

2018

# The Caregiver Resource Center Resource Directory



**This Resource Directory provided courtesy of  
The Caregiver Resource Center**



PO Box 122  
Greenwich (Cos Cob), CT 06807-0122

(203) 861-9833

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

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This 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.

This Resource Directory was designed as a ready reference directory, and not to be printed.

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While this 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.

This 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 an emergency department.

The information about providers and services contained in this 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 this directory as accurate as possible. Although information has been checked and researched, it is possible that some information is missing or incorrect.

Contact us to report any errors. [care4you@optonline.net](mailto:care4you@optonline.net)

We hope that you find this Resource Directory helpful.

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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-HELP 800-487-4889 (TTY)
Adoption Center (National)	800-862-3678
Administration on Community Living	202-401-4634
Administration on Developmental Disabilities	202-690-6590
Adolescent Crisis Intervention - Boys Town	800-448-3000
Aging Lifecare Association – care managers	520-881-8008
AIDS Clinical Trials & Information Services	800-448-0440
AIDS National Hotline (CDD)	800-232-4636
AIDS & STDs Information Line	800-232-4636
Alanon and Alateen	888-425-2666
Alcohol & Drug Abuse Helpline (National)	800-662-HELP (4357)
Alcohol and Drug Information , National)	800-729-6686 English & Español
Alcohol, Tobacco, Firearms, & Explosives Bureau	800-800-3855
Alcoholics Anonymous	
National	877-855-0075
Danbury	203-778-6777
Darien	203-855-0075
Greenwich:	203-869-5221
Hartford	860-282-5924
Litchfield	866-231-6760
New Britain	800-530-9511
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 Disease)	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)	203-655-2586
American Running Association	301-913-9517
American Social Health Association .	800-227-8922
American Society for Deaf Children	800-942-2732

American Speech-Language-Hearing Association	800-638-8255
Amtrack Trains	800-USA-RAIL
American Trauma Society	800-556-7890
Angel Flight Mid-Atlantic	888-476-9042
Angelman Syndrome Foundation	800-432-6435
Anorexia and Bulimia Association (National)	800-931-2237
Aplastic Anemia	800-747-2820

**Area Agencies on Aging (National)**

<b>CT</b>	202-872-0888
North Central	860-724-6443
Southwestern	203-333-9288
South Central	203-785-8533
Southeastern	860-887-3561
Western	203-757-5449

**NY**

Dutchess County	845-486-2555
Rockland County	845-364-2110
Westchester County	914-813-6400
Armed Forces Retirement Home	800-422-9988
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 (CT)	860-812-0080
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)	203-852-0000
Bus Info – Bee Line (Westchester NY)	914-813-7777
The Caregiver Resource Center (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 888-232-6348 TTY
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
Child Abuse Hotline (NY State)	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 hrs/7 days
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	800-233-4050 English/Español
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 Team (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)	800-842-4524
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**

Stanwich Church (Greenwich CT)	203-661-4420
Jewish Family Services (Greenwich CT)	203-622-1881
Greenwich YWCA	203-869-6501

### **Domestic Violence**

Domestic Violence Helpline (CT)	203-869-6501
Domestic Abuse – My Sister's Place (NY)	800 298-SAFE
Domestic Violence Hotline (National)	800-799-7233 800-787-3224 TTY
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)	203-853-0418
Downs Syndrome Hotline	212-460-9330
Drug Abuse Helpline (National)	800-662-4357
Drug Abuse Helpline (New York State)	877-8-HOPENY
Dwarfism - Human Growth Foundation	800-451-6434
Dyslexia Association	800-222-3123
Easter Seals	800-221-6827
Eating Disorders Association, National	800-931-2237 Helpline
<b>Elder Abuse</b>	
Elder Abuse Reporting (CT)	888-385-4225
Elder Abuse Reporting (NY)	800-342-3009 press option 6
Elder Info Line National Hotline	866-847-4418
Eldercare Locator	800-677-1116
Emergency Management & Homeland Security (CT)	860-256-0800
Emergency Shelter Info (CT)	800-203-1234
Endometriosis Association	800-992-ENDO
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
Families of Spinal Muscular Atrophy	800-886-1762
Family Abuse Crisis Center (Fairfield County, CT)	888-774-2900
Family Abuse Services (Westchester NY)	914-345-9111
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 Center (National)	888-774-2900 24 hrs/7 days OR 911
Family Helpline (Westchester NY)	914-995-5972
Family Violence Hotline – NY State (English)	800-942-6906
Family Violence Hotline – NY State (Spanish)	800-942-6908

## **FBI**

FBI (CT)	203-777-6311
FBI Office (NY)	212-384-1000
Federal Citizen Information Center	888-878-3256
Federal Information Center (Federal Government)	800-FED-INFO
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	860-929-4040
Food Safety (FDA)	800-332-4010
Fraud Information (National Consumer League)	202-835-3323
Friends of Battered Women & Their Children	800-603-HELP Domestic Hotline
Gambling Hotline	800-552-4700

## **Gay, Lesbian, Bisexual**

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 Head Injury Foundation - Brain Injury Association	800-827-1000 800-444-NHIF
Headache Foundation	800-843-2256
HealthCare.gov – Health Insurance Marketplace	800-318-2596 855-889-4325 TTY
Health Information Centers - Federal <a href="https://health.gov/nhic/pubs/clearinghouses/">https://health.gov/nhic/pubs/clearinghouses/</a>	
Hearing Loss Association of America	301-657-2248
Heart Association	800-242-8721
Hereditary Disease Foundation	212-928-2121
Hepatitis Foundation International	800-891-0707
Herpes Resource Center	919-361-8488
Hispanic Health (National Alliance)	866-783-2645
Hill-Burton Hotline (Free Care Program, Titles VI & XVI)	800-275-4772 877-489-4772 TTY
Home Health Hotline	800-628-5972
HOPEline (Substance Abuse Assistance) NY	877-8-HOPENY
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)	914-995-2900

Information Center – Federal	800-FED-INFO 800-326-2996 (Voice - TTY)
Institutional Abuse - Mentally Disabled (NY State)	800-624-4143
International Rett Syndrome Association	800-818-7388
IRS - Internal Revenue Service	800-829-1040
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** (continued)

Mental Health Department (Rockland County NY)	845-267-2172
Mental Health Department (Westchester)	914-995-2000
Mental Health America (National)	800-969-6642
Mental Health/Suicide Crisis Hotline (CT)	203-358-8500 24 hrs/7 days OR 911
Minority Health Resource Center	800-444-6472
Missing & Exploited Children	800-843-5678
Mobile Crisis Team (Westchester NY)	914-925-5959
Mobile Psychiatric Services (DuBois Center)	800-586-9903 M-F 8am-6pm or 911
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)	800 298-SAFE
Nar-Anon (CT) [Info-line]	800-203-1234 or 211
Narcotics Anonymous (CT)	800-627-3543
Narcotics Anonymous Helpline (NY)	212-929-6262
National Abortion Federation	877-257-0012 Weekdays: 9:00 A.M. – 9:00 P.M. Saturday: 9:00 A.M. – 5:00 P.M.
National Academy of Elder Law Attorneys, Inc.	703-942-5711
National Adult Day Services Association	877-745-1440
National Alcohol and Drug Information	800-729-6686 English & Español
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 Council Alcoholism & Drug Dependence	800-622-2255
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 866-569-1162 TTY
National Endocrine and Metabolic Diseases	800-860-8747 866-569-1162 TTY
National Fibromyalgia Partnership	866-725-4404
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	202-735-0037
National Safety Commission Hotline	
Safety Commission Hotline	800-638-2772 Consumer Hotline
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-RUNAWAY 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
Nursing Home Reform, National Citizens Coalition	202-332-2275
OCD Foundation	617-973-5801
Office of Minority Health Resource Center	800-444-6472
Office on Smoking and Health, CDC	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 (All of NY State)	800-244-5373
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 Information Line (American Medical Systems)	800-543-9632
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 a week
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 Foundation	800-SKIN-490
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 Center for Special Needs	888-842-1937
Speech-Language-Hearing Association	800-638-8255
Spina Bifida Associations 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 Driving Drunk (SADD)	877-SADD-INC
Stuttering, National Center for	800-221-2483
Substance Abuse Treatment Hotline (HHS)	800-662-4357
Sudden Infant Death Syndrome	888-8CJ-SIDS
Suicide Crisis Hotline (Fairfield County, CT)	203-358-8500
Suicide/Crisis Hotline (NY)	914-347-6400
Suicide Hotline (National - Veterans)	800-273-8255 Press 1
Suicide Hotline (National - Spanish)	800-273-8255 Press 2
Suicide Hotline for Gay Teens (National)	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 (CDD)	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 Hotline 8	88-327-4236
Vestibular Disorders Association	800-837-8428
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 8:30a-5:30p
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
AIDS and Chronic Diseases	860-509-7801
AIDS Health Care and Support Services	860-509-7806
Asbestos	860-509-7367
Asthma	860-509-7751
Child Day Care Licensing	860-509-8045
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
Contracts and Grants Management	860-509-7704
Drinking Water	860-509-7333
Emergency Medical Services	860-509-7975
Environmental & Occupational Health Assessment	860-509-7740
Environmental Engineering/Sewage	860-509-7296
Environmental Laboratory Certification	860-509-7389
Environmental Practitioner Licensure	860-509-7559
Epidemiology and Emerging Infections	860-509-7994
Facility Licensing & Investigations	860-509-7407
Building Fire and Safety	860-509-7500
Certification Processing	860-509-7300
Maternal and Child Health	860-509-8074
Newborn Hearing Screening	860-509-8074

**State of CT Programs** (continued)

Nutrition	860-509-7803
Obesity	860-509-8251
Oral Health	860-509-7382
Paternity Program	860-509-7958

**Practitioner Licensing**

Practitioner Licensing and Investigations	860-509-7590
Practitioner Investigations Unit	860-509-7552
Toll-Free Complaint Hotline	860-842-0038
Practitioner Licensing Unit	860-509-7603
Public Health Preparedness	860-509-8282
Private Well Water	860-509-7296
Public Health Hearing Office	860-509-7648
Appeals of Local Health Orders	860-509-7648
Purchasing	860-509-7247
Radon	860-509-7367
Recreation	860-509-7296
Research and Development	860-509-7104
School & Adolescent Health	860-509-8074
Sexually Transmitted Diseases	860-509-7920
Tobacco	860-509-8251
Tuberculosis and Refugee Health	860-509-7722
Tumor Registry	860-509-7163
Vital Records Information/Customer Service	860-509-7700
Women, Infants and Children (WIC)	860-509-8084
Youth Camp Licensing	860-509-8045

## **State of New York (NYS) – Departments**

Child Abuse Hotline	800-342-3720
Adult Protective Services	844-697-3505
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 TTY
Banking Department	877-BANK-NYS
Bureau of Chronic Disease Services	518-474-0512
Children & Family Services	518-473-7793
Dept. of Health – Growing Up Healthy	800-522-5006
Domestic Violence	800-942-6906 800-655-1789 TTY

### **Health Insurance Programs**

Long Term Care	518-474-0662
HIV Counseling Hotline (NY)	800-872-2777
Home Health Care	800-628-5972
Hospice	800-628-5972
Insurance Department – Consumer Services	800-342-3736
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
Minority Health	518-474-2180

**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
Partnership for Long-Term Care	888-NYS-PLTC
Professional Medical Conduct Unit	800-663-6114
Public Health Duty Officer Helpline	866-881-2809
Smokers Quit Line	866-NY QUIT
Veterans Affairs	518-474-6114
Victim Information and Notification	888-846-3469



## US Government Agencies

Administration on Aging	202-619-0724 Invalid number
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
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	703-571-3343
Department of Education	800-872-5327 800-437-0833 TTY
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

## US Government Agencies (continued)

### 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
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

## US Government Agencies (continued)

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
<b>National Guard</b>	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	866-615-6464 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
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

## **US Government Agencies** (continued)

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	800-443-9298
State Department	202-485-6106
Railroad Retirement Board	877-772-5772 312-751-4701 TTY
Secret Service	202-406-5708

## **Social Security Administration**

General Information and Services	800 772-1213 7 am - 7 pm
General Information and Services TTY	800 325-0778 7 am - 7 pm TTY
Bridgeport 3885 Main St, 3rd Flr	866-331-6399 Mon-Fri 9am-4pm
Stamford 2 Landmark Sq, Ste 105	866-770-1881 Mon-Fri 9am-4pm
Substance Abuse & Mental Health Services	877-726-4727
24 Hour Helpline	800-662-4357
Defense Health Agency	703-681-1730
Tricare for Health	703-882-9803
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**

Benefits Information and Claims Assistance	800-827-1000
Education (GI) Benefits	888-442-4551
Health Care Benefits	877-222-8387
Income Verification and Means Testing	800-929-8387
Information and Claims	844-698-2311
Life Insurance	800-669-8477
Mammography Helpline	888-492-7844

**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

## **The Caregiver Resource Center**

We are specialists who assist seniors, people with special needs and their families in implementing ways to allow for the greatest degree of health, safety, independence, and quality of life.

The Caregiver Resource Center is unique in that we are available for our clients whenever and wherever they need us.

### **Some Benefits of Our Services**

- Well respected company serving the community since 1990
- Assistance for seniors, people with special needs, and families; who are dealing with health and mental health challenges
- All services are individually designed to meet the unique needs of the client & their family
- We are available 7 days a week by appointment, and 24/7 for client emergencies
- Our services are provided onsite across the continuum of care whether in the home, doctor's office, ER, hospital, short-term rehab, assisted living, or long term care facility
- Professional Support & Guidance
- Family Discussions & Mediation

Linda Ziac is the owner and founder of The Caregiver Resource Center. The Caregiver Resource Center is a division of Employee Assistance Professionals, Inc. which Linda founded in October 1990. The Caregiver Resource Center provides a spectrum of concierge case management and advocacy services for seniors, people with special needs and families.

Linda's professional career spans more than 40 years in the health and mental health field as a CT Licensed Professional Counselor, CT Licensed Alcohol and Drug Counselor, Board Certified Employee Assistance Professional, Board Certified Case Manager, and Board Certified Dementia Practitioner. In addition, Ms. Ziac has 15 years of experience coordinating care for her own parents.

Linda assists seniors, people with special needs and their families; in planning for and implementing ways to allow for the greatest degree of health, safety, independence, and quality of life. Linda meets with individuals and family members to assess their needs, and develop a Care Team, while working with members of the Team to formulate a comprehensive Care Plan (a road map).

Once a plan is in place, Linda is available to serve as the point person to monitor and coordinate services, and revise the plan as needed. This role is similar to the conductor of an orchestra; ensuring that there is good communication, teamwork, and that everyone remains focused on the desired goal.

# The Caregiver Resource Center



**Concierge Case Management & Advocacy**



For more information contact at Linda Ziac at 203-861-9822

**The Caregiver Resource Center  
Greenwich, CT**

**[www.CaregiverResourceCenter.com](http://www.CaregiverResourceCenter.com)**

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

**(203) 861-9833 · [LindaZiac@CaregiverResourceCenter.com](mailto:LindaZiac@CaregiverResourceCenter.com)**