

TERRYVILLE/PLYMOUTH COMMUNITY RESOURCES

INFO LINE: Dial **2-1-1** for any information on any issue. 2-1-1 provides an easy way for everyone to access programs and services in their community. This # connects individuals and families with community resources to find help or give help.

PASTORAL CARE: If you are experiencing any personal conflict, have spiritual questions, or would like special prayers, please call Terryville Congregational Church to speak with Reverend Zack. **(860-589-0182)**

IMMEDIATE CRISIS: If you are experiencing a life-threatening medical or psychiatric emergency, please call **911** or proceed to your nearest Emergency Room. For any other urgent mental health needs after business hours, please call Wheeler Helpline **(860-747-3434)**

EMERGENCY SHELTER: Dial **2-1-1**. Info line is the best source for a current listing of local emergency shelters. 211 is also where to call to get a referral for the Homeless Placement Rehousing Program (HPRP – can help with deposit and first and last month’s rent).

SAD OR LONELY: If you are feeling sad or lonely, there is a 24-hour hotline managed by Wheeler Clinic. You can call just to speak with a sympathetic person 24 hours a day **(860-747-3434)**.

DOMESTIC VIOLENCE SERVICES: **1-888-774-2900** is any emergency statewide toll-free domestic violence hotline.

POISON CONTROL: **1-800-222-1222** is a 24-hour hotline for problems related to poisoning.

SEXUAL ASSAULT: **1-888-999-5545** is a 24-hour toll-free hotline providing crisis intervention, short-term counseling, advocacy and referrals – YWCA

LEGAL: Statewide Legal Services – Civil law firm dedicated to helping low income families. **-1-800-453-3320** (Based in Middletown, they will direct you to local resources).

LEGAL ONLINE: consumer law project for elderly: **ctelderlaw.org**. For all ages: **ctlawhelp.org** and **larcc.org**.

FORECLOSURE: **1-888-995-HOPE (4673)**. Call The Home Ownership Preservation Foundation to receive free counseling when you are facing foreclosure. The hotline is staffed 24/7. Online visit: **ConnecticutFairhousing.org** OR **makinghomeaffordable.gov**. **211** can also refer people to the CHFA emergency foreclosure assistance program.

HEAT/ENERGY ASSISTANCE: Bristol Community Organization (BCO) – heating # **860-582-7490**. Main # **860-584-2725**. Bristol Community Organization will provide energy assistance. If you have a shut-off notice on your utilities, or for Operation Fuel, call Human Services at the Town of Plymouth: **860-585-4028**.

FOOD STAMPS: Call Human Services at the Town of Plymouth – **860-585-4028** or the Bristol Community Organization main #, **860-584-2725**.

STATE INSURANCE: Call Human Services at the Town of Plymouth –**860-585-4028** or the Bristol Community Organization main #, **860-584-2725**.

PARENTAL SUPPORT: Department of Children and Families (DCF) Care line – **1-800-842-2288**. Hotline for Parents Anonymous and opportunities to meet in support groups to deal with stresses of any kind.

HUMAN SERVICES: Town of Plymouth: **860-585-4028**. Call our town’s Human Services Department for help and resource information on any issue. If they cannot help, they can refer you to someone who can.

EDUCATION CONNECTION: **860-567-0863**. If you have not completed high school but would like to get your GED you can call this telephone number for information on classes and testing.

DENTAL HYGIENE SERVICES: **1-800-952-2444 x 103**. Lincoln Technical Dental Clinic in Southington will provide certain dental services free of charge to all ages from toddler to senior. Tunxis Community College also has a reduced cost program.

PLYMOUTH COMMUNITY FOOD PANTRY: **860-584-1750** will provide free food to Plymouth residents who register with them. They will deliver food to those who cannot come in.

FREecycle: www.freecycle.com a nonprofit movement of people who are giving and getting stuff for free in this area. It’s all about reuse and keeping good stuff out of landfills. You can find anything from furniture to appliances on this site. You must quickly arrange to pick up any item that is being offered.

PRESCRIPTION ASSISTANCE: Call Human Services (**860-585-4028**). There are many different programs – depending on the situation – that can help pay for prescriptions.

ACCOUNTING: Call Human Services (**860-585-4028**) and/or United Way (**860-582-9559**). The United Way of West Central CT provides low income households with financial counseling and free professional tax preparation.

2-1-1: Emergency mobile crisis unit for all ages.

CHOICES -- MEDICARE: Counseling for people on Medicare – call Human Services at **860-585-4028**.

SENIOR EMOTIONAL HELP OUTREACH PROGRAM (SEHOP) for seniors 60 and over can receive a free in-home assessment and referral to needed programs. (**1-800-654-2183**). Help someone smile again!

HUSKY HELP LINE: Help with questions regarding health care for children – (**1-800-656-6684**).