

ABCD Study at Yale: Resources

Thank you for your participation in the ABCD study! We appreciate your time, interest, and commitment to our research. Below, we've listed some family resources we share with all our participants. Help is always available if you know someone struggling with health, housing or immigration issues or other challenges.

Emergencies and National Hotlines

Dial 2-1-1

- Connects callers to health and human services in their communities at no cost, including emergency psychiatric services
- In Connecticut: 2-1-1; outside Connecticut: 1-800-203-1234
- <https://www.211ct.org/>

The Connecticut Mental Health Center

- Crisis hotline that can connect callers to local resources, including emergency, inpatient, and outpatient care
- 9a-5p: (203) 974-7713; 5p-8a: (203) 974-7300
- 34 Park St, New Haven, CT 06519
- <https://www.ct.gov/dmhas/cwp/view.asp?a=2906&q=334596>

National Suicide Prevention Lifeline

- 24-hr toll-free hotline available to anyone in crisis or emotional distress.
- 1-800-273-TALK [8255]

The Trevor Project Hotline

- National organization providing crisis intervention and suicide prevention services for LGBT youth, ages 13-24
- (866) 488-7386
- <https://www.thetrevorproject.org/>

Crisis Textline

- 24-hr text-based counseling service available anywhere in the US for people in any type of crisis or emotional distress
- 741-741

Suicide Prevention Chatline

- 24-hr chatline. Chat online with a trained counselor who can provide emotional support, crisis intervention, and suicide prevention services
- <https://suicidepreventionlifeline.org/chat/>

OnYourMind.net Chatline

- Free 24-hr crisis chatline. Offers peer-to-peer teen chat room Mondays through Thursdays, 7:30pm to 12:30am EST
- <http://www.onyourmind.net/>

Alcoholics Anonymous Hotline

- (866) 783-7712

Narcotics Anonymous Hotline

- (800) 627-3543

Services for Substance Issues

Substance Abuse Treatment Unit

- Services for evaluation and treatment of drug and alcohol abuse, including referrals, outpatient treatment, and individual, group, and family counseling
- (203) 974-5777
- 1 Long Wharf Drive, New Haven, CT 06511
- <https://medicine.yale.edu/psychiatry/care/cmhc/clinics/satu.aspx?organizationId=110597>

Safe Harbor "Warm" Line

ABCD Study at Yale: Resources

- Phone line for people who are in recovery, lonely, or need to talk over a problem. Considered a "warm" line because it isn't used for emergency situations
- 1-800-258-1528

Wheeler Clinic

- Services ranging from primary care to depression, anxiety, and behavioral and cognitive disorders in both children and adults
- (203) 752-1212
- 458 Grand Ave, New Haven, CT 06511
- <https://www.wheelerclinic.org/>

Housing Authority of New Haven

- Section 8 and Public Housing Agency in New Haven. Housing options open to families, seniors, individuals with disabilities, victims of violence, and VAWA individuals. Based on application and availability
- (203) 498-8000 ext. 1105
- 360 Orange St. New Haven, CT 06509
- <http://www.elmcitycommunities.org/>

New Haven Caron Parent Support Group

- Intimate, bi-monthly meetings for parents of children with substance abuse problems. Offers peer support, information on addiction, treatment options, referrals, and relevant guest speakers
- https://www.supportgroupproject.org/support_groups/new-haven-caron-parent-support-group/

Family Health and Wellness Services

YNHH Primary Care Center

- Medical center offering a wide range of preventative, primary, and urgent care for all family members. Includes separate care centers for children, teens, adults, and women
- (203) 688-5555
- 789 Howard Ave, New Haven, CT 06519
- <https://www.ynhh.org/about/community/health-services/primary-care-center.aspx>

YNHH Family Health Center

- Comprehensive family health center, including adult primary care, pediatric primary care, and OB/GYN outpatient services
- (203) 789-3000
- 1450 Chapel St, New Haven, CT 06511
- <https://www.ynhh.org/locations/new-haven-1450-chapel-street-2nd-floor.aspx>

Yale Autism Program - Child Study Center

- One of the world's leaders for autism research in which clinicians and scholars provide clinical services to children with autism spectrum disorders and their families. Programs welcome all individuals, from infants to young adults
- (203) 785-3420
- 230 Frontage Rd, New Haven, CT 06519
- https://medicine.yale.edu/childstudy/research/clinical/autism_neurodevelopment/

Parent Education Programs: CT Council of Family Service Agencies - Catholic Charities

- Classes to help divorcing parents support their children through divorces. A 6-hour class that includes ways of discussing and explaining loss and the grieving process
- (203) 787-2207
- 501 Lombard St, New Haven, CT 06511
- <https://www.ctfsa.org/parenting-education-program-pep#new-haven>

Parent Education Programs: CT Council of Family Service Agencies - Jewish Family Service of New Haven

- Classes to help divorcing parents support their children through divorces. A 6-hour class that includes ways of discussing and explaining loss and the grieving process
- (203) 389-5599 ext. 142
- 1440 Whalley Ave, New Haven, CT 06513
- <https://www.ctfsa.org/parenting-education-program-pep#new-haven>

ABCD Study at Yale: Resources

Department of Developmental Services

- Support network for parents of children and/or relatives with disabilities. Offers spaces to share experiences, education, discussion, and advocacy. Also includes programming for others who may be impacted such as caregivers, siblings, grandparents
- <https://portal.ct.gov/DDS/Family/Family/Im-looking-for-information-about->

Yale Child Study Center Outpatient Clinical Services

- Care for families concerned about their child's development and behavior, from developmental delays to isolation and fear of school to defiant behavior to worries that interfere with their child's life. Specialize in identifying the most appropriate treatment for each child and family
- (203) 785-2513
- 40 Temple St, New Haven, CT 06510
- <https://www.yalemedicine.org/departments/child-study-center/>

Mental Health Support and Services

Clifford Beers Clinic

- Support for families whose children are struggling with trauma, social interaction, behavior & personality, speech & development, and/or academics & school
- (203) 772-1270
- 93 Edwards St, New Haven, CT 06511
- <https://www.cliffordbeers.org/>

Cornell Scott Hill Health Center

- Child and Family Guidance clinics within the Health Center offer services around behavioral health and substance abuse for children 18 and younger
- (203) 503-3250
- 400 Columbus Ave, New Haven, CT 06519
- <https://cornellscott.org/services/health-center-services>

Bridges: A Community Support System

- Outpatient services for children and adolescents with significant behavioral and emotional challenges
- (203) 878-6365 (24-hr Helpline)
- 270 Center St, West Haven, CT 06516
- <http://bridgesct.org/>

Fair Haven Community Health Center

- Primary care center with a special nutrition department run by registered dietitians that caters to people of all ages. Special programs centered on obesity, pre-diabetes, diabetes, cardiovascular disease, hypertension, cancer, digestive diseases, allergies, HIV/AIDS, kidney disease, and undernourishment
- (203) 777-7411
- 426 East St, New Haven, CT 06511
- https://www.fhchc.org/shw_services/family-support-services/

YNHH Nutrition Services

- Personalized nutrition advice from registered dietitians to help children, adults, and seniors improve their diets, maintain a healthy weight, etc. Also includes senior caretakers and special services for women who are pregnant and individuals with diabetes, high blood pressure, heart problems, allergies, and digestive problems
- (203) 688-4242
- 20 York St, New Haven, CT 06510
- <https://www.ynhh.org/services/nutrition.aspx>

ABCD Study at Yale: Resources

Online Resources

StarVista

- Offers counseling, crisis prevention, youth housing, and outreach programs. Provides support for struggles with substance abuse, thoughts of suicide, domestic traumas, and homelessness
- <https://star-vista.org/>

D.A.R.E. Internet Safety Tips

- Online resource to guide parents through internet safety conversations with their children. Includes articles on cyberbullying, links to online safety seminars, and other recent news
- <https://dare.org/internet-safety/>

Kid Power

- Talking points for parents begin with a conversation with their kids regarding internet safety. Also includes a blog written by Kid Power founder Irene van der Zande
- <https://www.kidpower.org/library/article/prevent-cyberbullying/>

PublicHousing.com

- An online, consolidated list of all subsidized affordable and low-income apartment properties. Listings include HUD apartments, Public Housing Apartments, Low Income Apartments, Apartments for disabled and local Housing Authority listings throughout Connecticut
- <https://www.publichousing.com/state/connecticut>

Daily Strength

- Online resource for children and adults who experience bullying. Includes online support groups, crisis resources, personal stories, and other information
- <https://www.dailystrength.org/>

Psychology Today Support Groups

- Online resource for parents or children to help find support groups for a variety of issues
- <https://www.psychologytoday.com/us/groups>

Immigration Resources

Connecticut:

Center for Latino Progress

- Legal assistance related to family-based petitions, DACA, etc.
- 95 - 97 Park St, Hartford, CT 06106
- (860) 247-3227
- <http://www.ctprf.org/>

Integrated Refugee & Immigrant Services (IRIS; New Haven)

- Legal assistance, support for resettlement, including housing, food, clothing,
- employment assistance, case management, education, language classes, etc.
- 235 Nicoll St 2nd floor, New Haven, CT 06511
- (203) 562-2095
- <http://www.irisct.org/>

Connecticut Institute for Refugees and Immigrants (Bridgeport)

- A statewide nonprofit organization that assists refugees and immigrants resolve legal, economic, linguistic and social barriers
- 670 Clinton Ave, Bridgeport, CT 06605
- (203) 336-0141
- <https://cirict.org/>

New Haven Legal Assistance Association

ABCD Study at Yale: Resources

- Legal assistance related to Violence Against Women Act petitions
- 205 Orange St, New Haven, CT 06510
- (203) 946-4811
- <https://nhlegal.org/>

Yale Law School – Jerome N. Frank Legal Services Organization

- Assistance with asylum applications, removal hearings
- 127 Wall Street, New Haven, CT 06511
- (203) 432-4992
- <https://law.yale.edu/studying-law-yale/clinical-and-experiential-learning/jerome-n-frank-legal-services-organization-iso>

University of Connecticut School of Law – Asylum and Human Rights Clinic

- Assistance with asylum applications, removal hearings
- 55 Elizabeth Street, Hartford, CT 06105-2290 USA
- (860) 570-5000
- <https://www.law.uconn.edu/academics/clinics-experiential-learning/asylum-human-rights-clinic>

Apostle Immigrant Services (New Haven)

- Legal assistance related to employment authorization, DACA, Special Immigrant Juvenile Status, visas, etc.
- 81 Saltonstall Ave # 1, New Haven, CT 06513
- (203) 752-9068
- <https://www.apostleimmigrantservices.org/>

Connecticut Legal Services (Bridgeport, New Britain, New London, Stamford, Waterbury, Willimantic offices)

- Legal assistance related to employment authorization, DACA, Special Immigrant Juvenile Status, visas, etc.
- 16 Main St, New Britain, CT 06051
- (860) 225-8678
- <http://www.connlegalservices.org/>

Building One Community (Stamford)

- Legal assistance related to employment authorization, DACA, Special Immigrant Juvenile Status, visas, etc.
- 75 Selleck St, Stamford, CT 06902
- (203) 674-8585
- <https://www.building1community.org/>

Center for Children's Advocacy (Hartford)

- Legal assistance related to asylum applications, Special Immigrant Juvenile Status
- Hosmer Hall, Elizabeth St, Hartford, CT 06105
- (860) 570-5327
- <https://cca-ct.org/our-work/immigration/>

Greater Hartford Legal Aid

- 999 Asylum Ave # 3, Hartford, CT 06105
- (860) 541-5000
- <https://www.ghla.org/>

Immigration Advocates Network

- <https://www.immigrationadvocates.org/nonprofit/legaldirectory/search?zip=06511&x=12&y=9>

New York:

NYC Administration for Children's Services

- Resources for youth and families: Education, Health, Benefits, Help & Support for Crime Victims/Survivors, Immigration Help, Parents and Caretakers in Immigration Detention
- 150 William Street, New York, NY 10038
- (212) 341-0900
- <https://www1.nyc.gov/site/acs/about/resources-for-immigrants.page>
- Multiple languages: <https://www1.nyc.gov/site/hra/help/immigrant-resources.page>

ABCD Study at Yale: Resources

Action NYC

- Free, safe immigration legal help
- To make an appointment, call 1-800-354-0365 between 9AM-6PM, Monday - Friday or call 311 and say "ActionNYC"
- <https://www1.nyc.gov/site/immigrants/help/legal-services/actionnyc.page>

Legal Services NYC

- 917-661-4500
- <https://www.legalservicesnyc.org/what-we-do/practice-areas-and-projects/immigrants-rights>

New York Immigration Coalition (NYIC)

- 131 W 33rd Street, Ste 610, New York, NY 10001
- 212-627-2227
- <https://www.nyic.org/>

The Door

- <https://door.org/programs-services/legal-immigration-services-resources/>

NYC Well

- 24/7 Hotline; Free, confidential mental health resources regardless of immigration status
- Call 1-888-NYC-WELL (1-888-9355) or text "WELL" to 65173
- <https://nycwell.cityofnewyork.us/en/>

New York Public Library

- Free programs related to work and connections to language classes and free legal services
- For more information, email outreach@nypl.org
- <https://www.nypl.org/help/community-outreach/immigrant-services>

rCAMBA (Brooklyn)

- Information related to legal services, housing, health, family support, education, youth development, economic development
- 1720 Church Avenue 2nd Fl, Brooklyn, NY 11226
- 718-287-2600
- <https://www.camba.org/>

New York State Immigrant Resource Guide:

- <https://www.ny.gov/we-are-all-immigrants/new-york-state-immigrant-resource-guide>

Immigration Legal Aid & Pro Bono Services in NYC:

- <https://www.justia.com/lawyers/immigration-law/new-york/new-york-city/legal-aid-and-pro-bono-services>

Immigration Advocates Network

- <https://www.immigrationadvocates.org/nonprofit/legaldirectory/search?state=NY>

National:

National Latinx Psychological Association (NLPA) resources:

- <https://www.nlpa.ws/assets/docs/resource%20sheet%20for%20immigrants%20.pdf>



ABCD Study at Yale: Resources

National Coronavirus Links and Numbers

Center for Disease Control and Prevention

- Provides information regarding the virus and helpful tips for families
- Protecting yourself:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- Tips to keep your children healthy:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>
- Preparing your family:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
- Managing anxiety & stress:
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- 800-232-4636
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

United States Government

- Get updated information on the government's response to the Coronavirus and how it effects public housing, schools, taxes, travel and healthcare
- Call 1-844-USAGOV1 (1-844-872-4681)
- General:
 - <https://www.usa.gov/coronavirus>
- Government's 15 -day Plan:
 - https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

Disaster Distress Helpline

- Helpline that assists individuals who are showing signs of stress, anxiety, depression, or substance abuse during the Coronavirus outbreak
- Call 1-800-985-5990
- Text TalkWithUs to 66746

Local Coronavirus Links and Numbers

Connecticut State

- Provides information regarding Connecticut's announcements regarding the state's approach and policies during the coronavirus pandemic
- General:
 - <https://portal.ct.gov/Coronavirus>
- Family Resources (local childcare, income, food, and housing links)
 - <https://portal.ct.gov/DCF/1-DCF/COVID-19>
- Unemployment
 - <http://www.ctdol.state.ct.us/UI-online/index.htm>

New Haven

- Get updated information on the city of New Haven's response to the Coronavirus.
- General:
 - <https://covid19.newhavenct.gov/>
- Food Resources
 - <https://www.getconnectednewhaven.com/services/food/>

New York State

- Provides information regarding New York State's announcements regarding the state's approach and policies during the coronavirus pandemic
- General
 - <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>
- Helpful Information
 - <https://coronavirus.health.ny.gov/home>

New York City

- Get updated information on the city of New York City's response to the Coronavirus.
- General:

ABCD Study at Yale: Resources

- o <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>

COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

CS-114915-A

ABCD Study at Yale: Resources

Virtual Entertainment and Educational Resources for Families

Live Zoo/Aquarium Cams

- <https://www.montereybayaquarium.org/animals/live-cams>
- <https://nationalzoo.si.edu/webcams>
- <https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>

Virtual museum tours

- <https://www.louvre.fr/en/visites-en-ligne>
- <https://artsandculture.google.com/partner/musee-dorsay-paris>
- <https://britishmuseum.withgoogle.com/>
- <https://www.guggenheim.org/plan-your-visit/guggenheim-from-home>
- <https://artsandculture.google.com/partner/uffizi-gallery>
- <https://artsandculture.google.com/partner/van-gogh-museum>
- <https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- <https://artsandculture.google.com/partner/georgia-o-keeffe-museum>

Watch Broadway shows for free

- <https://www.broadwayhd.com/>

Educational resources

- [Online Learning Resources for Schooling](#)
- [Scholastic Learn at Home – Day by Day](#)
- [Sample At-Home Schedule](#)
- [Extensive Compendium of Educational Resources](#)
- [Khan Academy](#)

Virtual Exercise Classes

- [Yoga International](#) is offering a 30-day free membership with access to articles and instruction regarding mindfulness activities, meditation, and all levels/styles of yoga.
- [CorePower On-Demand](#) is currently offering free classes
- [25+ Free Live-Stream Workout Class](#)
- [Nike Training Club](#) (free until further notice)
- [Planet Fitness Live Stream Workouts on Facebook](#)

Virtual Volunteering Opportunities

Volunteer Match

- This page features virtual and on-site volunteer opportunities to aid communities impacted by COVID-19 (Coronavirus)
 - <https://www.volunteermatch.org/covid19>

Points of Light: All for Good

- List of volunteer opportunities you can do from your home
 - <https://www.allforgood.org/>
 - <https://www.pointsoflight.org/global-volunteer-month-find/>