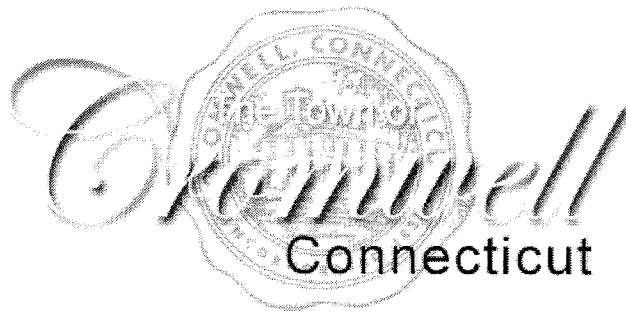


COVID 19 Resource Guide

Created for Town of Cromwell

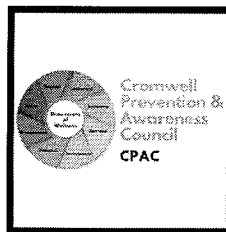
Residents and Families

Revised 5/21/2020



The Cromwell Human Services Department has put together this guide as a resource for town residents who may be looking for resources all in one place. Updates specific to families have been added as of May, 2020.

This resource guide was compiled using information from a wide variety of sources. The COVID 19 Outbreak is an evolving situation and changes are occurring constantly. We suggest you use this guide as a reference, but use the links and phone numbers to call for the most current updates.

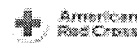


Printing and distribution of this resource guide is made possible by Cromwell Prevention and Awareness Council (CPAC).

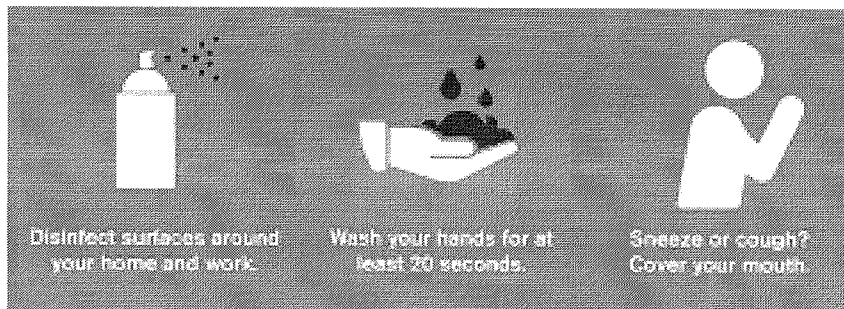
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CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



TOWN CLOSURES AND INFORMATION UPDATES



Town Website	https://www.cromwellct.com/
Town Facebook Page	https://www.facebook.com/townofcromwell/
Mayors Facebook	https://www.facebook.com/MayorEnzoFaienza/
Health Department Website	https://www.cromwellct.com/health-department

Human Services Department Contacts:

Human Services: 860-632-3449

Human Services Facebook <https://www.facebook.com/cromwellhumanservices/>

Senior Center: 860-632-3447

Senior Center Facebook <https://www.facebook.com/cromwellseniorcenter/>

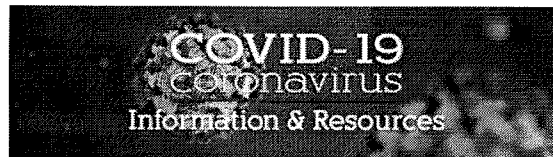
Youth Services: 860-632-3474

Youth Services Facebook <https://www.facebook.com/CromwellYouthServices/>

Senior Center: The Senior Center is closed for all in person activities and programs. We have virtual programs available, so please contact us for updated programs. Staff is available for phone calls and emails. We are posting activities on our Facebook page for seniors to keep busy and making calls to the seniors to "check-in". Transportation is running on very limited scale for only essential needs. For those needing Meals on Wheels, please call CRT at 860-560-5742. We are doing check in calls, but we certainly want you to call us with ANY needs and we will try and help as best we can.

Social Services: The office is operating by appointment only. Staff is available by phone or email. The Food Bank is open with donations coming in daily. Please call 860-632-3449 to request food and we will deliver it or you can drive by the front entrance of the Town Hall to pick up. If you are experiencing financial difficulties due to COVID-19, please call us with your needs as we have resources available and we can help as best we can!

Youth Services: Youth Services is closed for all programming and events. Staff is working in the office responding to calls and emails. Staff is also posting on Facebook and Instagram daily providing activities to keep the children busy and engaged. If children need meals, the Cromwell Schools are providing meals to ALL children regardless of income. Breakfast and Lunch Grab and Go Meals are available for pick up at Edna. C. Stevens (ECS) on Mondays, Wednesdays and Fridays from 9:00am-12:00pm.



COVID-19 RESOURCES

Center for Disease Control:

www.cdc.gov

National Institutes of Health:

<https://www.nih.gov/health-information/coronavirus>

Town of Cromwell Health Department:

860-632-3426 or <https://www.cromwellct.com/health-department>

Hartford Healthcare 24 Hour Hotline:

860-972-8100 or www.hartfordhealthcare.org/coronavirus

State of Connecticut Coronavirus Website:

<https://portal.ct.gov/coronavirus>

United Way 211:

Call 2-1-1 or text CTCOVID to 898211 for update

NUTRITION:

Cromwell Food Pantry

41 West Street, Cromwell

860-632-3449

BY APPOINTMENT ONLY- we can deliver or arrange a time for you to pick up.

Meals on Wheels

Community Renewal Team (CRT)

555 Windsor Street, Hartford

860-560-5848

For Homebound Residents Only

Frozen Meal Delivery

Community Renewal Team (CRT)

For those 60 and above; 5 meals and snacks delivered once per week.

Call the Cromwell Senior Center to register; **860-632-3447**

Cromwell Schools Free Breakfast and Lunch

All school children can receive breakfast and lunch meals to go, regardless of income. Meals are available for pick up at Edna C. Stevens (ECS) on Mondays, Wednesdays and Fridays from 9:00am-12:00pm. Just drive up and you can receive meals.

SNAP (Supplemental Nutrition Assistance Program)

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers' markets.

To APPLY: Call 855-626-6632 or visit: <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP>



CONNECTICUT FOOD BANK

MEMBER OF
FEEDING
AMERICA

Pantries

Middlesex County

Shoreline: Clinton

55 Church Road, Clinton,
Wednesdays
5:45 - 7:45 PM
860-388-1988

East Haddam Food Bank

Grange Hall, 488 Town Street, East Haddam
Tuesdays: 10:00 AM - 12:00 noon
2:30 PM - 5:30 PM
860-873-3296

All People Community Outreach

56 Warwick Street Middletown
4th Friday: 4-7 PM
860-301-0299

Amazing Grace

16 Stack St, Middletown
Mondays, Wednesdays, Fridays
1 - 4 PM
Saturdays: 10 AM - 1 PM
860-347-3222

Middletown Salvation Army

515 Main St. Middletown
Tuesday: 9:30 AM - 1:00 PM
860-347-7493

Shiloh Baptist Church

346 Butternut St,
Middletown
2nd and 4th Tuesday
4-5 PM
Middletown Residents Only
860-346-8295

Zion First Baptist Church

16 James A. Moses Ave, Middletown
3rd Saturday: 10 AM - 12 noon
860-347-5074

Shoreline:

Old Saybrook

366 Main Street, Old Saybrook
Tuesdays: 3:00 to 5:00 PM
860-388-1988

Middletown

Portland SDA

13 Waverly Ave, Portland
Wednesdays: 10 AM - 2 PM
860-342-0141

Shoreline:

Westbrook

222 McVeagh Rd, Westbrook
Tuesdays: 1:00 - 2:45 PM
860-388-1988

Grocery Stores Offering Specific Senior Population Shopping Hours

Stop & Shop of Cromwell 6:00am-7:30am Special Senior Shopping

195 West Street, Cromwell (860) 635-8300

Offering Peapod home delivery or pickup www.peapod.com

Shop Rite of Cromwell 6:30am-7:30am Special Shopping Hour

45 Shunpike Road, Cromwell (860) 613- 2063

Offering home delivery or call ahead pick up: www.shop.shoprite.com

Walmart of Cromwell 6:00am-7:00am on Tuesdays for Senior Shopping

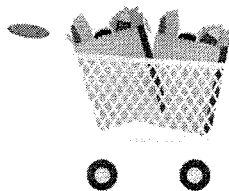
161 Berlin Road, Cromwell (860) 635-0458

Offering home delivery or curbside pickup www.grocery@walmart.com

Instacart

Groceries delivered from all of your favorite stores. This is an online platform where you would have to have internet access to visit their website to place your order and pay online with a credit card. <https://www.instacart.com/>

COVID-19 SAFETY GUIDELINES FOR GROCERY SHOPPING



SHOPPING TIPS

- Maintain a 6 foot distance between yourself, other shoppers and employees
- Go shopping alone, one person per household, when possible
- Be prepared, take an inventory of what you need before shopping to reduce time & to avoid multiple trips
- Wipe down your cart or basket handles prior to use (most stores provide sanitizing wipes)
- Avoid peak hours (weekends & 4PM-6PM during the week)
- Use a debit or credit card to limit contact with cashiers
- Try a delivery service like Peapod, CVS, or Instacart

TAKE PRECAUTIONS

- Stay home if you're sick
- Avoid touching your mouth and face
- Wash all produce
- Wash your hands with soap and water after you get home, before and after unpacking groceries
- Only go shopping for essentials

Prevent the spread of Covid-19

Cromwell Health Department

PHARMACIES/PRESCRIPTIONS

The CDC recommends you contact your health care provider to ask about obtaining extra necessary medications to have on hand during the outbreak of COVID-19. If you can not get extra medications, consider using mail order. Many pharmacies are offering free delivery, so contact your pharmacy to inquire.

CVS

72 Berlin Road, Cromwell (860) 613-0499

Walgreens

4 Hammerhead Place, Cromwell (860) 613-2324

Walmart of Cromwell

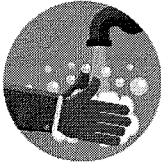
161 Berlin Road, Cromwell (860) 635-0458

Prevention Information from the CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others



Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn what to do if you are sick.



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

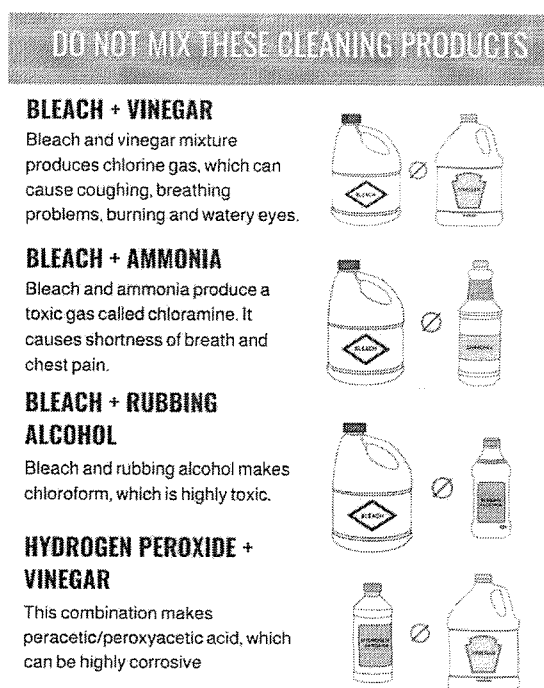
Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

- **Other common EPA-registered household disinfectants.**

Products with [EPA-approved emerging viral pathogens pdf icon\[7 pages\]external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).



RESTAURANT AND TAKE OUT DELIVERY OPTIONS

Below is a list of local restaurants currently open and offering take out or delivery service. This list is not all inclusive. The list was derived from a search on Facebook responding to take out service. We recommend you call your favorite restaurant to see if they are still offering take out options.

Whenever possible you should ask about non-contact deliveries meaning 'leaving it outside your door' to minimize contact with people. Many restaurants are offering curbside pickup where you don't go in the restaurant to pick up the food, rather they come out and put in your car for you without contact.

In addition to the options listed below, there are delivery services that can deliver food from local restaurants. Orders using these particular places requires you to place you order online:

Grubhub: www.grubhub.com

DoorDash: www.doordash.com

UberEats: www.ubereats.com

ABC Pizza - 860-635-4338
Ambrosia - 860-635-2224
Cafe Luna - 518-637-7154
Chili's Grill & Bar - 860-632-1779
Cromwell Diner - 860-635-7112
Cromwell Pizza & Pasta - 860-635-4655
Dairy Queen - 860-613-0080
D'Angelo's - 860-635-7555
Dar Pizza Party - 860-632-0091
Dunkin' Donuts (Shunpike)
Fil's Deli - 860-635-5503
Freddy's Pizza - 860-635-9677
Giulia's Pizza Restaurant - 860-788-2200
G-Love - 860-613-0050
Jefferson Fry Co. - 860-740-4117
Joe's Filling Station - 860-978-9561

McDonalds (Shunpike)
McDonalds (Berlin Road)
Mitchell's On Main - 860-613-0770
Mizzu Asian Bistro - (860) 788-6306
Nardelli's Grinder Shop - 860-788-3170
Ninety-Nine Restaurant - 860-632-2099
Picnic Basket Catering - 860-632-1718
Pizza Pie - 860-613-0050
Rail 99 Tavern - 860-807-3733
Tap House 150 - 860-632-1333
Tea Roses Tea Room - 860-632-1400
Wangs - 860-833-8556
The Well - 860-632-8682
Zerio's - 860-632-8555

SCAMS/PRICE GOUGING

It's unfortunate, but whenever something as serious as this Coronavirus outbreak, along come the scammers and con artists. The Department of Justice is remaining vigilant in detecting, investigating, and prosecuting wrongdoing related to the crisis. In a memo to U.S. Attorneys, Attorney General Barr said, "The pandemic is dangerous enough without wrongdoers seeking to profit from public panic and this sort of conduct cannot be tolerated."

Be aware that criminals are attempting to exploit COVID-19 worldwide through a variety of scams. There have been reports of:

Individuals and businesses selling fake cures for COVID-19 online and engaging in other forms of fraud.

Phishing emails from entities posing as the World Health Organization or the Centers for Disease Control and Prevention.

Malicious websites and apps that appear to share virus-related information to gain and lock access to your devices until payment is received.

Seeking donations fraudulently for illegitimate or non-existent charitable organizations.

Criminals will likely continue to use new methods to exploit COVID-19 worldwide. If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home through a number of platforms.

Go to:

Contact the **National Center for Disaster Fraud Hotline** at **866-720-5721** or via email at disaster@leo.gov

If it's a cyber scam, submit your complaint through <https://www.ic3.gov/default.aspx>

STATE SOCIAL SERVICES

NOTICE: The Department of Social Services has suspended in-person visits to their field offices as a protective measure for customers and staff. They are continuing to provide services. Customers can access benefit and application information, 24/7, at www.connect.ct.gov and www.ct.gov/dss/apply; or 1-855-6-CONNECT. Full information on ways to contact DSS online, by phone, by mail, and at office dropboxes is at www.ct.gov/dss/fieldoffices. Thank you, and please also visit www.ct.gov/coronavirus for latest State of Connecticut updates.

ACCESS CT Health Insurance

Coronavirus (COVID-19): Due to exceptional circumstances, qualified UNINSURED CT residents can enroll during a NEW SPECIAL ENROLLMENT PERIOD until April 2, 2020. This date may be extended, but please call ACCESS CT with questions 855-365-2428 (Monday – Friday, 8 am – 5 pm).

TAX PREPARATION

AARP Tax Prep- Federal and State tax deadlines have been extended until July 15, 2020. AARP tax aides had suspended all of their tax programs and we do not have any tax preparation scheduled at this time. You may call AARP to get updates at 1-888-227-7669. You can prepare your taxes for FREE online at www.myfreetaxes.com

VITA Tax Preparation- VITA (volunteer income tax assistance) serves low income residents across Connecticut. At this time only 2019 tax returns can be prepared with this service and they can only help people with a smartphone or computer and reliable WiFi. To sign up for a virtual tax appointment email virtualvita@gmail.com for more information.

TRANSPORTATION

Cromwell Senior and Disabled transportation is running on a limited scale. We will provide rides to essential medical and prescription pickup as well as food shopping, but we encourage you to utilize the free prescription delivery through your pharmacy and consider ordering delivery for groceries. The number for the Town of Cromwell Senior and Transportation is **(860) 632-3447**.

UNEMPLOYMENT

If you become unemployed due to coronavirus (COVID-19), you should file for unemployment benefits. <http://www.ctdol.state.ct.us/UI-online/index.htm>

YOUTH SERVICES

Cromwell Youth Services is dedicated to promoting positive development by empowering youth to make healthy decisions while strengthening and supporting resilient families. We strive to create a network of resources and services that enrich and meet the needs of our community.

While school is out, Cromwell Youth Services will be highlighting resources for parents & caregivers, youth & families on our Facebook page at Facebook.com/CromwellYouthServices.

TIPS FOR TALKING TO YOUTH ABOUT COVID-19

We'd like to emphasize that it is totally normal (and human) for children to be confused, anxious, sad, scared, and/or angry-it's what we do with those feelings and how we respond to them that's most important. Be honest with your children and reassure them that you're doing all you can to keep them safe. Talk about the good deeds others in your Cromwell Community are engaging in, and the across the country and world at large. Children are naturally curious, but are also inundated by a 24-hour news cycle. Limit sensationalized news and social media time and stick to credible, valid sources that you review as a family. Preparedness can help curb anxiety, so review CDC guidelines together about staying safe and healthy. Engage in calming practices as a family; journaling, meditation, yoga, mindfulness, and other forms of physical activity. Don't stress children on their schoolwork, review guidelines below about how much direct instruction is appropriate at different school levels. Engage in creative outlets WITH your kids, and try teaching essential life skills while at home. Don't hesitate to reach out to us for more support. We're here for you!

- Staying proactive, prepared, and informed helps everyone to curb anxiety.
 - o Include all family members in reviewing and following the CDC guidelines beginning on page 7.
- Stay informed, but monitor television, Internet and social media use.
 - o The 24-hour news cycle can be overwhelming to anyone. Know when it's time to take a break.
 - o News and social media can be flooded with sensationalized content, opinions, inaccuracies and rumors not based upon factual information. Fact-check information before sharing and seek valid, credible sources of information. We recommend the CDC, World Health Organization (WHO), and your state and local health departments and officials. Stick to need-to-know facts and avoid information that becomes too upsetting.
 - o Be aware of and use developmentally, age-appropriate information when sharing with youth.

- Remain calm and reassuring, you set the tone for your children.
 - o Children will react to and follow your behavior, verbal and nonverbal. What you say and do, including prevention efforts, can increase or decrease your child's anxiety.
 - o When true, emphasize to your children the measures your family is taking to remain safe and healthy.
- Make yourself available and present.
 - o Youth may need extra attention from you, including affection and talking about their concerns, worries, and questions.
 - o Let your children talk about their feelings and help reframe their concerns to the appropriate perspective. It is important that they know they have someone who will listen to them, make time for them, and validate and reassure them.
- Avoid excessive blaming and negative social behaviors.
 - o When tensions are high we sometimes try to find someone to blame. It is important to avoid stereotyping others. Bullying and negative comments should not be tolerated. Explain why negative comments made by others or through the media do not align with your family's values.
 - o Emphasize the role of community and its value in reference to everyone doing their part to keep each other safe and support one another.
- Maintain as much of a normal routine as possible.
 - o Disruptions to routines and schedules can be problematic or stressful for anyone. Outline a schedule and try to stick to it, structure is proven to be beneficial and important for youth (more guidelines on this in our "Homeschooling" section below).

HOMESCHOOLING AND AT-HOME ACTIVITIES

- Encourage your children to keep up with schoolwork, but don't push if they feel overwhelmed. Tackle schoolwork in intervals with breaks for other activities in between.
 - o Research suggests a simple rule for figuring out how long children can stay focused: Multiply the child's age by 2-5 minutes. So, if a child is 4 years old, he or she will be able to focus for 8 to 20 minutes, maximum.
 - o Also consider other factors of attention such as your child's cognitive, language, and motor skills level.
- Elementary age students can tolerate from 1-2 total hours of instruction per day.
 - o Children this age need help staying on task and organizing their work. Developing a predictable routine can help. Do not punish kinetic learners for not being able to stay in their seats; instead try scheduling in breaks for movement. Work on reading skills. Read with your child and then have them read to you.
- Middle school age student can tolerate between 2-3 total hours of instruction per day.
 - o Children in this age group are learning how to be independent and have a more robust social life than their elementary age peers. Using video conferencing platforms will be helpful keep them engaged with their assignments and with their peers.
- High School students can tolerate between 3-4 total hours of instruction per day.
 - o Adolescents in these grades should participate in the planning of their schedules. They may need encouragement as well. Remember that teens are also prone to changes in their mood and sleep patterns, so do not take their temperament changes personally.

General Youth and Family Wellness Tips

- Promote physical activity at home. When it's rainy or cold outside, look to youth yoga, exercise, and movement videos on web-based platforms.
- Engage your child in games, learning, and constructive activities between schoolwork. Arts & crafts, outdoor play, reading, science experiments, and web-based & streaming activities are good ideas.

- Time at home is a great opportunity to teach kids the essential life skills they need to be more independent.

o Cooking, deep cleaning, housekeeping, using appliances, laundry, yard work, pet care, home repairs, handy work, banking basics, automotive care, sewing & mending clothing, resumes & cover letters & job applications, budgeting, credit cards, thank you card writing, and emergency preparedness are all examples of at-home life skills learning.

- If you're unsure of how to tackle any of these life skills, YouTube it!
Bond over shared learning with your child.

STRESS AND COPING

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

For more information and resources on handling stress, please visit the CDC's website with more information.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Stress is a normal part of life:

- It's healthy and normal to feel some stress. Stress can help you concentrate and perform better. Stress can produce a burst of energy that helps guide you on what to do and give you some advantages. For instance, stress can help you meet daily challenges and motivate you to reach your goals, accomplishing tasks more efficiently. It can even boost memory. Stress is also vital to our internal warning system, producing the fight-or-flight response. However, too much stress can affect your health, work and life.

Signs of harmful stress:

- Persistent headaches or stomachaches with no other causes.

- Shoulder, neck, or back pain and other body aches. • Fatigue, trouble sleeping, and poor concentration.
- Frequent illnesses, like repeated instances of a cold or the flu.
- Heightened anxiety, irritability, clumsiness, or anger.
- Racing heartbeat, sudden sweating, skin rashes.
- Changes in appetite.

When stress becomes problematic: If you're feeling overwhelmed or like you can't cope with or manage stress seek help. A few counseling sessions can make a big difference. In Connecticut you can call 211 for services anywhere in the state. Mobile Crisis Teams are free and available to talk 24/7. Call 211 and press 1 for child crisis or ask for the adult crisis team nearest you.

Manage your stress: Be realistic about what you can do and learn to say no to what you can't. When you take on too many things and become overwhelmed, you can't do any of them to your best ability.

Practice time management. Take things one at a time. Prioritize tasks, moving through each step, and dealing with things separately. Be sure to make real time to relax and have fun breaks each day. That means no screens and no planning tasks in your head. Go for a walk, meditate, practice mindfulness or yoga, exercise, journal, color, play or listen to music, etc.

Tap into your senses. Make a snack, cuddle your pet, light a candle, tidy up, get musical!

Live a healthy lifestyle. Spend time outdoors every day, especially when the sun is shining. Avoid screens for at least 30 minutes before bed. Get at least 7-8 hours of good, uninterrupted sleep each night. Move your body, go for a walk, or exercise for 20-30 minutes each day. Avoid too much caffeine, sugar, fast food, or processed foods. They can increase anxiety and the body's stress response. Be sure to eat healthy, real, whole foods including fruits and vegetables. Avoid alcohol and drugs.

Social time is still important, connections are actually proven to be good for your health. Video chat and phone calls are a great way to accomplish this during social distancing!

MENTAL HEALTH RESOURCES

Suicide Prevention Lifeline: 1-800-273-8255

Substance Abuse/Mental Health Helpline: 1-800-662-4357

Crisis Text Line: Text HOME to 741741

Talk It Out Line for Parents and Caregivers who need someone to listen, to understand and to talk your feelings out: 1-833-258-5011

<http://www.talkitoutct.com/>

National Alliance on Mental Illness (NAMI): <https://www.nami.org/Home>

OK2Talk is a NAMI community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Call 1-800-273-8255 or visit <https://ok2talk.org/>

TeensHealth aims to give you the tools and confidence to make the best health choices. TeensHealth.org is part of the KidsHealth website.

<https://teenshealth.org/en/teens/>

Connecticut Office of Early Childhood: <https://www.ctoec.org/covid-19/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

TrevorLifeline: [1-866-488-7386](tel:1-866-488-7386) **Website:** <https://www.thetrevorproject.org/>

The Jed Foundation: Protecting emotional health. Preventing Suicide.

Text "START" to 741-741 or call [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) or visit

<https://www.jedfoundation.org/>

StopBullying.gov <https://www.stopbullying.gov/blog/2020/05/14/support-your-childs-mental-health>

GoZen: children's mental health, social emotional, and coping resources

https://gozen.com/?fbclid=IwAR3d6G0xk3i6CtN_cUm3v_Oat4ZXfiYon-quBAfJtsrwJuCctWRf1ibYVnw

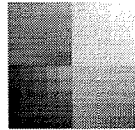


Promote positivity and support emotional well-being with these mental health and mindfulness apps.



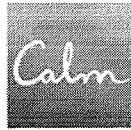
Three Good Things - A
Happiness Journal

✓ age 7+
★★★★



The Mood Meter

✓ age 12+
★★★★



Calm

✓ age 7+
★★★★



HappiMe for Young
People

✓ age 11+
★★★★



Breathe, Think, Do with
Sesame

✓ age 4+
★★★★★



Trill Project

✓ age 17+
★★★★

VIRTUAL YOUTH, FAMILY, and ADULT PROGRAMMING:

Cromwell Belden Public Library: <https://www.cromwellct.com/library/pages/calendar-event-registration> <https://www.facebook.com/CromwellBeldenPublicLibrary/>

Cromwell Recreation Department: www.CromwellRec.com
www.Facebook.com/CromwellRecreation/

Cromwell Youth Services: www.Facebook.com/cromwellyouthservices

Cromwell Senior Center: www.Facebook.com/cromwellseniorcenter

ANY QUESTIONS, PLEASE CALL TOWN OF CROMWELL HUMAN SERVICES 860-632-3449

Resource Guide for Behavioral Health

Emergency Services

FIRE/POLICE/AMBULANCE Call 9-1-1

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)
1-888-628-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
www.suicidepreventionlifeline.org

SUICIDE HELPLINE (INFOLINE) Call 2-1-1

ALCOHOL AND DRUG RECOVERY CENTERS

Access line for Referrals and Detoxification
Center 860-714-3700

POISON CONTROL

1-800-222-1222 www.aapcc.org

SEXUAL ASSAULT CRISIS SERVICES

English 888-999-5545
Spanish 888-568-8332

SUBSTANCE ABUSE TREATMENT AND ENHANCEMENT PROJECT

Access Line for Referrals and Detoxification
Center 800-563-4086

WHEELER COMMUNITY RESPONSE TEAM

860-747-8719

WHEELER HELPLINE 24/7

860-747-3434

Connecticut Resources

ACCESS HEALTH CT

Health Insurance Marketplace
1-855-805-4325 TTY 1-855-789-2428
www.accesshealthct.com

ACCESS MENTAL HEALTH CT

www.accessmhct.com

CT 2-1-1 Call 2-1-1
www.211ct.org

CT ALLIANCE TO END SEXUAL VIOLENCE

1-888-899-5545
www.endsexualviolencect.org

CT COALITION AGAINST DOMESTIC VIOLENCE

860-282-7899 www.ctcadv.org
1-888-774-2900 (Crisis Line)

CT COALITION TO STOP UNDERAGE DRINKING

860-523-8042
www.preventionworksct.org/CCSUD.html

CT COUNCIL ON PROBLEM GAMBLING

1-888-789-7777 (Helpline) www.ccpq.org

CT SUICIDE PREVENTION

www.preventsuicidect.org Call 2-1-1

CT NETWORK OF CARE

www.connecticut.networkofcare.org

CT QUITLINE (Tobacco)

1-800-QUIT-NOW
www.quitnow.net/connecticut

CT YOUTH SERVICES ASSOCIATION

www.ctyouthservices.org/Find_A_YSB

CT COMMUNITY FOR ADDICTION RECOVERY

800-708-9145 <https://ccar.us>

Mental health and substance use disorders affect people from all walks of life and all age groups. These are common, recurrent, and often serious, but they are treatable and many people do recover.

CONNECTICUT CLEARINGHOUSE

A library and resource center on alcohol, tobacco, other drugs, mental health and wellness
1-800-232-4424 www.ctclearinghouse.org

FATHERHOOD INITIATIVE OF CT

1-866-6-CTDADS www.ct.gov/fatherhood

MOBILIZE AGAINST TOBACCO FOR CHILDREN'S HEALTH (MATCH)

860-402-1554

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT

860-882-0236 www.namict.org
Helpline 1-800-950-6264

OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

860-418-6993
www.ct.gov/dmhas/cwp/view.asp?q=509650

PROTECTIVE SERVICES FOR THE ELDERLY

888-385-4225

TRUE COLORS (Sexual Minority Youth and Family Services)

880-232-0050 www.ourtruecolors.org

TURNING POINT

CT website for youth and young adults
www.turningpointct.org

Support Groups

AL-ANON/ALATEEN

CT Information 1-888-825-2666
Anywhere, USA 1-800-344-2666
www.ctalanon.org

ALCOHOLICS ANONYMOUS (AA)

Connecticut 1-866-783-7712
Anywhere, USA 1-800-344-2666
www.ct-aa.org

CO-DEPENDENTS ANONYMOUS

1-888-444-2359 www.coda.org

FAMILIES ANONYMOUS

1-800-736-9805
www.familiesanonymous.org

GAM-ANON FAMILY GROUPS

CT Hotline
1-800-266-1908
National Information 718-352-1617
www.gam-anon.org

GAMBLERS ANONYMOUS

CT Hotline 1-855-222-5542
National Information 213-386-8789
www.gamblersanonymous.org

MARIJUANA ANONYMOUS

1-800-766-6779 www.marijuana-anonymous.org

MENTAL HEALTH CONNECTICUT

800-842-1501 www.mhconn.org

NAR-ANON

CT Information 1-800-477-6291
www.nar-anon.org

NARCOTICS ANONYMOUS CT Region

CT Information 1-800-627-3543
National Information 1-800-447-6291
www.ctna.org

NATIONAL ALLIANCE ON MENTAL ILLNESS

800.215.3021 www.namri.org

NICOTINE ANONYMOUS

1-877-879-6422 www.nicotine-anonymous.org

OVEREATERS ANONYMOUS

505-891-2664 www.oa.org



Wheeler

CONNECTICUT
Clearinghouse

a program of the Connecticut Center
for Prevention, Wellness and Recovery

800.232.4424 (phone)

860.793.9813 (fax)

www.ctclearinghouse.org

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

National Resources

AIDS NATIONAL HOTLINE

1-800-342-AIDS www.cdc.gov/hiv

CENTERS FOR DISEASE CONTROL AND PREVENTION

1-800-232-4636 www.cdc.gov

MENTAL HEALTH AMERICA

1-800-969-6642 www.nmha.org

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

1-888-554-COAS www.nacoa.org

NATIONAL EATING DISORDERS ASSOCIATION

800-931-2237 www.nationaleatingdisorders.org

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME

202-785-4585 www.nofas.org

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)
1-888-628-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
www.suicidepreventionlifeline.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

1-877-726-4727 www.samhsa.gov

State Agencies

CT DEPARTMENT OF CHILDREN AND FAMILIES

1-800-842-2288 Careline www.ct.gov/ctcf

CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

860-418-7000 www.ct.gov/dmhas

CT DEPARTMENT OF PUBLIC HEALTH

860-509-8000 www.ct.gov/dph

CT DEPARTMENT OF SOCIAL SERVICES

1-800-842-1508 www.ct.gov/dss

CT DEPARTMENT OF DEVELOPMENTAL SERVICES

860-418-6000 www.ct.gov/ds

Regional Mental Health Boards

NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD

860-667-6388 www.ncrmhb.org

NORTHWEST REGIONAL MENTAL HEALTH BOARD

203-757-9603 www.nwrmb.org

SOUTH CENTRAL MENTAL HEALTH BOARD

860-262-5027 www.southcentralhealth.org

SOUTHWEST REGIONAL MENTAL HEALTH BOARD

203-840-1187 www.healthymindsct.org

Signs and symptoms of substance use disorders

Behavioral changes, such as:

- Drop in attendance and performance at work or school
- Frequently getting into trouble (fights, accidents, illegal activities)
- Using substances in physically hazardous situations, such as while driving or operating a machine
- Engaging in secretive or suspicious behaviors
- Changes in appetite or sleep patterns
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation
- Appearing fearful, anxious, or paranoid, with no reason

Physical changes, such as:

- Bloodshot eyes and abnormally sized pupils
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

Social changes, such as:

- Sudden change in friends, favorite hangouts, and hobbies
- Legal problems related to substance use
- Unexplained need for money or financial problems
- Using substances even though it causes problems in relationships

Early warning signs for mental health disorders

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or doing drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family or friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Substance Abuse and Mental Health Services Administration
www.samhsa.gov/disorders

U.S. Department of Health and Human Services
www.mentalhealth.gov/what-to-look-for/substance-abuse/

U.S. Department of Health and Human Services
www.mentalhealth.gov/basics/what-is-mental-health/

