \$364 or each eligible child.

[Receive Food | Haven's Harvest](#)

[Free Food Pantry Locator | Connecticut Food Bank](#)

[Mobile Food Pantry Schedule | Connecticut Food Bank](#)

[Free Grocery Delivery Through March 31st | Elm City Market](#)

[Apply for Free Food | Food in Service to the Homebound and Food Insecure \(FISH\)](#)

Additional resources for food pantries in the greater New Haven area and local religious institutions (churches, mosks, etc.) providing food can be found in this [Google Doc](#)

[WHEAT \(West Haven Emergency Assistance Taskforce\) Food Pantry](#)

[Food Pantries in West Haven](#)

[Food resources for those in the greater Hartford area](#)

Utilities / Resources for the Home

[Everything You Need to Know: Evictions During Coronavirus Crisis | CT Law Help](#)

[CT Rental Assistance Program \(RAP\)](#)

[Emergency Mortgage Assistance Program \(E-MAP\)](#)

[Junta for Progressive Action](#)

Application for rental assistance for undocumented families or contact Junta directly [here](#).

[Putting On Airs | CT Department of Public Health](#)

Free air conditioning and air quality control for asthma affected children and families or call their hotline at (203) 783-3285

[ConnCAT Crisis Relief Fund](#)

Working to get money and resources in the hands of families who need it

[CT Mutual Aid](#)

Links to forms to fill out for those in need and those willing to give

[How to get diapers | The Diaper Bank of Connecticut](#)

The Diaper Bank is a resource for diapers for your little ones as well as for feminine hygiene products such as tampons and pads.

[Concepts for Adaptive Learning \(CfAL\)](#)

For students or parents: Receive a FREE refurbished laptop for work or coursework after completing CfAL's training course - apply at the link above or call them at 888-351-7667

[Free books available at some New Haven Public School Grab & Go Meal Sites](#)

Every Friday until the end of June 10 a.m. - 12 p.m.

[Covid-19 Guide | National Alliance on Mental Illness](#)

A general FAQ site for any concerns you may have surrounding COVID-19

[Connecticut Natural Gas - Pandemic Update](#)

[Operation Fuel](#)

Provides financial support and oil delivers to Greater New Haven low-income families impacted by COVID-19.

[United Illuminating - Pandemic Update](#)

[Regional Water Authority: Taking Necessary Precautions In Response To Coronavirus Outbreak](#)

[Information about coronavirus | CT Law Help](#)

Helpful information on legal matters during this time such as child custody, updates on immigration, SNAP benefits, housing, insurance, taxes, and how to ensure you qualify and can receive your stimulus check.

[Charter to offer free access to Spectrum broadband and Wifi for 60 days for new K-12 and college student households and more](#)

[Altice brings free broadband to K-12 and college students during coronavirus pandemic](#)

[Which Internet Providers are Lifting Data Caps During the Coronavirus and Which Aren't | PCWorld](#)

[AllConnect | Xfinity Services Near You](#)

Information on Xfinity services that meet your budget

[Broadband Search](#)

A resource for finding cheaper internet options in the greater New Haven area

[Medical Resources & Hotlines](#)

[Locations for drive-thru COVID-19 testing in Connecticut | NBC Connecticut](#)

Hours vary per location. Testing can only be conducted with a note from your doctor.

[Walgreens | Free Home Delivery for Prescription Refills](#)

[CVS Health | Free Home Delivery for Prescription Refills](#)

[Rite Aid | Free Home Delivery for Prescription Refills](#)

If you are concerned about your medication refills or current supply, please contact your providing pharmacy about Submission Clarification Code 13 (SCC-13). This is a widely used code in pharmacy that allows for pharmacists to override medication/prescription refill barriers based on an emergency/disaster.

For People Who Use Substances:

[Hope Dispensary of Greater Bridgeport | dispensaryofhope.org](#)

Leading provider of pharmaceuticals to the uninsured

[Opioid Treatment Program Guidance for COVID-19 | Substance Abuse and Mental Health Services Administration \(SAMSHA\)](#)

[COVID-19 guidance for people who use substances | Harm Reduction Coalition](#)

[Isolation and Addiction | RehabSpot.com](#)

Resources for those dealing with substance abuse during social isolation

[How to use Narcan](#)

Narcan is a relief kit obtainable at most drug stores used to rapidly reverse the symptoms of a deadly opioid overdose.

[Telehealth Addiction Treatment During Quarantine | Sunshine Behavioral Health](#)

[Teletherapy for Addiction and Mental Health | The Recovery Village](#)

[Find HIV Services Near You | HIV.gov](#)

[Resources | Addiction Group](#)

An extensive collection of additional resources related to substance use and recovery

Domestic Violence:

Domestic Violence Resources | The HOPE Family Justice Center: 203-800-7204

HOPE is still conducting intake and offering support via their phone number

The following hotlines are still functional and available for those in need:

Neighborhood Victim Advocacy Program: 203-624-2600 x 206

A message can be left and will be returned promptly

Domestic Violence Hotline: 203-789-8104

Sexual Assault Hotline | New Haven: 203-235-4444

Sexual Assault Hotline | Milford: 203-878-1212

Sexual Assault Hotline Number:

English: 1-888-999-5545

Spanish: 1-888-568-8223

National Sexual Assault Hotline (RAINN): 800.656.HOPE (4673)

Domestic Violence Hotline Number CT Safe Connect: English and Spanish 1-888-774-2900
(can call, text, and e-mail)

Office of Victim Services: 1-800-822-8428

Hope Family Justice Center: 203-800-7204

[Navigating financial help when leaving an abusive relationship](#)

Youth Services:

Love 146 (for youth at risk of being trafficked-over the phone response): 203-772-4420

National Human Trafficking Hotline: 1-888-373-7888

The Victim Rights Center of CT (Part of the CT Alliance to End Sexual Violence) provides free of charge legal services for victims and their families: 203-350-3515

Suicide Prevention Hotline: 1-800-273-8255

The Trevor Project Hotline (LGBTQI+ Resources): 1-866-488-7386

Youth Continuum (for at risk youth in the greater New Haven area): 203-777-8445 x 2

Connecticut Children's Pediatric COVID-19 Hotline: 833-226-2362

For Parents or Soon-to-Be Parents:

The state of Connecticut launches "Talk It Out" line to help relieve stress of caring for kids during the pandemic:
833-258-5011

[Pregnant and Worried Amid COVID-19? | Yale Medicine](#)

[Complete Guide to Sleeping While Pregnant | Sleep Advisor](#)

Mental and Physical Health Resources

[Free Subscription for Healthcare Workers | Headspace](#)
Use your NPI number to sign up for this meditation app

[Psych Hub: Coping with COVID-19 | YouTube](#)

[Coping with Corona: Mental health supports in a pandemic](#)

Multiple resources vetted by The Hub: Behavioral Health Action Organization for Southwestern CT | A division of the Regional Youth Adult Social Action Partnership (RYASAP)

[The Science of Well-Being, The Most Popular Course In Yale's History | Free on Coursera](#)

[Free Eating Disorder and Mental Health Support Groups on Zoom | Center for Discovery](#)

[Staying calm during the coronavirus crisis | Psychology Today](#)

[Under one roof: Home together during the coronavirus pandemic | Psychology Today](#)

[Try Distant Socializing Instead | Stanford News](#)

[Self-Care During A Pandemic | Get Healthy CT](#)

[Free At Home Workouts for Everyone | Fitness Blender](#)

[Self-Love Meditation for Sleep | YouTube](#)

[Easily search for a psychologist or psychiatrist based on your insurance and needs | PsychologyToday](#)

[App Library | NYCWell](#)

Not just for New York City residents, NYC Well (a program focused on mental wellness and health for folks living in the city) has an app library - search for the app that is best for you based on your mental health needs.

[Mental Health Resources | NYCWell](#)

[Pow Wow Sweat | Qhest Life](#)

A workout program by indigenous people, for indigenous people. Qhest Life is an organization focused on health, wellness and nutrition for the North American indigenous population

[Covid-19: Four Facts For Mesothelioma Patients | Mesothelioma Hub](#)

Employment & Financial Resources

[Filing for unemployment: For those laid off due to the coronavirus pandemic | CT Direct Benefits](#)

[Industry-specific Resources for workers and unions | AFL-CIO](#)

[US Department of Labor - Wage and Hour Division | FAQ on medical leave and workers' rights](#)

[State of Connecticut Department of Banking | Assistance with Home Foreclosures](#)

[State of Connecticut - Consumer Resources | Avoiding and reporting scams](#)

[Bartender Emergency Assistance Program \(BEAP\) | USBG National Charity Foundation Grants application for service industry workers](#)

[Coronavirus Connecticut Community Support | CT Core](#)
Grassroots community support network

[How Gender Discrimination Affects Women In The Workplace | Florin+Roebig Trial Attorneys](#)

Knowing your rights in the workplace for women of all races and backgrounds.

LGBTQIA+ Resources

The LGBTQIA+ Resources section of this page was assembled by and posted with permission from Brandi Sabato, LPC & Dana Hillman, LPC, RPT-S

LGBTQIA+ Affirming & Inclusive Health Care:

Wheeler Clinic | www.wheelerclinic.org

Primary medical, gender affirming hormone treatment, dental, behavioral health, medication-assisted treatment and prevention & recovery resources 43 Woodland Street, Hartford, CT 75 North Mountain Road, New Britain, CT 10 North Main Street & 225 North Main Street, Bristol, CT

Gender and Life-Affirming Medicine | www.drajsglamcenter.com

Primary medical and gender affirming hormone treatment services 185 Silas Deane Highway, Wethersfield, CT

Hartford Gay & Lesbian Health Collective | www.Hglhc.org

HIV testing, STD testing & treatment, dental, breast & pelvic exams, LGBTQ+ friendly medical and behavioral health referrals, and education & outreach 1841 Broad Street, Hartford, CT 64 Church Street, Manchester, CT

A Place to Nourish Your Health (APNH) | www.apnh.org

HIV/AIDS case management & referral, behavioral health, nutrition, pharmacy & prevention services 1302 Chapel Street, New Haven, CT

HIV/AIDS Community Resources:

Latino Community Services | www.lcs-ct.org

Works to reduce the spread of HIV/AIDS in the Latino community and other at-risk populations and improve the quality of life and health of people with HIV/AIDS 221 Main Street, 3rd Floor, Hartford, CT 629 Albany Avenue, Hartford, CT

AIDS Connecticut (ACT) | www.aids-ct.org

A statewide coalition of organizations that provide services to people living with HIV/AIDS in Connecticut 110 Bartholomew Avenue, Suite 3050, Hartford, CT 1229 Albany Avenue, 3rd Floor, Hartford, CT

LifeBridge Community Center | www.lifebridgect.org

Walk-in clinic medical, Ryan White HIV/AIDS services 475 Clinton Avenue, Bridgeport, CT

[Find HIV Services Near You | HIV.gov](#)

Supportive Groups & Resources:

COLAGE | www.colage.org

Unites people with one or more LGBTQIA+ parent into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in our collective communities

PFLAG | www.pflaghartford.org

Hartford First and largest organization for LGBTQ+ people, their parents and families, and allies, committed to creating a world where diversity is celebrated and all people are respected, valued and affirmed.

GLSEN | www.glsen.org

Works to ensure that LGBTQ+ students are able to learn and grow in a school environment free from bullying and harassment, in partnership with educators, administrations, and students.

Trans Kids Purple Rainbow Foundation (TKPRF) | www.transkidspurplerrainbow.org

Organization focused on educating and enlightening society about gender dysphoria and transgender issues, supporting TransKids in school systems, challenging injustices due to discrimination, supporting homeless youth and providing scholarships and funds to trans youth in need.

TransYouth Family Allies (TYFA) | www.imatyfa.org

Empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected.

Campus Pride Organization | www.campuspride.org

For student leaders and campus groups working to create a safer college environment for LGBTQ+ students.

True Colors, Inc. | www.ourtruecolors.org

Works with other social service agencies, schools, organizations, and within communities to ensure that the needs of sexual and gender minority youth are both recognized and competently met. 30 Arbor Street, Suite 201A, Hartford, CT

Triangle Community Center | www.ctpridecenter.org

Free provider of programming and resources to nurture growth and connection within the LGBTQ community including client advocates who assist with social service navigation, food, drop-in services, document updates, healthcare and housing navigation, and advocacy. 650 West Avenue, Norwalk, CT 618 West Avenue, 2nd Floor, Norwalk, CT

New Haven Pride Center | www.newhavenpridecenter.org

Provides educational, cultural, and societal encirhment for the LGBTQ+ community, its allies, and members to make a positive contribution to the entire community of Greater New Haven. 84 Orange Street, New Haven, CT

Hotlines:

Gay & Lesbian National Hotline (GLNH) 888-843-4564

National Gay & Lesbian Youth Hotline 800-347-8336

The Trevor Helpline (Suicide Hotline) 886-488-7386

Self Abuse Finally Ends (S.A.F.E.) 800-366-8288

Crisis Text Line Text 741741

The National Runaway Safeline 800-786-2929

National Suicide Prevention Lifeline 800-273-8255

Housing Resources:

SpeakUp Teens | www.speakupteens.org/shelters

Connecticut Coalition to End Homelessness |

www.cceh.org/provider-resources/lgbtq-resources

Other Resources:

World Professional Association for Transgender Health (WPATH) | www.wpath.org

Detox Local | www.detoxlocal.com/resources/lgbt-addiction

Gay & Lesbian Medical Association (GLMA – Health Professionals Advancing LGBTQ Equality) | www.glma.org

[How to support LGBTQ+ owned small businesses | Finimpact](#)

Resources & Activities for Youth

For working-age youth 25 and under:

[DreamKitapp](#)

Providing financial support and skillbuilding for youth to help them obtain employment and housing.

Toddlers/Pre-K:

[Time to Come In, Bear: A Children's Story About Social Distancing](#)

[Blippi - Educational Videos for Kids | YouTube](#)

Elementary:

[Coronavirus: Clear Answers for All Kids](#)

[Educational printables for 1st and 2nd graders](#)

All ages:

[Road Trip From Home: Virtual Field Trips](#)

(Thanks to Girl Scout Skylar for sending this our way!)

[New Haven Reads](#)

Free one-on-one literary services to underprivileged students in the New Haven area

[30+ Virtual Field Trips for Kids](#)

[25 Amazing Virtual Field Trips for Kids | We Are Teachers](#)

[How to make elephant toothpaste with kids](#)

[50 Arts & Crafts Ideas for Kids | Good Housekeeping](#)

[Play Dough Recipe | I Heart Naptime](#)

[Make any room a classroom | BrainPop](#)

Educational resources and simple lesson planning for learning at home

[Story Time From Space](#)

Watch astronauts read stories for kids!

[How to make slime!](#)

[Sleep meditation - 8 hours of calming music for kids](#)

[Home Demos | Bill Nye the Science Guy](#)

Science experiments you can do at home!

[Sugar Simulation | Smithsonian Science Education Center](#)

[19 immersive museum exhibits you can visit from your couch | PBS](#)

[NASA Kids' Club | NASA.gov](#)

[Resources for supporting childrens' emotional wellbeing during the COVID-19 pandemic | ChildTrends.org](#)

[Things to do at home for free for children and adults](#)

[Free books and audio stories | Amazon](#)

Amazon has canceled the subscription of books and audio stories for children and students of all ages as long as schools are closed, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages.

[Application to receive free children's books | Dolly Parton's Imagination Library](#)

[Letterboxing | National Geographic](#)

[Story Time: Jasper and Tabitha Play A Trick On the Coronas by Taylor Purvis, M.D.](#)

[Supporting and Reassuring Children Around the World | Mindheart](#)

Children's book on COVID-19 available in English, Spanish, Italian, French, Polish, and numerous other languages

[Parenting Resource: Why are people wearing masks? Why are people covering their faces? ZeroToThree.org](#)

[Parenting Resource: Five tips to make the most of video chats | ZeroToThree.org](#)

[Coronavirus School Closure Kit | Connecticut Children's](#)

A variety of resources for parents on caring for your child etc.

Resources for Parents & Caregivers

Connecticut Children's Pediatric COVID-19 Hotline: 833-226-2362

[Parenting Support | Connecticut Office of Early Childhood](#)

For new and expecting parents on how to care for pregnant moms and your new baby

[Self-Love Meditation for Sleep | YouTube](#)

[10 Ways to Take Care of Yourself During Coronavirus | Reach Out](#)

['Unlocking Us' Podcast with Brené Brown | David Kessler and Brené on Grief and Finding Meaning](#)

A great listen for parents who are trying to stay grounded during this time.

[Article: Why Am I So Tired? | Parasol Wellness Collaborative](#)

[Creating Healthy Routines | Mental Health America](#)

For Parents/Caregivers of Children with ASD/IDD:

[Tips for talking with your child with autism about the coronavirus | ChildMind.org](#)

[Supporting children with autism during the coronavirus outbreak | ChildMind.org](#)

Tips for developing routines, schedules and an emergency plan

[How to make a sensory bin for sensory play](#)

[Teaching handwashing to children with ASD | ChildMind.org](#)

[COVID-19: How to help children with autism adjust during self-isolation \(Video\) | WTSP](#)

[Resources for autistic people and families | Autism.org](#)

[Virtual events for children and teens with autism | Autism Families CONNECTicut](#)

Resources for Seniors

[COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families | Generations United](#)

Information from Caring.com for options for care and assisted living in Connecticut during COVID-19:

- <https://www.caring.com/senior-living/assisted-living/connecticut>
- <https://www.caring.com/senior-living/assisted-living>
- <https://www.caring.com/medicare/>

[Paying for Senior Care](#)

Financial assistance and funding options for assisted/senior living

[Sports and Games for Seniors: Fun and exercise all in one | Medical Alert Device](#)

[Guide to Retirement After the Covid-19 Pandemic | RetireGuide](#)

[What is Medicare? | RetireGuide](#)

[Ways to Help Families](#)

[ConnCAT Crisis Relief Fund](#)

Donate to this New Haven organization working to get money and resources in the hands of families who need it

[Urgent Short Term Volunteer Needs | United Way of Greater New Haven](#)

We are partnering with United way to provide as many resources to our families as possible. Check out their page for additional links and information on remote learning for your children, volunteer opportunities, mental health resources and food services.

[Donate Food or Volunteer | Haven's Harvest](#)

[Urgent: Volunteers Needed | Coordinated Food Assistance Network](#)

The Coordinated Food Assistance Network is urgently seeking volunteers to complete grocery deliveries and grocery packing. If you are in good health, under 60 years of age, and able to help us for a minimum of 2 hours a week, please complete the volunteer form at the link.

See above for links to CT Mutual Aid and United Way of Greater New Haven - both are currently actively seeking volunteer assistance

[New London Mutual Aid Collective](#)

[Ways to Help Support Small/Local Businesses](#)

[COVID-19 Support Fund | Yale New Haven Hospital \(YNHH\)](#)

YNHH is currently seeking donations of funds and supplies to prepare for an increased intake due to COVID-19

[Where To Find Take-Out Food, Support Local Businesses | New Haven Independent](#)

[Food and Pharmacy Services on Grand Avenue | Chatham Square Association](#)

[Sanctuary Kitchen Prepared Meal Orders | Cityseed](#)

[Supporting Local Farms | Massaro Community Farm](#)

The [Connecticut Northeast Organic Farming Association](#) has partnered with the CT Dept of Agriculture to provide an expansive list and an interactive map that includes farms, farmers' markets, and farm stands beyond the current CT NOFA membership – free of charge and online

[How to support LGBTQ+ owned small businesses | Finimpact](#)

The Latest

[Coronavirus \(COVID-19\) information in 30 different languages | WNY COSH](#)

[From the City of New Haven](#)

[From the State of Connecticut](#)

[From the CDC](#)

[From the World Health Organization \(WHO\)](#)

[From Yale New Haven Health \(YNHH\)](#)

[From the Department of Children and Families \(DCF\)](#)

[From the Connecticut Department of Labor: Pandemic Unemployment Assistance FAQ](#)

Congress recently passed Pandemic Unemployment Assistance for part-time and self employed workers -- as well as Pandemic Unemployment Compensation that includes an extra \$600 per week for those who are unemployed.