

## **COVID 19 Resources and Information**

**Fairfield First Selectwoman Brenda Kupchick's updates:** <https://fairfieldct.org/firstselectman>

**Fairfield Health Department COVID-19 Information:** <https://fairfieldct.org/covid19>

**Fairfield Human and Social Services:** 203-256-3170 or <https://www.fairfieldct.org/humanservices>

### **Fairfield COVID-19 Relief Fund:**

The Fairfield COVID-19 Relief Fund was established to help support the residents of Fairfield as a result of the COVID-19 pandemic. Intended use of the funds must be directly related to the effects of the virus. Funds are limited. It is anticipated that requests for assistance may be greater than the funds received. The ability to provide assistance will be based on the amount of money raised for this purpose, the validity of each request, and demonstrated need. Assistance will be granted on a first come, first serve basis.

[Please go to the COVID-19 Relief Fund page for more information, to apply or to donate.](#) For more information, please call 203-256-2891(all calls will be returned) or email [covidrelief@fairfieldct.org](mailto:covidrelief@fairfieldct.org).

**Governor Lamont's State of CT updates:** <https://portal.ct.gov/Coronavirus>

**Coronavirus Federal Stimulus Package:** <https://www.irs.gov>

**211: Dial 211 or text CTCOVID to 898211**

**The Connecticut COVID-19 Charity Connection (independent 501(c)3, also known as 4-CT):** CT Statewide COVID-19 Relief Fund, administered by the Hartford Foundation for Public Giving is raising funds to support the State's Nonprofit Providers serving those with the greatest need: [www.4-ct.org](http://www.4-ct.org)

**CDC:** [www.cdc.gov](http://www.cdc.gov)

**CT Department of Public Health:** <https://portal.ct.gov/dph>

### **Utilities:**

**United Illuminating:** <https://www.uinet.com/> and **UI COVID-19 Response.**

**Southern Connecticut Natural Gas:** <https://www.soconngas.com> and **Southern Connecticut Gas COVID-19 Response.**

**Propane-work with your provider**

### **Housing:**

**Homelessness-** Call 211, Press #3 and #1

**Renter's Relief-** click here for [Governor Lamont's website](#) and work with your landlord

**Eviction Relief-** click here for [Governor Lamont's website](#)

**Mortgage/Foreclosure Relief-** click here for [Governor Lamont's website](#) and work with your lender  
CT Commission on Human Rights and Opportunities Fair Housing Unit: All services are at no cost.  
860-541-3403 or [www.ct.gov/chro](http://www.ct.gov/chro)

**CT Fair Housing Center:** [www.ctfairhousing.org](http://www.ctfairhousing.org) (Intake Line: 860-247-4400 or 888-247-4401)

**Request Rent Recalculation (for those with rent based on income):** <https://ctfairhousing.org/rent>  
**Disability Letter Generator:** <https://www.ctfairhousing.org/raletters>

**Property Taxes:** Click here for [Governor Lamont's website](#) and work with the Fairfield Tax Collector's office (203-256-3100) or [click here](#) for the website.

### **Food Assistance:**

**Operation Hope** is operating a drive-thru Food Pantry at its Old Post Road Site on Mondays, Wednesdays, Thursdays and Fridays. Please [click here](#) for more information or call 203-292-5588. Fairfield Social Services is partnering with Operation to operate a mobile food pantry. Please call Social Services to find out if you're eligible 203-256-3170.

**SNAP (Supplemental Nutrition Assistance Program) - If you are dealing with food insecurity and have yet to enroll in SNAP, please call the SNAP Call Center (English & Spanish – 866.974.7627).**

**If you are enrolled in SNAP,** the first emergency benefit allocation will be available in electronic benefit transfer (EBT) accounts on **Thursday, April 9, 2020**. The second emergency benefits allocation will be available on **Monday, April 20, 2020**. All participating households will receive normal SNAP benefits on the first three days of each month as usual, according to last name.

[Expensify.org](#) will match SNAP groceries up to \$50 for Families on SNAP- For families already enrolled in the Supplemental Nutrition Assistance Program (SNAP), is reimbursing up to \$50 per family (one time) to help with additional grocery expenses.

**Fairfield Social Services/Bigelow Center** is providing home-delivered lunches to frail and at-risk seniors. For more information and eligibility, please call Social Services 203-256-3170.

**Grocery stores have set up special hours for seniors and some are offering curbside pick-up. Stop and Shop has set aside 6:00 – 7:30 a.m. for Seniors. BJs Wholesale Club is opening at 8:00 – 9:00 a.m. for Seniors.**

Use local delivery services and/or grab-n-go situations when possible (support local businesses and/or try [insta-cart](#), [Amazon Prime](#), or [Stop and Shop's Peapod](#)).

[The Pantry in Fairfield](#) is offering curbside pick-up.

[Spic and Span in Southport](#) is offering curbside pickup – you place and pay for your order by phone; there's a four hour wait for your shopping to be done, park in front, call to let them know you're there, and staff will bring your groceries to your car.

[ACE ENDICO](#) is a large wholesale food service company. They are now doing home delivery, \$200 minimum order.

[Greisers Market on Center Road in Easton](#), a local store in Easton that will do curb side pick-up.

Homecare Agencies that will grocery shop, for a fee, for those unable to go to the store. [Synergy Homecare](#), [Senior Helpers](#), [Sheraton Caregivers](#). Please click on each for more information and contact information. Fees vary.

## **Legal Services:**

**CT Legal Services:** (offices at Bridgeport, Stamford, Waterbury, New Britain, Willimantic and New London). [Click here](#) for the website.

## **Insurance:**

**Insurance premiums and coverage (auto, health, home)**-click here for [Governor Lamont's website](#) and work with your agents/providers

**Access Health Special Enrollment Period**-Individuals who lose their coverage due to qualifying life events are eligible for a special enrollment window to get healthcare through Access Health CT as an alternative to COBRA 1- 855-392-2428 or [www.AccessHealthCT.com](http://www.AccessHealthCT.com)

**Current Health Insurance Premiums/Payments** - see [Governor Lamont's website](#) above and work with your provider

**Connecticut Department of Social Services** (DSS) is working with its federal partners to modify the prescription refill processes in Medicaid/HUSKY Health and offer telehealth options.

**CT Children's Medical Center** has launched a Coronavirus Pediatric Hotline for parents: <https://www.connecticutchildrens.org/>

## **Unemployment Insurance:**

Unemployment Compensation Insurance: see Governor Lamont's and Federal Stimulus Package sites: <http://www.ctdol.state.ct.us/UI-online/Index.htm>

## **Testing:**

**Patients MUST be symptomatic and have an order from a Doctor in order to be tested. Patients MUST call the numbers ahead of time and in some cases requires a telehealth visit.**

**Yale New Haven Health (Greenwich and Bridgeport Hospitals):** After an order from a Doctor has been placed, patient will receive a call to schedule an appointment. CALL 833-275-9644 (toll free) for more information.

**Hartford Healthcare (St. Vincent's Hospital):** Hartford Healthcare – CALL 833-621-0600 (toll free).

**Nuvance Health (Norwalk Hospital):** Nuvance Health COVID-19 Community Hotline - CALL 888-667-9262 open from 8 AM - 6 PM.

## **Stay connected with others via phone support:**

**DMHAS:** <https://portal.ct.gov/DMHAS/Newsworthy/News-Items/DMHAS-Response-to-COVID-19>

**DMHAS Warm line:** <https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines>

**JoinRiseBe Statewide Young Adult Warmline Initiative:** 1-855-6HOPENOW 12-9pm daily

**Advocacy Unlimited Phone Based Peer Support:** 888-770-4478 M-F 9am-5pm

**SAMHSA's free 24-hour Disaster Distress Helpline:** 1-800-985-5990 if lonely or need support

**In The Rooms:** [www.InTheRooms.com](http://www.InTheRooms.com) offers online recovery, wellness, spiritual, etc., meetings

**NAMI-CT:** <https://namict.org/find-support/support-groups/>

## **Spiritual Support by Fairfield Houses of Worship:**

List of Fairfield Clergy/Congregations available for any who wish spiritual connection

**Black Rock Church:** Contact Rev. Josh Feay, at 203-255-3401 ext. 100 or email us at [info@blackrock.org](mailto:info@blackrock.org). Grief Groups and Anxiety Groups meeting online weekly; volunteers to help with picking up groceries, medication or other errands.

**Christ Presbyterian Church:** Contact Rev. Andrew Holbrook, 704-650-7368, [andrew.holbrook@cpefairfield.org](mailto:andrew.holbrook@cpefairfield.org)

**Congregation B'nai Israel.** Contact Rabbi Evan Schultz, [eschultz@cbibpt.org](mailto:eschultz@cbibpt.org)

**Congregation Beth El.** Contact Rabbi Marcelo Kormis, [rabbikormis@congbethel.net](mailto:rabbikormis@congbethel.net) , (203) 374-5544

**Fairfield Grace United Methodist Church.** Rev. Kun Sam Cho, (203) 374-6528, [kunsamcho@yahoo.com](mailto:kunsamcho@yahoo.com)

**First Church Congregational.** Contact Rev. David Spollett, [dspollett@firstchurchfairfield.org](mailto:dspollett@firstchurchfairfield.org), (203) 259-8396

**Greenfield Hill Congregational Church.** Contact Rev. David Rowe/Rev. Alida Ward. 203-259-5596, [info@greenfieldhillchurch.com](mailto:info@greenfieldhillchurch.com) .

**Trinity Baptist Church.** Contact Rev. Dan Van Horne. (203) 255-3977, [Dan@TrinityFairfield.org](mailto:Dan@TrinityFairfield.org)

**Trinity Episcopal Southport.** Contact Rev. Peggy Hodgkins, [rector@trinitysouthport.org](mailto:rector@trinitysouthport.org) . 203-255-0454

## **Mental Health Resources:**

**211 CT - Mental Health Category:** provides links to providers of counseling services for adults and children and mental health support groups.

**HEALTHY LIVES CT:** provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues.

**SAMHSA Disaster Distress Helpline:** provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

**CDC Manage Anxiety & Stress:** offers tips for reducing stress in yourself and others and offers information for parents, responders and people released from quarantine.

## **Mental Health and COVID-19 – Information and Resources**

**The HUB CT: Coping with Corona: Mental Health Supports in a Pandemic**

**Mobile psychiatric crisis:** Dial 211, option 1

**Kids in Crisis:** 203-327-KIDS

**Dial 911** and ask for Crisis Intervention Team (CIT) officer

**Center for Sexual Assault hotline:** 888-999-5545

**Domestic Violence Hotline: 888-774-2900**

**Substance Use Access Line: 800-563-4086**

**Problem Gambling Helpline: 888-789-7777**

**Smoking QuitLine: 800-QUITNOW**

**Veterans Crisis Line: 1-800-273-8255, Press 1**

**Crisis Text Line: Send text to 741741**

**Suicide Lifeline: 800-273-TALK**

**Law Enforcement Officers Hotline: 800-COPLINE**

### **Volunteering:**

So many of Fairfield residents have called and emailed offering to volunteer to help our neighbors. We are keeping a list to try to match volunteers with needs in the community. One way to start is to check in on your neighbors to see if any senior or person with disabilities may need help with grocery shopping or other errands.

**The State of Connecticut provides screening and placement services for people who would like to volunteer during the pandemic. [Click here for more information.](#)**