

Mental Health Resources from our Social Services Department

- Visit the [Ridgefield Social Services Facebook](https://www.facebook.com/ridgefieldsocialservices) page to find tips and information to help with your mental health. <https://www.facebook.com/ridgefieldsocialservices>
The Facebook page has many hotlines, as well as tips/thoughts on mindfulness, yoga, breathing, movement. music.
- The Ridgefield Parks and Recreation Center is prepping to be able to offer some meditation/mindfulness type resources/programs online.
- Self-therapy you could use at home include:
 - A soundbite you can say any variation of this:
"Just like we wash our hands, we also need to care for our mental health."
 - Deep breathing every time they wash their hands, until it becomes a part of their routine. Deep belly breathing tells your brain and body that the tiger isn't going to attack, it is ok to relax now.
- There are many therapists who are ready and willing to help as well. People can contact me at socialservices@ridgefieldct.org If you need to reach me by phone I have switched over to use this phone number 203-807-4524 for offsite use. You may contact me here during working hours, but email will help me answer more quickly.
- You can find information about help with food insecurity here:
<https://www.ridgefieldct.org/social-services/pages/food-pantry>

The next Mobile Food Pantry truck is likely canceled.

The next Pop-Up Pantry is cancelled.

The Ridgefield Food Pantry is closed indefinitely, but we can still help.

Email Karen Gaudian with detailed needs and she can schedule with you, municipalagent@ridgefieldct.org

<https://www.facebook.com/ridgefieldsocialservices/>

If you are interested in donating food (we are currently not accepting food), please consider donating gift cards or cash/check or online donations here:

<https://co.clickandpledge.com/advanced/default.aspx?wid=119546>

- Any seniors who need help from a local buddy, or if you are interested in signing up to be a helpful neighbor/volunteer can find more information on "Neighbors Helping Neighbors" here:
<https://www.facebook.com/pages/category/Community-Service/Compassionate-Ridgefield-306199390023547/>

- Stay tuned for local news alerts here: (check out our FB page or SS webpage for our news)
<https://www.ridgefieldct.org/social-services>
<https://www.facebook.com/ridgefieldsocialservices>
Town info:
<https://www.ridgefieldct.org>
<https://www.facebook.com/TownofRidgefieldCT/>
- Check out <https://tinyurl.com/r498eze> for local hotlines if you need to talk to someone.
- Alternate contact is Municipal Agent Karen Gaudian at 203.431.2754 or at municipalagent@ridgefieldct.org during our regular business hours.
- You may contact 2-1-1 by phone, 24 hours a day if you or someone you know is in a CRISIS or needs information. They have great information about benefits, phone numbers and are prepared to assist you. You can also reach them from out of state by calling 1-800-203-1234.
- Kids in Crisis is also available 24/7 for parent or child help at 203-661-1911.
- Emergency Mobile Psychiatric Services for either children or adults can be reached through calling 2-1-1, or 1-800-203-1234.
- Please contact 9-1-1 in an emergency.

Stay well.
Tony Phillips, LCSW
Director of Social Services
Town of Ridgefield