

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 your job status. Call the Gas or Electric Company to make payment arrangements.

If you are threatened with a shutoff, call:
Dept. of Public Utility Control: **1-800-382-4586**
Energy Assistance Hot Line: **1-800-842-1132**

15. Surplus Food Distribution & Food Banks

For information on the agency in your area call
Infoline: **211**

(By cell phone: **1-800-203-1234**)

Gemma E. Moran United Way Labor Food
Center: **(860) 444-8050**

16. Serve New England

If you eat, you qualify! The smart way to stretch your food dollar. Get two to three times more nutritious food for your money for only about \$20.00 two hours of community service.

For more information or to find the **Serve** program in your community call **(508) 436-7663** or toll Free: **(888) 742-7363**

17. Additional Information

Child support and alimony payments—contact the Clerk of Court or anyone you are directly involved with. Write a note stating that 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. Private and family problems can magnify and your family life may suffer.

These programs are based on ability to pay. (The first three are United Way-funded agencies.)

Should you need helpful advice or guidance, contact the following:

Catholic Charities
Norwich: **(860) 889-8346**
New London: **(860) 443-5328**

Child and Family Agency
New London: **(860) 443-2896**

United Community & Family Services Southeastern
CT: **(860) 889-2375**

Lawrence & Memorial Hospital
Mental Health Clinic
New London: **(860) 444-5125**

Backus Hospital Mental Health Clinic
Norwich: **(860) 823-6321**

You may wish to talk to someone you respect about your feelings. A friend, union counselor, clergyman, professional counselor, or doctor may help you sort out your feelings. Your local mental health center or family counseling agency (listed in this brochure) can help.

Don't be embarrassed to talk with someone.

Need help? Call

2-1-1

www.211ct.org

This booklet was prepared by United Way's
AFL-CIO Community Services Program

For more information contact:

Sharon Peccini, AFL-CIO Community
Services Representative
(860) 464-6012

Visit us on the web at

www.uwsect.org/collaborations/job_help

Where to Turn For Help in Southeastern Connecticut when you are between jobs



Unemployment is not just a personal problem—it's also a community problem. There are a number of services, programs, and places to get help. It is important that you know where to get help, or how to find 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!

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, particularly 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 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

Norwich: (860) 859-5600
New London: (860) 439-7400
www.ctdol.state.ct.us

NETWORK of Rhode Island: (401) 462.8900
www.networkri.org

3. CT Works

Norwich: (860) 859-5777
New London: (860) 439-7670

4. Department of Higher Education

Hotline: 1-800-842-0229

5. Veterans' Administration

450 Main Street, Hartford, CT
1-800-827-1000

The Vet Center

60 Main Street, Norwich, CT
(860) 887-1755

NOTE: The State of Connecticut has a **Soldiers', Sailors' and Mariners' Fund** in Southeastern CT
(860) 886-8557

6. Consumer Credit Counseling Service of Southern New England

They can help you plan a budget. (First contact your local credit union or bank to see if they offer such a service.) Call the Credit Counseling Service for an appointment: **1-800-208-2227**

7. Connecticut Legal Services

Call for an appointment in
New London: (860) 447-0323
From anywhere else: (800) 413-7798

8. Social Security

If you are disabled or age 62 or older.

1 Thames Plaza, Norwich: (860) 886-7118
23 Shaw's Cove, New London: (860) 443-8456

9. Health Services

Most hospitals have outpatient clinics, which are available to all people based on their ability to pay. Most hospitals are mandated under the HILL-BURTON ACT to provide free or low-cost emergency room and doctor's care to people who cannot afford to pay. Ask for a HILL-BURTON application at the desk in the emergency room.

William W. Backus Hospital

Norwich: (860) 889-8331

Lawrence & Memorial Hospital

New London: (860) 442-0711

Community Health Centers ---

New London: 447-8304

Old Saybrook: 388-4433

Groton: 446-8858

Norwich: 885-1308

For Uninsured Children 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 apply call:
1-877-284-8759

Uninsured Adults from Age 19 through 64 Charter Oak Health Care - Affordable Health Care

Charter Oak offers coverage to the uninsured and to many adults experiencing financial hardship in paying unaffordable, non-group premiums on their own. Your monthly premium and annual deductible will depend on your household income. Individual premiums will range from \$75 to \$259 and annual deductibles will range from \$150 to \$900. For questions and to apply call: **1-877-772-8625**

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.
Call TVCCA: (860) 889-1365

If your insurance coverage runs out and you or your family is faced with hospitalization, be sure to ask to see a *Hospital Social Worker*. Every hospital has a *Social Services Department*. The worker will give you advice regarding the programs for which you might be eligible.

11. State Assistance Programs

Medical, Food Stamps, temporary family assistance, etc. contact CT Social Services toll free: **1-800-473-8909**

12. City & Town Social Services

Norwich: (860) 823-3778

Groton: (860) 441-6760

13. Energy Assistance—TVCCA: (860) 889-1365

Operation Fuel & Project Warm-up

Norwich—Catholic Charities: (860) 889-8346
New London—Catholic Charities: (860) 443-5328
Pawcatuck Neighborhood Ctr: (860) 599-3285

All other towns, call Infoline at 211 to find the fuel bank in your town.