

2022

The Caregiver Resource Center Resource Directory



The Resource Directory is provided courtesy of

The Caregiver Resource Center



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www.TheCaregiverResourceCenter.com

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The Resource Directory is for informational purposes only, is not meant to be all inclusive of the resources available, and is only being provided for your convenience in locating potential resources.

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While The Resource Directory was created to provide the most accurate information possible, the organizations herein at any time may decide to change the quantity, type and/or accessibility of any services or supplies that they provide. To ensure that an organization continues to provide the assistance or services that you seek, please contact an organization directly to ensure that the specific services you require remain available.

The Resource Directory should not be considered complete and should not be used in the place of a call, visit, advice, or consultation with a trained professional. If you have a health or mental health related problem, EAP, Inc. /TCRC strongly suggests that you visit your health care provider, or in the event of an emergency contact your local emergency service or seek immediate care at a hospital emergency department.

The information about providers and services contained in The Resource Directory does not constitute endorsement or recommendation. It is your responsibility to verify and investigate any and all providers and services. Please consult your own professional advisor for all advice concerning medical, legal or financial matters in connection with the services you need.

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Every effort has been made to make The Resource Directory as accurate as possible. Although information has been checked and researched, it is possible that some information may be missing or incorrect.

Please contact us at care4you@optonline.net to report any errors.

We hope that you find our fourth updated edition of The Resource Directory useful.

Linda Ziac

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Local & National Resources and Programs

Abused Spouse Assistance Services -NY	914-345-5900 800-942-6906
Addiction and Abuse Hotline	877-726-4727
Adoption Center (National)	800-862-3678
Abused Spouse Assistance Services - MHA NY	914-345-5900
Addiction and Abuse Hotline	800-662-4357
Adoption Center (National)	800-862-3678
Administration on Community Living	202-401-4634
Administration on Developmental Disabilities	800-729-6686
Adolescent Crisis Intervention - Boys Town	800-448-3000
Aging Lifecare Association – certified care managers	520-881-8008
AIDS Clinical Trials & Information Services	800-448-0440
AIDS National Hotline -CDC	800-232-4636
AIDS & STDs Information Line	800-232-4636
Alanon & Alateen	888-425-2666
Alcohol & Drug Abuse Helpline - National	800-662-4357
Alcohol and Drug Information – National Clearinghouse	800-729-6686
Alcohol, Tobacco, Firearms, & Explosives Bureau	800-800-3855
Alcoholics Anonymous	
- World Services - NY City	212-870-3400
- Connecticut Statewide 24 Hour Hotline	866-783-7712 24 Hr. Hotline
- Connecticut Statewide Español Hotline	855-377-2628 24 Hr. Hotline:
- Bridgeport CT	203-333-5804
- Danbury CT	203 855-0075
- Darien CT	203-227-2496
- Greenwich CT	203-869-5221
- New Haven	203-624-6063
- Westport	203-227-2496
Alliance on Mental Illness - NAMI	800-950-6264 Helpline
ALS Association (Amyotrophic Lateral Sclerosis, Lou Gehrig's)	800-782-4747

Alzheimer's Association Helpline	800-272-3900 (24 hrs.)
Alzheimer's Association of CT - Chapter Main Office	860-828-2828
American Academy of Family Physicians	800-274-2237
American Association of Homes and Services for the Aging (Leading Age)	202-783-2242
American Association of Poison Control	800-222-1222 24 hrs./7 days a week
American Bar Association	800-285-2221
American Cancer Society	800-227-2345
American Chronic Pain Association	800-533-3231
American Council for the Blind	800-424-8666
American Counseling Association	800-347-6647
American Diabetes Association	800-342-2383
Americans with Disabilities Act Information Line	800-514-0301 800-514-0383 TTY
American Foundation for Suicide Prevention	888-333-2377
American Geriatrics Society	212-308-1414
American Heart Association	800-242-8721
American Health Care Association	202-842-4444
American Liver Foundation - NY	212- 668-1000
American Liver Foundation	800-465-4837 Hotline
American Lung Association	800-586-4872
American Nurses Association	800-274-4262
American Osteopathic Association	800-621-1773
American Parkinson's Disease Association	800-223-2732
American Red Cross - National	800-733-2767
American Red Cross - CT	877-287-3327
American Society for Deaf Children	800-942-2732
American Running Association	301-913-9517

American Speech-Language-Hearing Association	800-638-8255
AMTRAK Trains (National Railroad Passenger Corp.)	800-872-7245 800-523-6590
American Trauma Society	800-556-7890
Angel Med Flight (Air Transportation)	855-218-4688
Angelman Syndrome Foundation	800-432-6435
Anorexia and Bulimia Association (National)	800-931-2237
Aplastic Anemia	800-747-2820

Area Agencies on Aging (National)

CT

- North Central CT	860-724-6443
- Southwestern CT	203-333-9288
- South Central CT	203-785-8533
- Southeastern CT	860-887-3561
- Western CT	203-757-5449

NY

- Dutchess County	845-486-2555
- Rockland County	845-364-2110
- Westchester County	914-813-6400
Armed Forces Retirement Home Continuing Care Retirement Community for retired career military officers	210-646-5350
Arthritis Foundation	800-283-7800
Arthritis National Research Foundation	800-588-2873
Assisted Living Federation of America - ALFA	703-894-1805
Asthma & Allergy Information Clearinghouse	800-727-8462
Attention Deficit Disorder Association	800-939-1019
Attorney Referral - American Bar Association	800-285-2221
Autism Society of America	800-328-8476

Autoimmune Related Diseases Association	800-598-4668
Birth Defects – March of Dimes (National)	888-663-4637
Birth Defects – March of Dimes - NY	212-353-8353
Brain Injury Information Center	800-444-6443
Brain Tumor Society - National	617 924 9997
Breast Cancer Y-ME National Organization	800-221-2141 English
Breast Cancer Y-ME National Organization	800-986-9505 Español
Bus Info - Fairfield County CT – Norwalk Transit	203-852-0000
Bus Info -Greater Bridgeport Transit	203-366-7070
Bus Info - Stratford Senior Transit	203-385-4051
Bus Info - Trumbull Senior Transit	203-375-9266
Bus Info – Bee Line Westchester County NY	914-813-7777
The Caregiver Resource Center “Advocacy & Case Management”	203-861-9833
Cancer Hope Network	800-552-4366
Caregiving Foundation - National)	800-930-1357
Centers for Disease Control and Prevention	800-232-4636 24 hrs./7 days /week
Centers for Medicare and Medicaid Services	800-633-4227
Center for Missing & Exploited Children	800-843-5678
Central Intelligence Agency -CIA	703-482-0623
Cerebral Palsy	800-872-5827
Child Abuse & Neglect Hotline -CT	800- 842-2288
Child Help Abuse Hotline - National	800-4-A-CHILD (800-422-4453)
Child Abuse Hotline - NY Stat)	800-342-3720
Child Abuse & Family Violence Council	800-799-7233
Child – At – Risk Hotline -MA	800-792-5200
Child Find of America, Inc.	800-426-5678 800-292-9688 Parental abduction

Child Health Insurance - State of CT-Husky Infoline	877-284-8759
Child Help USA Hotline	800-422-4453 24/7
Child Protective Services - State of CT	800-842-2288 800-624-5518 TDD
Child Pornography Tipline - Exploited Children	800-843-5678
Children and Adults with Attention Deficit/ Hyperactivity Disorders	301-306-7070
Children of Aging Parents Family Caregiver Alliance	800.445.8106
Children's Brain Tumor Foundation	866-228-4673
Christopher and Dana Reeve Foundation Paralysis and Spinal Cord Injury	800-225-0292
Chronic Fatigue Assoc. of America	704-365-2343
CIA	703-482-0623
Civil Rights	800-368-1019
Cleft Palate - American Cleft Palate Craniofacial Association	800-242-5338
Cocaine Anonymous – World Wide	310-559-5833
Connecticut Association of Adult Day Services	203-678-4649
Connecticut Association of Not-for-profit Providers For the Aging - CANPFA	860-525-5080
Consumer Affairs – Mental Health Association - CT	860-418-6933
Consumer Credit Counseling Agency - CT - DOL	860-263-6000
Consumer Complaint Helpline - CT Attorney General	860-808-5318
Consumer Helpline - NY Attorney General	800-771-7755
Cooley's Anemia Foundation - Thalassemia	212-279-8090
Cornelia de Lange Syndrome	860-676-8166
Crime Prevention Council - National	443-292-4565
Crime Stoppers - National	800-222-TIPS
Crime Victim Hotline - NJ	800-242-0804

Crime Victims Resource Center	800-851-3420
Crisis Helpline (Info-line)	800-203-1234 or 211
Crisis & Suicide Assistance	
- CT Mental Health Center (Ansonia, New Haven, Woodbridge)	203- 974-7713 (9am-7pm) 203- 974-7300 (7pm-9am)
- Franklin S. Dubois Center (CCIP) (Darien, Greenwich, Georgetown, New Canaan Norwalk, Stamford, Weston, Westport, Wilton)	203-358-8500 800-586-9903
- Greater Bridgeport Community MH Center (Bridgeport, Easton, Fairfield, Georgetown Stratford, Trumbull)	203-358-8500 800-586-9903
Crisis Team (St. Vincents - Westchester NY)	914-925-5959
Crohn's & Colitis Foundation	800-932-2423
Cystic Fibrosis Foundation	800-344-4823
DHHS Inspector General's Fraud Hotline	800-447-8477
Deaf/Blind - Helen Keller National Center	516-944-8900
Dental Association, American	312-440-2500
Department of Social Services - State of CT	800-842-1508
Department of Social Services - Mount Vernon, NY	914-813-6000
Department of Social Services - Yonkers, NY	914-231-2000
Department of Social Services - Peekskill, NY	914-862-5000
Department of Social Services - White Plains, NY	914-995-3333
Department of Social Services - State of CT	800-842-1508 or 860-424-4908
Depression & Bipolar Support Alliance	800- 826-3632
Dyslexia Association - International	800-222-3123
Diabetes Association	800-232-3472
Disabilities, Office of - State of CT	800-842-7303
Disabilities, Office of - State of NY	914-995-2957
DWI Offender Program -State of CT Forensics	860-262-6104

Divorce Support Group

- Jewish Family Services - Bridgeport CT 203-454-4992
- Stanwich Church - Greenwich CT 203-661-4420
- Jewish Family Services - Greenwich CT 203-622-1881
- Greenwich YWCA - Greenwich CT 203-869-6501
- Jewish Family Services - Stamford CT 203-921-4161
- Damsels in Divorce - Grace Church - Trumbull CT 203-268-2809

Domestic Violence

- Domestic Violence Hotline - National 800-799-7233
800-787-3224 TTY
- Domestic Violence Helpline - CT 203-869-6501
- Domestic Violence Statewide Hotline - CT 888-774-2900
- Domestic Violence Hotline - Greenwich, CT 203-622-0003 YWCA
- Domestic Violence Hotline - Stamford CT 203-588-9100
- Domestic Violence Hotline – Norwalk CT 203-663-6641 24/7
- Domestic Abuse – My Sister’s Place (NY) 914-683-1333

Domestic Violence Support Groups

- Center for Family Justice - Bridgeport CT 203-384-9559
- Domestic Violence Crisis Center - Norwalk CT 203-853-0418
- EsperanzaCT - Stamford CT 203-588-9100

Downs Syndrome Hotline 212-460-9330

Drug Abuse Helpline (National) 800-662-4357

Drug Abuse Helpline (New York State) 877-8-HOPENY (877-846-7369)

Dwarfism - Human Growth Foundation 800-451-6434 or 516-671-4041

Dyslexia Association 800-222-3123

Easter Seals 800-221-6827

Eating Disorders Association, National 800-931-2237 Helpline

Elder Abuse

- Elder Abuse Reporting - CT	888-385-4225
- Elder Abuse Reporting - NY	800-342-3009 press option 6
- Elder Abuse – National Center	855-500-3537 Se habla español
Eldercare Locator (searching for resources)	800-677-1116
Emergency Management & Homeland Security (CT)	860-256-0800
Emergency Shelter Info (CT)	800-203-1234
Endometriosis Association	800-992-ENDO (800-992-3636)
Energy Assistance Program (State of CT - DSS)	855-626-6632 800-842-4524 TTD/TTY
Epilepsy Foundation	800-332-1000
Equal Employment Opportunity Commission	800-669-4000
Equifax (Credit Bureau)	800-685-1111
Essential Tremor Foundation (International)	888-387-3667
FACES: The National Craniofacial Association	800- 332-2373 or 423-266-1632
Families of Spinal Muscular Atrophy	800-886-1762
Family Abuse Crisis Center - Fairfield County CT	888-774-2900
Family Services - State of CT Central Office	860-368-3800
Families Together in NYS - Mental Health Issues	888-326-8644

Family Violence

- Family Violence Hotline – Greenwich, CT	203-622-0003
- Family Violence Hotline – Stamford, CT	203-588-9100
- Family Violence & Child Abuse Council	800-799-7233
- Family Violence Crisis Center - National	888-774-2900 24//7 OR call 911
- Family Helpline - Westchester County NY	914-995-5972
- Family Violence Hotline – NY State (English)	800-942-6906
- Family Violence Hotline – NY State (Español)	800-942-6908
- State of CT Office of Victim Services	800-822-8428

Federal Bureau of Investigation (FBI) <https://www.fbi.gov/contact-us>

- FBI - CT	203-777-6311
- FBI Office - NY	212-384-1000
Federal Citizen Information Center	888-878-3256 or 202-501-1794
Federal Information Center - Federal Government	800-333-4636
Federal Trade Commission	877-382-4357
Fibromyalgia Network	800-853-2929
Fibromyalgia Syndrome	520-733-1570
First Candle/SIDS Alliance	800-221-7437
Food Allergy Research and Education - National	800-929-4040 or 703-691-3179
Food Safety - FDA	800-332-4010
Fraud.org -National Consumer League	202-835-3323
Friends of Battered Women & Their Children	800-603-HELP Domestic Hotline
Problem Gambling Helpline - National)	800-522-4700
Gay, Lesbian, Bisexual, Transgender, Questioning	
- Gay & Lesbian Crisis Line - National Safeline	888-843-4564
- Gay and Lesbian Teen Help - National Runaway	800-621-4000
- Gay, Lesbian, Bisexual, and Transgender Helpline	888-340-4528
- Gay, Lesbian, Bisexual, and Transgender Hotline	888-843-4564
Genetic and Rare Diseases Information Center	888-205-2311 888-205-3223 TTY
Gerontological Society of America	202-842-1275
Girls and Boys Town Hotline	800-448-3000 800-448-1833 TDD
Glaucoma Research Foundation	800-826-6693
Grief Recovery Helpline	818-907-9600
Guide Dog Foundation for the Blind, Inc.	800-548-4337
Guide Dogs for the Blind	800-295-4050

Gulf War Veterans	800-827-1000
Head Injury Foundation - Brain Injury Association	800-444-NHIF (800-444-6443)
Headache Foundation	800-843-2256
HealthCare.gov – Health Insurance Marketplace	800-318-2596 855-889-4325 TTY
Health Information Centers - Federal	https://health.gov/nhic/pubs/clearinghouses/
Hearing Loss Association of America	301-657-2248
Heart Association	800-242-8721
Hereditary Disease Foundation	212-928-2121
Hepatitis Foundation International	301-622-4200
Herpes Resource Center	919-361-8488
Hispanic Health (National Alliance)	866-783-2645
Hill-Burton Hotline (Free Care Program, Titles VI & XVI)	877-464-4772 TTY: 877-897-9910
Home Health Hotline- NY State	800-342-9871
Home & Health Care – CT https://portal.ct.gov/DSS/Services/Health-and-Home-Care	800-842-1508
HOPEline - Substance Abuse Assistance in NY	877-8-HOPENY (877-846-7369)
Hospice Foundation of America	800-854-3402
Hospice International - Children	866-374-2472
Huntington's Disease	800-345-4372
Immune Deficiency Foundation	800-296-4433
Information -Westchester County Executive Offices	914-995-2000
Institutional Abuse - Mentally Disabled - NY State	800-624-4143
International Rett Syndrome Association	800-818-7388
IRS - Internal Revenue Service	800-829-1040
Justice Information Line – Federal	800-FED-INFO (800-333-4639) 800-326-2996 (Voice - TTY)
Juvenile Diabetes Research Foundation	800-533-2873

Kidney Foundation – National	800-622-9010
La Leche League International	800-525-3243
Lead and Healthy Homes Program – CT	860-509-7299
Leukemia & Lymphoma Society	800-955-4572
Lighthouse Guild International	800-829-0500
Limb Loss Information Center	888-267-5669
Literacy Directory - National	877-389-6874
Liver Foundation	800-465-4837
Living Bank -Organ Donation	800-528-2971
Lung Association	800-586-4872
Medicaid Fraud Control Unit - CT (Elder Services)	860-258-5986
Medicaid Fraud Control Unit - NY	212-417-5397
Medicare Issues Hotline	800-633-4227 877-486-2048 TTY
Lupus Foundation of America	800-558-0121 800-558-0231 Español

Mental Health

- Mental Health America	800-969-6642
- Mental Health Association of Connecticut	860-529-1970
- Mental Health and Addiction Services - CT	860-418-7000
- Mental Health Services - NJ Mental Health Cares	866-202-4357
- Mental Health Department - Orange County NY	845-291-4000
- Mental Health Department -Putnam County NY	845- 808-1500
- Mental Health Department - Rockland County NY	845-267-2172
- Mental Health Department - Westchester County NY	914-995-2000
- Mental Health America - National)	800-969-6642
- Mental Health/Suicide Crisis Hotline - CT	203-551-7507 8am - 8pm
Minority Health Resource Center	800-444-6472

Mental Health (continued)

Missing & Exploited Children 800-843-5678

Mobile Emergency Crisis Team

- Mobile Emergency Crisis Team - Bridgeport CT (Child & Family Guidance Center) 203-394-6529
- Mobile Emergency Crisis Team - New Haven CT (CT Mental Health Center) 203-974-7713
- Mobile Emergency Crisis Team - Stamford CT (Child & Family Guidance Center) 203-324-6127
- Mobile Crisis Team - Westchester County NY 914-925-5959
- Mobile Psychiatric Services - DuBois Center Stamford 800-586-9903 M-F 8am-6pm or 911

MTA (Metro North Railroad) 877-690-5116
212-532-4900

Multiple Sclerosis Association of America 800-532-7667

Multiple Sclerosis Foundation 888-673-6287

Muscular Dystrophy Association (MDA) 800-572-1717

Myasthenia Gravis Foundation 800-541-5454

My Sister's Place - Domestic Violence -NY 914-683-1333

Nar-Anon - CT [Info-line 800-203-1234 or 211 (from anywhere)

Narcotics Anonymous -CT 800-627-3543

Narcotics Anonymous Helpline -NY 212-929-6262

National Abortion Federation 877-257-0012
M - F: 9am – 9pm + Sat: 9am – 5pm

National Academy of Elder Law Attorneys, Inc. 703-942-5711

National Adult Day Services Association 877-745-1440

Alcohol and Drug Information – National Clearinghouse 800-729-6686

National Alliance on Mental Illness - NAMI 800-950-6264

National Association for Home Care & Hospice 202-547-7424

National Association of Professionals Care Managers
(New name - Aging Lifecare Association) 520-881-8008

National Center for Chronic Disease Prevention	800-232-4636 888-232-6348 (TTY)
National Association of Senior Move Managers	877-606-2766
National Center for Lesbian Rights	800-528-6257 Legal Info Line
National Center for Missing Exploited Children	800- 843-5678 800-826-7653 TTY
National Stuttering Association	800-937-8888
National Council on Aging	800-424-9046
National - SAMHSA's Substance Abuse Helpline	800-662-HELP (800-662-4357)
National Council on Problem Gambling	800-522-4700
National Digestive Diseases Info Clearinghouse	800-860-8747 866-569-1162 TTY
National Domestic Violence Hotline	800-799-7233 800-787-3224 TTY
National Down Syndrome Congress	800-232-6372
National Down Syndrome Society Hotline	800-221-4602
National Eating Disorders Association	800-931-2237 Helpline
National Endocrine and Metabolic Diseases	800-860-8747
National Fibromyalgia Association	nfa@fmaware.org
National Geriatric Care Managers (New name - Aging Lifecare Association)	520-881-8008
National Information Center - Federal	800-FED-INFO 800-326-2996 (Voice - TTY)
National Hemophilia Foundation	800-424-2634 866-569-1162 TTY
National Hispanic Council on Aging	202) 347-9733
National Safety Commission Hotline	800-621-7615 or 630-285-1121
Safety Commission Hotline	888-327-4236
National Institute on Aging Information Center	800-222-2225 800- 222-4225 (TTY)
National Institute of Allergy & Infectious Diseases	866-284-4107 800-877-8339 TDD

National Institute Neurological Disorders & Stroke	800-352-9424
National Library Service - Blind & Physically Handicapped	800-424-8567
National Life Center/Pregnancy Hotline	800-848-5683
National Multiple Sclerosis Society	800-344-4867
National Oral Health Information Clearinghouse	866-232-4528
National Organization for Victim Assistance	800-879-6682
National Parkinson Foundation, Inc.	800-473-4636
National Patient Travel Helpline	800-296-1217
National Prenatal Helpline	800-311-2229 800-504-7081 Español
National Program for Playground Safety	800-554-7529
National Rehabilitation Information Center	800-346-2742
National Runaway Safeline	800-786-2929 or TEXT 66008
National Stroke Association	800-787-6537
National Suicide Hotline	800-273-8255
National Veterans Services Fund, Inc.	800-521-0198
New Jersey Addiction Services - IAME addiction	844-276-2777
NY Terrorism Tips line	866-SAFENYS
OCD Foundation	617-973-5801
Office of Minority Health Resource Center	800-444-6472
Office on Smoking and Health, CDC - CT Quitline	800-784-8669 QUIT NOW 888-232-6348 TTY
Organ Donation -Living Bank	800-528-2971
Osteoporosis Foundation (National)	202-223-2226 800-231-4222
Ovarian Cancer National Alliance	202-331-1332
Panic Disorder Helpline (NAMI)	703- 524-7600
Paralysis and Spinal Cord Injury Christopher and Dana Reeve Foundation	800-225-0292

Paralyzed Veterans Association	800-424-8200 800-795-4327 TTY
Parents Anonymous Inc.	909-621-6184
Parent Helpline (National)	888-435-7553
Parent to Parent - NY children with special needs	800-305-8817
Parent Support - Info-Line	800-203-1234 or 211
Parkinson Foundation National	800-473-4636
Parkinson's Disease Foundation	800-457-6676
Parkinson Disease – American Association	800-223-2732
Partnership for Prescription Assistance	888-477-2669
PFFLG - Parents/Families of Lesbians & Gays	202-467-8180
Planned Parenthood - National	800-230-PLAN
Planned Parenthood - Stamford CT	203-327-2722
Playground Safety - National Program	800-554-7529
Poison Help Line - Nationwide	800-222-1222
Prader-Willi Syndrome Association	800-926-4797
Pregnancy Crisis Counseling - Adoption Services	800-441-2670
Pregnancy Hotline - National Life Center	800-848-5683
Pregnancy Info - NY = Growing up Healthy Hotline	800-522-5006
Problem Gambling - National Council	800-522-4700
Prostate Cancer Helpline https://www.ustoo.org/Call-the-HelpLine	800-808-7866
Prostatitis – Urology Care Foundation	410-689-3700 800-828-7866
Protection & Advocacy for Persons with Disabilities -CT	860-297-4300
Psoriasis Foundation	503-244-7404 800-723-9166
Public Health Line (Westchester NY)	914-813-5000

Rape, Abuse, & Incest National Network	800-656-4673
Rape Crisis Hotline - CT	888-999-5545 24 hrs./7 days
Rape Crisis Helpline - National	914-345-9111
Rare Disorders	800-999-6673
Red Cross	800-733-2767 800-257-7575 Español
Rehabilitation Information Center - National)	800-346-2742
Restless Legs Syndrome Foundation	512-366-9109
Rett Syndrome Association - International	800-818-7388
Runaway Switchboard -National	800-621-4000
SAFE - Self Abuse Finally Ends	800-366-8288
Scleroderma Foundation	800-722-4673
Scoliosis Foundation	800-673-6922
Self-Injury Hotline - Safe alternatives hotline	800-DONT-CUT
Senior Helpline - CT Info-Line	800-203-1234 or 211
Senior Citizen Hotline - NY State	800-342-9871
Sexual Assault Hotline	800-656-HOPE
Sexual Assault Hotline - CT	888-999-5545 24 hrs./7 days
Sexually Transmitted Diseases - STDs	800-227-8922
Shriner's Hospital - Children's Patient Referral	800-237-5055
Sickle Cell Disease	800-421-8453
SIDS Alliance - First Candle	800-221-7437
Simon Foundation for Continence	800-237-4666
Sjogren's Syndrome	800-475-6473
Skin Cancer - Melanoma Research Alliance	202-336-8935
Smoking QUITLINE - Federal	877-448-7848
Smoking, Tobacco and Health Information Line	800-232-4636 Recording

Social Security Administration	800-772-1213
Special Needs - Yale Child Study Center	203-785-2540
Speech-Language-Hearing Association	800-638-8255
Spina Bifida Association of America	800-621-3141
Spinal Cord Injury Association	800-962-9629
STOP-DWI - NY	914-995-4115
Stroke Association	800-787-6537
Students Against Destructive Decisions - SADD	508-481-3568
Stuttering Foundation Helpline	800-992-9392
Substance Abuse Treatment Hotline - HHS	800-662-4357
Sudden Infant Death Syndrome - American Foundation	239-431-5425
Suicide	
- Suicide Crisis Hotline - Fairfield County, CT	203-358-8500
- Suicide/Crisis Hotline -Westchester County NY	914-347-6400
- Suicide Helpline - NYC	212- 532-2400 24 hrs./7 days
- Suicide Hotline - National - Veterans	800-273-8255 Press 1
- Suicide Hotline - National - Español	800-273-8255 Press 2
- Suicide Hotline - Gay Teens -National - Trevor Hotline	866-488-7386 24 hrs./7 days
Survivors of Sexual Assault	800-656-HOPE
Syringomyelia Hotline	800-ASAP-282
Teens/ Adolescents	
- Teen AIDS National Hotline - CDC	800-232-4636
- Teen Gay, Lesbian, Bisexual, & Transgender	888-843-4564
- Teen Pregnancy Hotline	800-522-5006
- Teen Runaway Hotline	800-RUN-AWAY
- Teen Runaway Switchboard - National	800-621-4000
- Teen Helpline	800-448-3000

Thyroid Association, American	703-998-8890
Tourette Association of America	888-486-8738
Train Info – METRO North	212-532-4900
Trauma Society, American	800-556-7890
Travelers International Health Advisory - HHS	800-CDC INFO
United Way Info-Line	800-203-1234 or 211
Vehicle Safety Hotline8	88-327-4236
Vestibular Disorders Association	800-837-8428
VETS Crisis Line	800-273-8255
Victim Advocate, Office of - CT	888-771-3126
Victim Assistance, National Organization for	800-879-6682
Victim Center Info-link	855-4-VICTIM M-F 8:30am-5:30pm
Victims of Crime Helpline - Nationwide	855-484-2846
Well Spouse Association	800-838-0879
Westchester Self-Help Clearinghouse	914-761-0600 ext. 308
YMCA of the USA	800-872-9622
YWCA USA	202-467-0801
Youth in Crisis - Mental Health Association	860-529-1970

State of CT Programs

Information, After Hours, Emergencies	860-509-8000
Adoption Program - adoption decrees	860-509-7956
Affirmative Action	860-509-7267
Aging - Department of Aging & Disability Services	860-424-5055 860-247-0775 TTY
AIDS and Chronic Diseases	860-509-7801
AIDS Health Care and Support Services	860-509-7806
Asbestos	860-509-7367
Asthma	860-509-7751
Attorney General - William Tong	860-808-5318
- To File a Complaint	https://portal.ct.gov/AG/Common/Complaint-Form-Landing-page
Banking, Department of	800-831-7225
- Foreclosure Assistance Hotline	877-472-8313
Child Day Care Licensing	800-282-6063
Children & Family, Department of	860-550-6300
- Bridgeport Regional Office	203-384-5300
- Danbury Regional Office	203-207-5100
- Hartford Regional Office	860-418-8000
- New Haven Regional Office	203-786-0500
- Norwalk Regional Office	203-899-1400
Chronic Disease	860-509-8211
Commissioner's Office	860-509-7101
Community Health Center	860-509-8074
Communications	860-509-7270
Comprehensive Cancer	860-509-7804
Consumer Protection, Department of	860-713-6100
- Consumer Complaint Center	800-842-2649 8:30am- 4:30pm

State of CT Programs (continued)

Contracts and Grants Management	860-509-7704
Corrections - General Information	860-692-7480
Criminal Justice, Division of Office of the Chief State's Attorney	860-258-580
Disability Services - Dept of Aging & Disability Services	860-424-5055 860-247-0775 TTY
Drinking Water	860-509-7333
Education	860-713-6969 12 pm - 4 pm M/Th
Emergency Management & Homeland Security - CT	800-397-8876
- Region 1 - Bridgeport	203-696-2640
- Region 2 - Middletown	860-685-8105
- Region 3 - Hartford	860-529-6893
- Region 4 - Colchester	860-537-7560
- Region 5 - Waterbury	203-591-3500
Emergency Medical Services	860-509-7975
Energy and Environmental Protection	860-424-3000
Environmental & Occupational Health Assessment	860-509-7740
Environmental Laboratory Certification	860-509-7389
Environmental Practitioner Licensure	860-509-7559
Epidemiology and Emerging Infections	860-509-7994
Facility Licensing & Investigations	860-509-7400
Building Fire and Safety	860-509-7400
Certification Bureau - CT Board of Education	860-713-6969 (12 pm - 4 pm Mon/Thurs)
Healthcare Advocate	866-466-4446 healthcare.advocate@ct.gov
Housing	860-270-8262
Insurance, Department of	800-203-3447
Labor Department	860-263-6000
Maternal and Child Health	860-509-8074

State of CT Programs (continued)

Mental Health & Addiction Services	860-418-7000 888-621-3551 TDY
Motor Vehicles	860-263-5720 8 am - 4 pm M-F
Newborn Hearing Screening	860-509-8074
Nutrition	860-509-7803
Obesity	860-509-8251
Office of Governor Ned Lamont	800-406-1527 860-524-7397 TDD
Oral Health	860-509-7382
Paternity Program	860-509-7958
Patient Advocate (Healthcare Advocate)	866-466-4446 healthcare.advocate@ct.gov

Practitioner Licensing

- Complaint Center 800-842-0038
- Practitioner Licensing and Investigations 860-509-7590
- Practitioner Investigations Unit 860-509-7552
- Practitioner Licensing Unit 860-509-7603
- Public Health Preparedness 860-509-8282

Private Well Water 860-509-8401

Public Health Information 860-509-8074

- Appeals of Local Health Orders 860-509-7648

Purchasing 860-509-7247

Radon 860-509-7367

Recreation 860-424-3200

Research and Development 860-509-7104

School & Adolescent Health 860-509-8074

Sexually Transmitted Diseases 860-509-7920

State of CT Programs (continued)

Social Services	800-842-1508
- Aging Services - CT Department on Aging	866-218-6631
- Child Care Services	800-811-6141
- Energy Assistance Information	800-842-1132
- Long-Term Care Ombudsman	866-388-1888
- Protective Services for the Elderly	888-385-4225
Teacher's Retirement Board	
- Administration Division	860-241-8402
- Benefits Division	860-241-8403
Tobacco (CT Quitline)	800-QUIT-NOW 877-777-6534 TTY
Transportation - CT DoT Information Line	860.594.2000
Tuberculosis and Refugee Health	860-509-7722
Tumor Registry	860-509-7163
Veterans Affairs	860-616-3600
Victim Advocate	860-550- 6632
Vital Records Information/Customer Service	860-509-7700
Women, Infants and Children - WIC	860-509-8084
Youth Camp Licensing	800-282-6063

State of New York (NYS) – Departments

Child Abuse Hotline	800-342-3720
Addiction Services & Support	518-473-3460
Adult Protective Services	844-697-3505
Aging, Office of	844-697-6321
Aging – Senior Citizens Hotline	800-342-9871
Attorney General's Office:	
- General Helpline:	800-771-7755
- Health Care Hotline:	800-428-9071
- Medicaid Fraud Control Unit	212-417-5397
For the Hearing Impaired	800-788-9898
Banking Department	877-BANK-NYS
Bureau of Chronic Disease Services	518-474-0512
Children Adoptive Services	518-473-7793
Consumer Protection Helpline	800-697-1220
Council on Children and Family	518-474-5522
Criminal Justice Services	800-262-3257
Department of Health	518-474-7354
- Growing Up Healthy	800-522-5006
Developmental Disabilities - Information Line	866-946-9733
Developmental Disabilities Planning Council	800-395-3372
Disability - Office of Temporary and Disability Assistance	518-473-1090
Domestic Violence	800-942-6906 800-655-1789 TTY
Domestic Violence Helpline - NYS	800-621-4673 or dial 311 within NYS 800-810-7444 TDD
Education, Department of	518-474-3852
Health Department	518-474-7354

State of New York (NYS) – Departments

Health Insurance Programs	518-408-1495
- Long Term Care	518-474-0662
- HIV / AIDS Hotline - NY Dept. of Health	800-541-AIDS 800-233-7432 Español
Home Health Care	800-628-5972
Hospice	800-628-5972
Homeland Security & Emergency Services	
- Albany	518-242-5000
- New York City	212-867-7060
Insurance Department – Consumer Services	800-342-3736
Justice Center - Protection for People with Special Needs	518-549-0200
Medicaid Inspector General	518-473-3782
Medicaid Managed Care	
- New York City	800-505-5678
- Nassau County	888-562-9092
- Suffolk County	855-355-5777
Mental Health	800-597-8481
Military & Naval Affairs	
- NY National Guard Headquarters	518-786-4502
- NY Air National Guard	518-786-4442
- New York Naval Militia	518-786-4583
- New York Guard	518-786-4430
Minority Health	518-474-2180
Motor Vehicles	212-645-5550 800-368-1186 TDD
MTA - Metro North Railroad	877-690-5116 212-532-4900

State of New York (NYS) – Departments (continued)

Nursing Home Patient Care Complaints	888-201-4563
Occupational Health & Safety	518-474-8130
Office for the Aging	518-474-4425
Parks & Recreation	845-889-4830
Partnership for Long-Term Care	888-697-7582

Port Authority NY/NJ

Airports

- Newark Liberty International	973-961-6000
- John F. Kennedy International	718-244-4444
- LaGuardia	718-533-3400
- Stewart	845-838-8200
- Teterboro	201-288-1775

Cruise Terminals

- Brooklyn Cruise Terminal	212-641-4440
- The Cape Liberty Cruise Port	201-436-2080
- Manhattan Cruise Terminal	212-641-4440

PATH - Train

Professional Medical Conduct Unit	800-663-6114
Public Health Duty Officer Helpline	866-881-2809
Smokers Quit Line	866-NYQUITS
State Police (statewide)	866-SAFE-NYS

Thruway Authority

- E-ZPass Information (passenger vehicles)	800-333 -8655
- Lost & Found	518-436-2806

State of New York (NYS) – Departments (continued)

Thruway Authority (continued)

- Report Potholes (on any State owned highway, including the Thruway) 800-POTHOLE
- Road Conditions 800-847-8929
- Service Area Information 518-436-2831
- Thruway Emergencies (accidents, disabled vehicles, police emergencies) 800-842-2233 or 911

Veterans Affairs - NYS Division 518-474-6114

Veterans Services 888-838-7697

Victim Information and Notification 888-846-3469

US Government Agencies

USA.gov Telephone Line - locate federal info 844-872-4681
8:00 AM and 8:00 PM ET (M-F)
<https://www.usa.gov/phone> - search by agency

Administration on Aging

- Administration for Community Living 202-401-4634
- Eldercare Locator - Locate Resources 800-677-1116

Armed Forces Retirement Home 800-422-9988

Bureau of Alcohol, Tobacco, Firearms

- Arson Hotline 888-283-3473
- Bomb Hotline 888-283-2662
- Explosives Theft Hotline 800-461-8841
- Report Illegal Firearms Activity 800-283-4867
- Firearms Theft Hotline 888-930-9275
- Other Criminal Activity 888-283-8477

Centers for Disease Control - CDC 800-232-4636

Central Intelligence Agency - CIA 703-482-0623

Citizenship and Immigration Services 800-375-5283
800-767-1833 TTY
- Military Immigration Help Line 877-247-4645

Commission on Civil Rights 800-552-6843 Complaint Referrals
202-376-8116 TTY

Congress 800-333-4636

Customs and Border Protection 877-227-5511
866-880-6582 TTY

Department of Commerce 202-482-2000

Department of Defense - Public Communications 703-571-3343

Department of Education 800-872-5327
800-437-0833 TTY

US Government Agencies (continued)

Department of Energy	202-586-5000 800-877-8339 TTY
Department of Health and Human Services	877-696-6775
Department of Homeland Security	202-282-8000
Department of Housing and Urban Development	202-708-1112 202-708-1455 TTY
Department of the Interior	202-208-3100
Department of Justice	
- Main Switchboard	202-514-2000
- Office of the Attorney General	202-353-1555
- Passport Information	877-487-2778
- Visa Information	603-334-0700
Department of Labor	866-487-2365 877-889-5627 TTY
Department of State	202-647-4000 800-877-8339 TTY
Department of Transportation	855-368-4200 800-877-8339 TTY
Department of Veterans Affairs - VA	800-827-1000 800-829-4833 TTY
Equal Employment Opportunity Commission	800-669-4000 202-663-4494 TTY
Federal Aviation Administration - FAA	866-835-5322
Federal Bureau of Investigation - FBI	800-225-5324
Federal Bureau of Prisons	202-307-3198
Federal Citizen Information Center	844-872-4681
Federal Emergency Management Agency	800-621-3362 800-462-7585 TTY
Federal Information Hotline	800-333-4636
Federal Trade Commission	877-382-4357 866-653-4261 TTY

US Government Agencies (continued)

Federal Transit Administration 202-366-4043

Food and Drug Administration - FDA 888-463-6332

Home Land Security

- Operator Number 202-282-8000

- Comment Line 202-282-8495

House of Representatives 202-224-3121
202-225-1904 TTY

Indian Health Service 301-443-3593

Internal Revenue Service 800-829-1040
800-829-4059 TTY

Library of Congress 202-707-5000
202-707-8000 Visitor Information

Marshals Service 202-307-9100

Medicare Fraud Hotline 800-447-8477

National Aeronautics and Space Administration 202-358-0000

National Guard 703-607-2584

- Army National Guard Recruiting 800-464-8273

- Air National Guard Recruiting 800-864-6264

National Health Information Center 240-453-8280

National Highway Traffic Safety Administration 888-327-4236
800-424-9153 TTY

National Institute of Mental Health 301-443-8431 TTY

National Institute Occupational Safety & Health 800-232-4636
888-232-6348 TTY

National Institutes of Health 301-496-4000
301-402-9612

National Park Service 202-208-3818

National Passport Information Center 877-487-2778
888-874-7793 TTY

US Government Agencies (continued)

National Railroad Passenger Corp. - AMTRAK	800-872-7245 800-523-6590
National Security Agency - NSA	301-688-6524
National Security Council	301-688-6311
National Transportation Safety Board	202-314-6000
Postal Service - USPS	800-275-8777 877-889-2457 TTY
Peace Corps	855-855-1961

POW / MIA Accounting Agency

- U.S. Air Force	800-531-5501
- U.S. Army	800-892-2490
- U.S. Marine Corps	800-847-1597
- U.S. Navy	800-872-6289
- State Department	202-485-6106

Railroad Retirement Board	877-772-5772 312-751-4701 TTY
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Secret Service	202-406-5708
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Social Security Administration

- General Information and Services	800 772-1213 7 am - 7 pm
- General Information and Services	800 325-0778 7 am - 7 pm TTY
- Bridgeport 3885 Main St, 3rd Floor	866-331-6399 M-F 9am - 4pm
- Stamford Landmark Square Suite 105	866-770-1881 M-F 9am - 4pm

Substance Abuse & Mental Health Services

- 24 Hour Helpline	800-662-4357
- Defense Health Agency - Tri-Care	703-681-1730

US Government Agencies (continued)

TRICARE FOR HEALTH

TRICARE Regional Offices

- Tri-Care East - Humana 800-444-5445
- Tri-Care West - HealthNet 844-866-9378
- Tro-East & Tro-West 844-204-9351
- Dental 844-653-4061
- Nurse Advice Line 800-TRICARE
- Pharmacy 877-363-1303

Treasury Department 202-622-2000

U.S. Consumer Product Safety Hotline 800-638-2772
301-595-7054 TTY

U.S. Department of Veterans Affairs 800-827-1000

U.S. House of Representatives 202-224-3121

US Senate 202-224-3121
202-225-1904 TTY

The White House Switchboard 202-456-1414

U.S. Department of Veterans Affairs

U.S. Department of Veterans Affairs 800-827-1000

Benefits Information and Claims Assistance 844-698-2311

- Education (GI) Benefits 888-442-4551
- Health Care Benefits 877-222-8387
- Information and Claims - Benefits 800-827-1000
- Life Insurance 800-669-8477
- Mammography Helpline 888-492-7844
- Smoking Cessation Counselors 855-784-8838
- Veterans Crisis Line 800-273-8255
- White House VA Hotline 855-948-2311
- Women Veterans Hotline 855-829-6636

U.S. Department of Veterans Affairs - Special Issues

- Gulf War Veterans 800-827-1000
- Gulf War/Agent Orange/Project Shad / Mustard Agent 800-749-8387
- Status of Headstones and Markers 800-697-6947
- Telecommunications Device for the Deaf 303-273-6200.
- Veterans Crisis Line 800-273-8255
- Combat Call Center 877-927-8387
- Veterans Special Issue Helpline 800-749-8387

TRICARE Regional Offices

- Tri-Care East - Humana 800-444-5445
- Tri-Care West - HealthNet 844-866-9378
- Tro-East & Tro-West 844-204-9351
- Dental 844-653-4061
- Nurse Advice Line 800-TRICARE
- Pharmacy 877-363-1303

Linda Ziac

Linda Ziac, LPC, LADC, CEAP, CCM, CDP is the owner and founder of Employee Assistance Professionals, Inc., a CT corporation located in Greenwich CT; which has been serving the community since 1990. The Caregiver Resource Center is a division of Employee Assistance Professionals, Inc.

Ms. Ziac has more than 44 years of experience in the health and mental health field as a CT licensed professional counselor, CT licensed alcohol & drug counselor, nationally board certified professional counselor, nationally board certified case manager, nationally board certified employee assistance professional, and a nationally board certified dementia practitioner. In addition, Ms. Ziac has 15 years of experience coordinating care for her own parents.

The Caregiver Resource Center

The Caregiver Resource Center offers a spectrum of case management and advocacy services, with flexible options to help plan for a person's current and evolving needs.

We are specialists who provide guidance for people through the often complex and confusing healthcare maze. We assist seniors, people with special needs and their families; in planning for and implementing ways to allow for the greatest degree of health, independence, safety and quality of life. Services are available across the continuum of care which includes the home, doctor's office, ER, hospital, rehab, assisted living, long term care facility, and hospice.

Ms. Ziac's role is to help assess each given situation, and educate people about their available options, along with the pros and cons of each option. From there Ms. Ziac helps develop an appropriate action plan (road map) to address their current and evolving needs; along with the "what-ifs."

When a person travels to a new place on vacation, they often hire a travel guide. This guide is very familiar with the location, can help focus on key points, while at the same helping avoid potential trouble spots. The Caregiver Resource Center role is similar, in that we guide people of all ages through the often complex and confusing healthcare maze.

Some Benefits of The Caregiver Resource Center

- Well-respected company serving the community since 1990
- Assistance for seniors, people with special needs, and their families who are dealing with health, mental health and aging challenges
- All services are individually designed to meet the unique needs of the client and their family
- We are available 7 days a week by appointment, and 24/7 for client emergencies
- Our services are provided onsite in the home, doctor's office, ER, hospital, rehab, assisted living, long term care facility, and hospice
- Professional support and guidance from a licensed, insured and bonded company, who has been serving the community for 29 years

The Caregiver Resource Center



Concierge Case Management & Advocacy



For more information contact Linda Ziac at 203-861-9833

For information on our services visit us at - www.TheCaregiverResourceCenter.com

Linda Ziac, LPC LADC, CEAP, CCM, CDP – President

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