



# A to Z Support Services

Please note: This is a not an exhaustive list. For further information on a topic or for information on a topic not listed, visit or call 211, United Way <https://www.211ct.org/>

For assistance in navigating programs, or if there is another need, contact Katie Wilt, Town of Columbia Community Social Services Coordinator, at 860-228-1008 or [kwilt@columbiact.org](mailto:kwilt@columbiact.org) (Typical hours Monday & Tuesday 8:30-5:00)

## **A - ADDICTION/RECOVERY SUPPORT**

AA online  
<https://www.aaonlinemeeting.net/>

AHM SMART Recovery  
<https://ahmyouth.org/programs-services/smart-recovery/>

SMART Recovery  
<https://www.smartrecovery.org/>

CT Council on Problem Gambling  
[www.ccpvg.org/get-help/](http://www.ccpvg.org/get-help/)  
(888) 789-7777, or text "CTGAMB" to 53342

Department of Mental Health and Addiction Services  
<https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Programs-and-Services>  
860-418-7000

Findrecovery  
[https://findrecovery.com/aa\\_meetings/ct/columbia/](https://findrecovery.com/aa_meetings/ct/columbia/)

Narcotics Anonymous  
<https://www.na.org/>

AA online

<https://www.aaonlinemeeting.net/>

AHM SMART Recovery

<https://ahmyouth.org/programs-services/smart-recovery/>

SMART Recovery

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

CT Council on Problem Gambling

[www.ccpbg.org/get-help/](http://www.ccpbg.org/get-help/)

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860-418-7000

Findrecovery

[https://findrecovery.com/aa\\_meetings/ct/columbia/](https://findrecovery.com/aa_meetings/ct/columbia/)

Narcotics Anonymous

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

Quit line

<https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/Tobacco/CT-Quitline>

United Services

<http://www.unitedservicesct.org/addiction-recovery-services/>

860-456-2261

# **D - DISABLED ADULT SUPPORT**

Bureau of Rehabilitation Services

<https://portal.ct.gov/AgingandDisability/Content-Pages/Bureaus/Bureau-of-Rehabilitation-Services>

Disability Rights and Assistance

<https://ctlawhelp.org/en/self-help-guides/disability-rights>

My Place CT

<https://www.myplacect.org/about-us/>

## **DOMESTIC VIOLENCE**

CT SafeConnect

<https://ctsafecconnect.com/>

Domestic Violence CT Safe Connect Hotline: 888-774-2900

CT Law Help

<https://ctlawhelp.org/en/self-help/534>

United Services

Program: <http://www.unitedservicesct.org/services/domestic-violence/>

Resources: <http://www.unitedservicesct.org/services/domestic-violence/re-sources/>

# **E - ENERGY/HEATING ASSISTANCE**

State of CT Energy Assistance

[https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/](https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating)

Energy-Assistance---Winter-Heating

Columbia Residents apply through ACCESS 860-450-7487

Operation Fuel

<https://operationfuel.org/>

860-243-2345

Town Emergency Fuel Bank (once the above is exhausted)

Contact Katie Wilt 860-228-0110 x128 or kwilt@columbiact.org Monday and

Tuesday 8:30 am -5:00 pm

CT Soldiers Sailors and Marines Fund (Veterans only)

<https://www.alctssmf.org/what-we-cover>

860-296-0719

CT Law – Utilities Rights and Benefits

<https://ctlawhelp.org/en/self-help-guides/energy-assistance>

Eversource

<https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill>

Eversource New Start Program

<https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill/nu-start>

Oil Heat Cares (in conjunction with certain oil companies)

<https://oilheatcares.com/>

1-888-552-0900

## **F - FOOD ASSISTANCE**

FoodShare at the Beckish Senior Center, 188 Route 66, Columbia  
EVERY OTHER THURSDAY from 1:00 PM to 1:30 PM

[www.foodshare.com](http://www.foodshare.com)

Meals-on-Wheels lunches are delivered daily to homes. Call the Beckish Senior Center at 860-228-0759.

## **H - HOUSING**

CT Fair Housing Center

<https://www.ctfairhousing.org/history-and-mission/>

860-247-4400

CT Housing Finance Authority

<https://www.chfa.org/homeowners/>

<https://www.chfa.org/lenders/chfa-approved-counseling-agencies/>

1-844-CT1-HOME

Homeowners/Renters – Elderly/Disabled/Veteran Tax Relief Programs

[https://www.columbiact.org/index.asp?Type=B\\_](https://www.columbiact.org/index.asp?Type=B_)

[BASIC&SEC={C17F842C-F404-4209-8C8C-B3191F9FADCF}](https://www.columbiact.org/index.asp?Type=B_BASIC&SEC={C17F842C-F404-4209-8C8C-B3191F9FADCF})

Housing Choice Voucher Program

<http://www.cthcvp.org/>

Military Homeownership Program

<https://www.chfa.org/homebuyers/military-program/>

860-721-9501

National Homeless Org.

<https://nationalhomeless.org/>

202-462-4822

United Way 211 – for all shelter needs

<https://www.211ct.org/>

211

Veteran Affairs CT

<https://www.connecticut.va.gov/services/homeless/index.asp>

## **L - LEGAL SERVICES**

CT Fair Housing Center

<https://www.ctfairhousing.org/history-and-mission/>

860-247-4400

CT Law Help (60+ Legal Resources)

<https://ctlawhelp.org/en/self-help/537>

CT Legal Services

<https://ctlegal.org/>

860-344-0447

CT Legal Rights Project, Inc.

<http://www.clrp.org/website/publish/about/index.php?Mission-9>

877-402-2299

Greater Hartford Legal Aid (Columbia residents 60+)

<https://www.ghla.org/need-legal-help>

860-541-5000

Lawyers for Children America

<https://www.lawyersforchildrenamerica.org/#>

860-273-0441

The Children's Law Center of Connecticut:

# **M - MENTAL HEALTH SUPPORT**

Action Line – Adult Crisis Telephone Intervention and Options Network  
1-800-HOPE-135 or 211

<https://portal.ct.gov/-/media/DMHAS/Publications/Action-Line-Brochure-English.pdf>

Crisis Textline

<https://www.crisistextline.org/text-us/>

Free 24/7 help is available by texting HOME to 741741

United Services

<http://www.unitedservicesct.org/services/>

860-456-2261

Mental Health Emergency Services: 860-774-2020

AHM Youth & Family Services

<https://ahmyouth.org/about-us/ahm-mission/>

860-228-9488

CHR

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

1-877-884-3571

CHR WARMLINE - Feeling lonely or just want to talk?

Call 1-866-927-6225

[HealthyLivesCT \(wellness programs, tools, screening, and resources\)](https://www.healthyivesct.org/)

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

InterCommunity Health Care

<https://intercommunityct.org/mental-health-care/>

860-569-5900



NAMI

<https://namict.org/find-support/crisis-resources/>

National Alliance on Mental Illness COVID-19 Resource and Information Guide

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

National Suicide Prevention Lifeline 1-800-273-8255

Free 24/7 National hotline that connects individuals with mental health professionals

<https://suicidepreventionlifeline.org/>

1-800-273-8255

Veterans Crisis Line - Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24/7.

<http://www.veteranscrisisline.net/>

1-800-273-8255

## **S - SENIORS/CAREGIVERS**

Senior Resources

<http://www.seniorresourcesec.org/>

860-887-3561

Center for Healthy Aging, Hartford HealthCare

<https://hhcseniorservices.org/locations/center-for-healthy-aging>

860-406-6865

CHOICES help with Medicare and Healthcare Options

<https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/CHOICES-Connecticuts-program-for-Health-insurance-assistance-Outreach-Information-and-referral-Couns>

1-800-994-9422

CT Law Help (60+ Legal Resources)

<https://ctlawhelp.org/en/self-help/537>

My Place CT

<https://www.myplacect.org/about-us/>

## **V- VETERANS**

Veterans Crisis Line

1-800-273-8255 (Press 1)

American Corporate Partners Career Mentoring Program

<https://www.acp-usa.org/mentoring-program>

212-752-0700

CT Soldiers Sailors and Marines Fund

<https://www.alctssmf.org/what-we-cover>

860-296-0719

CTVeterans Mobile App

<https://portal.ct.gov/DVA/Pages/CTVeterans-Mobile-App>

Department of Labor/Veteran Programs

<http://www.ctdol.state.ct.us/veterans/>

860-263-6000

Focus on Veterans, Inc.

<https://focusonvet.org/>

860-317-1025

Make the Connection

<https://www.maketheconnection.net/>

Military Homeownership Program

<https://www.chfa.org/homebuyers/military-program/>

860-721-9501

Military Sexual Trauma Services

<https://www.mentalhealth.va.gov/mentalhealth/msthome/index.asp>

203-932-5711 x2722

New England Veterans Chamber of Commerce

<https://nevcc.org/>

603-809-0416

VA Healthcare

<https://www.va.gov/health-care/how-to-apply/>

877-222-8387

Veterans Stand Down (recording available)

<https://portal.ct.gov/DVA/Pages/Veterans-Stand-Down>

U.S. Department of Veteran Affairs, CT

<https://www.connecticut.va.gov/index.asp>

860-666-6951 (Newington Campus)

U.S. Small Business Administration

<https://www.sba.gov/business-guide/grow-your-business/veteran-owned-businesses>