



TOWN OF CHESHIRE HUMAN SERVICES DEPARTMENT

84 SOUTH MAIN STREET, CHESHIRE, CONNECTICUT 06410
Telephone (203) 271-6690 FAX (203) 271-6626

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A Message from the Cheshire Human Services Department to our Community:

As this public health crisis continues to grow we are doing our best to build a response to each new issue that arises. Of the utmost importance to us is the emotional and physical well-being of each member of this community. Human Services staff (Youth, Social, and Senior Services) continues to work and the current plan is that we will do so for the entirety of this crisis.

One of the major steps our Governor has taken in an effort to stop the spread of the virus is to order the closing of businesses or to reduce their functions. We know that for many of you this presents financial challenges and may impact your ability to maintain necessities, such as buying food and paying utility bills. For those of you who find yourselves unemployed and struggling financially as a result, we want to encourage you to contact the Cheshire Human Services Department. There are ways in which we can assist you through state and local resources and we are here to help!

The COVID-19 pandemic and the impact it is having on our way of life can be quite anxiety and fear provoking for many of you. As we have heightened concern for our physical health it is important to note that anxiety, fear, and isolation can have a tremendous impact on our emotional well-being. If you find yourself, or a friend or family member, in need of mental health or recovery support at this time, please contact us so that we can connect you with available resources. Our clinicians are offering telehealth services as are most mental health providers and, as previously released, AA is hosting online meetings, at <https://highwatchrecovery.org/aa-online/>, and CCAR is offering telephone recovery support at www.ccar.us or call 866-205-9770. Adults experiencing a mental health *crisis* should contact 203-805-5480. Young people experiencing a mental health *crisis* should call 2-1-1.

To reach the Human Services Department call 203-271-6690. If you are unable to reach us please leave a detailed voicemail and we will return your call as soon as possible.

Wishing all of you health and peace.

Michelle Piccerillo, Director
Cheshire Human Services