

COVID-19, Mental Health & Our Families

June 2nd Resources from the Office of Social Services

If COVID-19 has affected your mental health **you are not alone!** Many of us are facing increased anxiety, fears and changes in behavior due to this pandemic. Please know that there are many services available to you via telephone and internet. Please find some helpful info and links below:

[Check here for helpful links from the state of CT](#)

Looking for local assistance finding a counselor? Call Greenwoods in Litchfield, CT at: 860-567-4437 or visit their [website](#).

For the Western CT Mental Health Network Crisis line *8:00am-Midnight call: (860)-482-1560

National Suicide Prevention Lifeline: 1-800-273-8255

Links for Kids and Families!

[Click here](#) for self-care and wellness resources for children as we react to COVID-19.

United Way Worldwide (UWW) is proud to join forces with Noggin, Nickelodeon's interactive learning service for preschoolers, to bring its brain-boosting content — such as Paw Patrol, Dora the Explorer, Peppa Pig, Blues Clues and Rusty Rivets — to communities across the country in support of parents as they work to ensure that their young children continue learning during this period of preschool closures due to the pandemic.

As a founding partner of the Campaign for Grade-Level Reading, Noggin is delighted to extend this special opportunity of free Noggin content for three months to the 300+ GLR communities, their local United Ways and all United Ways across the country. UWW's partnership with Noggin gives families 90 days of free access to all of Noggin's content. This access is different than the free week being offered through Noggin's public website and does not require families to enter a credit card number or any payment information. [Click Here to Sign Up!](#)

Links for business owners:

The Connecticut Department of Labor began accepting claim applications for the self-employed **April 30th**, many who are eligible to collect unemployment insurance benefits under the federal Pandemic Unemployment Assistance (PUA) program.

Federal guidelines require that self-employed individuals, including independent contractors and “gig” workers, first apply through the Connecticut unemployment system located on www.filectui.com. Applicants must receive a determination notice in the mail from the Connecticut Department of Labor before they can apply on the newly-designed Pandemic Unemployment Assistance online system that will also be located at www.filect.com.

[Click here](#) for the latest from the Northwest CT Chamber of Commerce

Questions regarding COVID-19?

Contact your primary care physician if you are concerned for your health.

Dial 2-1-1 for assistance via telephone.

Do not consume health information and guidance from social media. Reliable sources include:

- [The Centers for Disease control](#)
- [The Connecticut Department of Public Health](#)
- [The Torrington Area Health District](#)