

TAKE CARE OF YOUR MENTAL HEALTH

THE ISOLATION OF COVID HAS PLACED STRAIN ON ALL OF US. IF YOU OR SOMEONE YOU LOVE IS IN NEED OF MENTAL HEALTH SUPPORT, **THERE IS HELP AVAILABLE.**

If you or a loved one are having a psychiatric crisis you can call 9-1-1:

Ask for a CIT trained officer and clinician. If there are none, explain your circumstances and ask for assistance. CIT trained police officers understand mental health issues.

If you are a family member or friend:

Try to engage the person in crisis and ask what he/she thinks would be the best thing to do in the situation and if necessary contact 9-1-1 or one of the providers below.

For Youth or Young Adults in Crisis:

Crisis Text Line - Text "LISTEN" to 741-741, or visit www.crisistextline.org for more info.

For Parents of Children/Youth Call 2-1-1:

Ask for Mobile Crisis Intervention Services for children. These providers will often come to where the child is located and provide assistance and assessment.

NOTE: If calling by cell phone, 2-1-1 can also be reached toll-free at: 800-203-1234.

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STATE REPRESENTATIVE

Liz Linehan

103rd House District

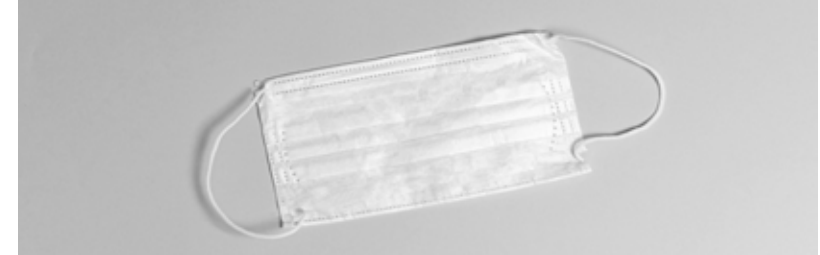


COVID-19 UPDATE FOR CHESHIRE, SOUTHLINGTON AND WALLINGFORD RESIDENTS

FROM YOUR STATE REPRESENTATIVE

Liz Linehan

103rd House District



Connecticut started its vaccine rollout with our first doses going to health care workers and at-risk populations like residents of nursing homes. While it appears we're well ahead of other states, we still have a long way to go. So stay safe and stay vigilant about your health and the health of our neighbors.

In this newsletter, I've compiled information on testing sites, resources for families and businesses, and all-around helpful info in case you or someone you know falls on hard times. Contact me anytime so that we can get you and your family the results that you deserve.

Stay well,

A handwritten signature in black ink, appearing to be "Liz", written over a light gray background.

Liz Linehan
State Representative

Legislative Office Building, Hartford, CT 06106-1591
Phone: 860-240-8585 | www.housedems.ct.gov/Linehan
Liz.Linehan@cga.ct.gov | facebook.com/RepLinehan



Out of work?

Go online to file your unemployment claim at www.FileCTUI.com. Please feel free to reach out to me at any time for help or with questions.

Own a business?

For the latest COVID-19 business restrictions, information on permits and licensing, and to see what financial assistance or relief you may be eligible for, visit business.ct.gov/recovery.

Need help finding a testing site?

Drive-up and walk-up testing is available at some acute care hospitals, urgent care centers, community health centers and certain pharmacy-based testing sites. You can find a test by visiting ct.gov/coronavirus, typing your zip code into the box that says “Find a Testing Site Near You” and clicking “GO”.

WE'RE IN THIS TOGETHER

Resources for Cheshire, Southington and Wallingford Residents

FROM YOUR STATE REPRESENTATIVE

Liz Linehan



**Legislative Office Building
Hartford, CT 06106**

860-240-8585

Liz.Linehan@cga.ct.gov

www.housedems.ct.gov/Linehan

www.facebook.com/RepLinehan

When will I be able to receive a COVID-19 Vaccine?

Information about eligibility and timeline can be found at ct.gov/covidvaccine/access. We do not expect a vaccine to be widely available to the public until late summer or the fall of 2021.

Where can employees and employers get information on workplace vaccine access?

If you are an employer of “healthcare” or “critical workforce” staff, visit ct.gov/covidvaccine/ employers to sign-up your employees for vaccination.

Can I still get COVID-19 after I'm vaccinated?

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible to be infected with the virus just before or just after vaccination. However, if this happens the vaccine may prevent serious illness.



Learn about local events, happenings at the Capitol and updates on COVID-19 and vaccinations by signing up for email updates at: www.housedems.ct.gov/Linehan