



## United Services, Inc.

Creating healthy communities

April 2021

To whom it may concern:

This packet contains information and materials regarding United Services, Inc.'s new COACH (COVID-19 Assistance for Community Health) program. The program is funded by FEMA and DMHAS and provides short-term crisis counseling to individuals experiencing homelessness as well as individuals over the age of 60 impacted by the current pandemic. This program is anonymous and is provided at no cost to recipients. Although we actively reach out to the homeless and senior populations, we are able to help *anyone* who has been impacted by COVID-19. Crisis counselors are available to provide psychological first aid to those impacted by the pandemic as well as connect people to appropriate and available resources and supports. This includes helping individuals connect to open vaccine appointments in their areas. These materials can be distributed in any way you feel is appropriate.

For more information or to speak to a Homeless Outreach or Senior Outreach COACH, please call 860-456-2261 and ask for the COACH program or a FEMA COACH.


Sincerely,

COACH Program  
United Services, Inc.

**COACH**

**2-1-1**  
Get Connected. Get Help.™

(COVID-19 Assistance for Community Health) counselors are here to connect you with services, or listen and offer support if you want to talk with someone about how this pandemic is affecting you.

 **United Services**  
United Services, Inc. **(860) 456-2261**  
Creating healthy communities  
**Ask for a FEMA Coach**

Visit [ctstronger.org/COACH](http://ctstronger.org/COACH)

[www.UnitedServicesCT.org](http://www.UnitedServicesCT.org)

# Resources for Individuals and Families as COVID-19 Continues



United Services, Inc. is a non-profit organization with the mission of creating healthy communities through mental health and social services. We have a unique opportunity to help individuals and families in need through recent funding received from the Federal Emergency Management Agency (FEMA) for short-term assistance by our team of Coaches that are working with individuals and families experiencing instability throughout the state.

**Call 9-1-1 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) if you are feeling overwhelmed with emotions such as:**

- Sadness, depression or anxiety
- Feelings of wanting to harm yourself or others

**Visit [ctstronger.org/COACH](https://ctstronger.org/COACH) for information regarding:**

- The COACH program and available providers in your town
- General information and resources relating to COVID-19 in Connecticut
- Resources specific to housing and homelessness
- Resources available for older adults

**Call (860) 456-2261 and ask for a FEMA Coach if you want to talk about the impact that COVID-19 has had, or if you want help connecting to resources in your community**

**- We're here to Help -**

## **Coaches Can Provide:**

- Linkage to Resources
- Basic Supportive or Educational Contacts
- Problem Solving
- Help Prioritizing Needs
- Distribution of Educational Materials

## **Coach Services Are:**

- Anonymous: No Documentation is Required
- Short Term: Typically 1-5 Meetings
- Community Based: Linkage to Community Support



# Recursos para Individuos y Familias Desde la Continuación De COVID-19



United Services, Inc. es una organización sin fines de lucro con la misión de crear comunidades saludables a través de la salud mental y los servicios sociales. Tenemos una oportunidad única de ayudar a las personas y familias que necesitan ayuda sobre el reciente recibidos de la Agencia Federal para el Manejo de Emergencias (FEMA). Con esta asistencia, nuestros Coaches pueden ayudar individuos y familias en corto plazo que son experiencia dificultades sobre la COVID-19 pandemia en el estado.

**Llame 9-1-1 o el National Suicide Prevention Lifeline a 1-800-273-TALK (1-800-273-8255) si tú sientes abrumado con las emociones como:**

- Tristeza, depresión, ansiedad
- Sentimientos de dañar usted o dañar otros

**Visita [ctstronger.org/COACH](https://ctstronger.org/COACH) para información sobre:**

- El programa de COACH y proveedores en tu pueblo
- Información general y recursos relacionado a COVID-19 en Connecticut
- Recursos específico a vivienda y la falta de vivienda
- Recursos disponible para gente mayor

**Llame (860) 456-2261 y pide por un FEMA Coach si tú quieres hablar del impacto el COVID-19 ha tenido, o si tú necesitas ayuda conectando con recursos en tu comunidad**

**- Somos aquí para ayudarte -**

## **Coaches Pueden Ayudar con:**

- Conexiones al Recursos
- Básico Contactos Educacional y De Apoyo
- La Resolución de Problemas
- Ayuda a Priorizar las Necesidades
- La Distribución de Materiales Educacional

## **Servicios de Coaches son:**

- Anónimo: Documentación no es necesario
- Corto Plazo: Típicamente 1-5 reuniones
- Basada en el Comunidad: Conexiones al recursos en tu comunidad