Mental Health Resources from our Social Services Department

- Visit the Ridgefield Social Services Facebook page to find tips and information to help with your mental health. [https://www.facebook.com/ridgefieldsocialservices](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](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/](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](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/](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