

Southern Connecticut State University
501 Crescent Street
New Haven, CT 06515
(203) 392-5200

1. Academic Support Services
 - a. SCSU Office of Study Skills Enrichment
 - i. **Office of Study Skills Enrichment**
Engleman Hall C 016
501 Crescent St.
New Haven, CT 06515
Fax: (203) 392-5360
Tom Colby
Phone: (203) 392-6818
E-mail: colbyt1@southernct.edu
Tom Ferrucci
Phone: (203) 392-6824
E-mail: ferruccit1@southernct.edu
<http://www.southernct.edu/studyskillsenrichment/>
 - ii. **Campus Writing Center**
Located on the bottom floor of Engleman Hall in room A012.
(203) 392-6824 or email ferruccit1@southernct.edu
<http://www.southernct.edu/writingcenter/>
 - b. Online tutoring sources
Etutoring.org
2. Child Care
 - a. Reputable day cares/Help paying
 - i. <http://www.ctcare4kids.com/>
 - ii. Care 4 Kids
1344 Silas Deane Highway
Rocky Hill, CT 06067
 - iii. For more information, call, 1-888-214-KIDS (5437)
3. Clothing
 - a. Salvation Army 274 Crown Street, New Haven - (203) 776-2448
 - b. Call United Way Hotline 2-1-1
4. Employment
 - a. Campus job sources
 - i. <http://www.southernct.edu/careerservices/newstudentworkers/>
 - ii. <http://www.southernct.edu/careerservices/students/cooperativeeducation/>
 - iii. For more information contact the Center for Career Services 203-392-6536
 - b. Connecticut Works Website
<http://www.ctdol.state.ct.us/>
 - c. Online job sources
 - i. Ctjobs.com
 - ii. Jobsinct.com
 - iii. Monster.com
 - iv. Careerbuilder.com

5. Financial Aid

- a. Financial Aid at SCSU <http://www.southernct.edu/financialaid/>
 - i. Financial Aid
Wintergreen Building
501 Crescent St.
New Haven, CT.
06515
203-392-5222
- b. FAFSA
 - i. <http://www.fafsa.ed.gov/>
 - ii. For assistance with problems or difficulties while using FAFSA on the Web, or for specific questions about the FAFSA, **call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or 1-319-337-5665**. If you are hearing-impaired and have questions, contact the TTY line at 1-800-730-8913.
 - iii. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
 - iv. Need help filling out your FAFSA? Your YDS can help!
- c. Scholarships
 - i. Scholarships.com
 - ii. Fastweb.com
 - iii. Studentscholarshipsearch.com
 - iv. Strategies to help get a scholarship.
 1. <http://www.scholarships.com/financial-aid/college-scholarships/scholarship-application-strategies/scholarship-application-strategies.aspx> * Note: There will be ads for colleges and online schools. Just click "No Thank You" and continue. You do not have to fill these portions out.

6. Food

- a. Campus Food Programs
 - i. Purchase your food plan http://www.southernct.edu/food_services/
 1. General Information
(203) 392-5200 X26976
- b. Food Stamps
 - i. Printable Brochure with Frequently Asked Questions, Eligibility Requirements and Tips (There is also a printed copy of this brochure on the next page):
http://www.ct.gov/dss/lib/dss/pdfs/brochures/food_stamps_96.3.pdf
 - ii. State of CT Department of Social Services – Food Assistance
 1. Website with information on programs and requirements
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305154>
 2. Contact information for programs
Jana Engle, TEFAP Coordinator
Connecticut Department of Social Services
25 Sigourney Street, Hartford, CT 06106-5033
Tel. (860) 424-5429, Fax (860) 424-4957
email: Jana.Engle@ct.gov
Nancy Carrington, Executive Director
Connecticut Food Bank, Inc.,
150 Bradley Street,
P.O. Box 8686

New Haven, CT 06531
Tel. (203) 469-5000, Fax (203) 469-4871
<http://www.ctfoodbank.org/>
Ms. Gloria McAdam, Executive Director
Foodshare, Inc.
450 Woodland Avenue
Bloomfield, CT 06002-1342
Tel: (860) 286-9999, Fax (860) 286-7860
<http://www.foodshare.org/>

c. Food Pantries and Programs

*Note: These programs may vary in their eligibility and availability. Always call the office before going to ensure that your specific situation can be served by them. If you are unable to find assistance always call 2-1-1, the United Way's free number, to be connected to a specialist that can help you find what you need.

i. Connecticut Food Bank

150 Bradley St
East Haven CT 06512
203-469-5000
ctfoodbank.org

ii. Christian Community Action

168 Davenport Ave
New Haven, CT 06519
203-777-7848
ccahelping.org

iii. Community Action Agency of New Haven Inc.

781 Whalley Ave
New Haven CT 06515
203-387-7700
caanh.net

d. Foodshare

i. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability.

ii. http://fdshr.convio.net/site/PageServer?pagename=programs_MobileCalendar#Hartford

1. Click for your town and a list of various locations, dates and times.

e. Farmers Markets

i. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>

ii. Search different payment methods, locations and times.

f. WIC

i. Nutritional support to pregnant/breastfeeding women and children

ii. http://www.ct.gov/dph/cwp/view.asp?a=3137&q=395460&dphNav_GID=1862&dphPNavCtr=|

iii. (860) 509-8084

7. Health Care

a. Granoff Student Health Center

i. Wintergreen Avenue near university residence halls and across the street from Moore Fieldhouse.

Phone: (203) 392-6300

FAX: (203) 392-6301

FLU /Triage Line (203) 392-8358 (2-8FLU)

- ii. <http://www.southernct.edu/healthservices/> (General Health) and <http://www.southernct.edu/counseling/> (Psychological Services)
- b. Department of Social Services: Caring for Connecticut (Medicaid) Client Assistance Center
 - 1-866-409-8430
 - (toll free in-state)
 - (860) 269-2031
 - (in Farmington, CT area)
 - 1-866-604-3470
 - (alternate TTY/TDD line)
 - i. Pre-Existing Condition Plan
<http://www.ct.gov/dss/cwp/view.asp?Q=463668&A=2345>
 - ii. Husky Health – Age 19 and under
<http://www.huskyhealth.com/hh/site/default.asp>
 - iii. Low-income adults without children
http://www.ct.gov/dss/lib/dss/pdfs/brochures/medicaid_lia_in_brief.pdf
For questions or concerns on any of these plans please refer to the contact information above.
- c. Medical professionals that accept Medicaid can be found at this website
<https://www.ctdssmap.com/CTPortal/Home/tabId/36/Default.aspx>
 - i. Go to “Provider” in the left hand column and click “Provider search”
 - ii. Enter your local information and the kind of medical professional you need
 - iii. A list will come up of professionals in your area.
- d. National Institute of Mental Health
 - i. Helps you locate services in your area and provides support
<http://www.nimh.nih.gov/health/topics/getting-help-locate-services/index.shtml>
 - ii. The Information HelpLine is an information and referral service which can be reached by calling **1 (800) 950-NAMI (6264)**, Monday through Friday, 10 am- 6 pm, Eastern time.
- e. Crisis Hotlines
 - i. Free hotlines for emergency situations. **If your emergency is life threatening please call 911**
http://www.allaboutcounseling.com/crisis_hotlines.htm
 - ii. **Boys Town Suicide and Crisis Line: 800-448-3000 or 800-448-1833**
Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week. (Not just for boys)
 - iii. **National Domestic Violence/Child Abuse/ Sexual Abuse: 800-799-SAFE /800-799-7233/800-787-3224 TDD**
800-942-6908 Spanish Speaking
- f. **Several other phone numbers in the online list for eating disorders, drug use, STDs, sexual assault, rape and other issues. Confidential and free of charge.**
- g. Planned Parenthood
 - i. Sexual health for men and women, birth control, pregnancy care.
 1. 345 Whitney Avenue, New Haven - (203) 865-5158
 2. <http://www.plannedparenthood.org/>
 3. **Plan B (Morning After) Birth Control assistance provided.**
- h. Free Clinics
 - i. Fair Haven Community Health Center
374 Grand Avenue
New Haven, CT 06513

203-314-9305

*Note: Specifically mention the Haven Free Clinic

- ii. Careways Shelter
100 Portsea St.
New Haven, CT 06519
Phone: 203-492-4873
- iii. West Haven Health Center
285 Main St.
West Haven, CT 06516
Phone: 203-503-3400
- iv. Website with a list of free clinics in New Haven:
<http://havenfreeclinic.org/wp/index.php/patients/other-free-clinics/>

8. Housing

a. **The Office of Residence Life**

Location: Schwartz Hall, 100

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.

Mailing Address:

Attn: Office of Residence Life

501 Crescent St. - Schwartz Hall RM 100

New Haven, CT 06515

Phone: (203) 392-5870

Fax: (203) 392-5867

E-mail: reslife@southernct.edu

- i. Off-campus housing list <http://www.southernct.edu/commuterstudents/off-campushousing/>
Dorms/Resident Halls <http://www.southernct.edu/residencelife/>

b. Housing Authority

- i. CT Housing Search – Affordable Housing <http://www.cthousingsearch.org/>
- ii. Rental Assistance Program (families)
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305206>
- iii. Homeshare Program (single adults)
<http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313056>
- iv. The best way to determine what kind of housing you may be eligible for and how to get it is to connect with someone personally. Call one of the numbers below and ask for a meeting or assistance in finding housing.
 - 1. Housing Services: 860-424-5578
 - 2. CT DSS (Department of Social Service) 800-842-1508 or TDD/TTY 800-842-4524

c. Roommate Finders/Boards

- i. www.roommates.com
- ii. www.roomster.com
- iii. <http://connecticut.metroroommates.com/>
- iv. www.Roomates4you.com

d. Energy Assistance

- i. Winter heating basic website:
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305194>
- ii. To apply contact the office nearest to you.
<http://www.ct.gov/dss/cwp/view.asp?a=2353&Q=420880&PM=1>
- iii. Or by phone: Community Action Agency of New Haven, Inc. (203) 387-7700

9. Social Support

- a. Student organizations_: Student organizations can provide outlets for social networking and support, connecting with students that have similar life experiences, interests and majors, getting help with an academic issue (such as asking a member of a math club to tutor you) and connections to community and campus events including dances, parties and concerts. Being an active member of a student organization also opens up employment, scholarship and further academic opportunities. Take advantage of this awesome resource! Click the link below to browse organizations.
 - i. <http://southernct.edu/officeofstudentlife/>
 - ii. <http://www.southernct.edu/studentlife/>
 - iii. Student Life Activities Main Office (203) 392-5782 Fax: (203) 392-8963

10. Transportation

- a. Campus Shuttle Services
 - i. <http://www.southernct.edu/universitypolice/shuttles/>
 - ii. After midnight, a student may request a shuttle by calling the university police at 392-5375; provide the dispatcher with your name, location and destination.
- b. Ride-Share <https://www.southernct.edu/departments/usc/carpool/> (Site requires SCSU logon information to use. Call general number for additional assistance.)
- c. Public transit
 - i. Cctransit.com - 860-525-9181
TTY (Hearing Impaired Only): 860-727-8196
 - ii. Connecticut Commuter Services <http://ctrides.com/index.php?page=rides-more> (Explode this site to find carpools, busses, trains and other resources for transportation.)For more information, contact a Connecticut Commuter Services representative at 1-877-CTRIDES (1-877-287-4337)

Don't see what you need or aren't sure? Call 2-1-1 the United Way Hotline and be connected to a specialist who will listen to your concern and help you find the right answer. This call is free and confidential.