

SOUP KITCHENS

Community Kitchens of NE CT 860-230-7204
Covenant Soup Kitchen 860-423-1643

SUPPORTED EMPLOYMENT

Horizons (South Windham) 860-456-1032
Northeast Placement (S. Woodstock) 860-963-1941
Project Genesis (Willimantic) 860-456-1698
Tri County Arc (E. Columbia) 860-228-2070

Our Mission:

To promote the recovery of people with severe and persistent mental illnesses by evaluating existing and proposed state funded mental health programs and services under state mandate (CGS 17a 463-464) and by educating the public about mental health and illness.

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**The Eastern
Regional Mental
Health Board, Inc.**

THE CITIZEN'S VOICE IN MENTAL HEALTH POLICY

Getting Help In Northeastern Connecticut

Basic Needs Assistance & Non-Clinical Mental Health Services

Ashford, Brooklyn, Canterbury,
Chaplin, Columbia, Coventry,
Eastford, Hampton, Killingly,
Lebanon, Mansfield, Plainsfield,
Pomfret, Putnam, Scotland, Sterling,
Thompson, Union, Willington,
Windham, Woodstock

ARE YOU HOMELESS,**OR AT RISK OF BECOMING HOMELESS?**

To get help, dial "211"; then dial "3", then dial "1". You ***must follow these steps*** in order to get to the Coordinated Access Network for Housing.

Area Agency on Aging/Elder Advocacy (Eastern CT)

Senior Resources—Agency on Aging 860-690-6998
 Consumer Law Project for Elders 860-296-1467

BENEFITS (STATEWIDE)

Care for Kids 860-214-5437
 Medicare 800-MEDICARE
 Social Security Administration 877-619-2851
 U.S. Dept. of Veteran's Affairs 800-827-1000
 Food Stamps (SNAP) 800-473-8909

CLOTHING/PERSONAL GROOMING SUPPLIES

Town of Coventry 860-742-5324
 Holy Family Home and Shelter 860-423-7719
 Plainfield Family Resource Center 860-564-6411
 Windham Region No Freeze Hospitality Center
 860-450-1346

COMMUNITY GARDENS

Mansfield Parks and Recreation 860-429-3015
 Thompson Ecumenical Empowerment Group Community
 Gardening 860-923-3458
 Windham Interfaith Ministry 860-456-7270

DOMESTIC VIOLENCE CENTER

United Services Hotline 860-774-8648

FOOD ASSISTANCE

Access Community Action Agency Food Programs
 860-450-7448
 Ashford Food Program 860-487-1450

FOOD PANTRIES

Access Community Action Agency Food Pantries

Danielson 860-412-1600
 Willimantic 860-450-7400
 Ashford Food Pantry 860-429-2923
 Catholic Charities, Willimantic 860-423-7065
 Columbia Social Services 860-450-7400
 Daily Bread 860-928-0169
 Eastford Food Pantry 860-974-0133
 Friends of Assisi Food Pantry 860-774-2310
 Lebanon Social Services 860-642-4580
 Mansfield Human Services 860-429-3315
 Mobile Foodshare Sites 860-429-8321
 Pomfret Food Pantry 860-928-7459
 Project Northeast 860-928-4078
 Project Pin 860-564-5591
 Salvation Army 860-423-0977
 Thompson Ecumenical Empowerment Food Security
 860-923-3458

HOMELESS SHELTERS

Access Community Action Agency Emergency Shelter
 860-774-4977
 Holy Family Home and Shelter 860-423-7719

HOUSING AUTHORITIES

Ashford Housing 860-429-8556
 Brooklyn Housing 860-779-3339
 Killingly Housing 860-774-6067
 Mansfield Housing 860-487-0693
 Plainfield Housing 860-230-3022
 Putnam Housing 860-963-6829
 Willimantic Housing 860-456-1413
 Woodstock Housing 860-779-3339

INDIVIDUAL SERVICE PROBLEMS (STATEWIDE)

DMHAS Client Rights 860-418-6933

Office of Healthcare Advocate 860-331-2499
 Office of Protection and Advocacy 860-842-7303
 CT Department of Public Health 860-509-7407

JOB CLUBS

Access Community Action Agency 860-412-1600
 American Job Centers (Willimantic) 203-437-3380

Legal Advice & Representation (Statewide)

Connecticut Legal Rights Project 860-262-5030
 Statewide Legal Services 860-344-8096

Mental Health Advocacy

Eastern Regional Mental Health Board
 Norwich 860-886-0030

PSYCHOSOCIAL CLUBHOUSES/RECREATION

The Lighthouse 860-423-7791
 Welcome Arms 860-928-6130

SENIOR CENTERS

Town of Ashford 860-487-5122
 Town of Brooklyn 860-774-1243
 Town of Canterbury 860-546-9845
 Town of Chaplin 860-445-1327
 Town of Columbia 860-228-0759
 Town of Coventry 860-742-3525
 Town of Hampton 860-267-4426
 Town of Lebanon 860-642-3040
 Town of Mansfield 860-429-0262
 Town of Plainfield 860-230-3000
 Town of Pomfret 860-928-7459
 Town of Sterling 860-564-2766
 Town of Willington 860-429-8321
 Town of Windham 860-423-4524