

Medical Debt Resources

Contact your medical providers to ask for a payment plan to avoid collection. If you are already in collections, ask the collector for a payment plan to avoid credit score problems. Call your insurance company and ask about financial assistance programs at your local hospitals.

[What to Do When You Can't Pay Your Medical Bills | SmartAsset](#)

[How to Get Help Paying Medical Bills | Debt | US News](#)

Plan Ahead - [AARP Money Map™](#)

Apply for Financial Assistance:

[Welcome to Benefits.gov | Benefits.gov](#)

[Request Assistance \(ct.gov\)](#) – from the CT Office of the Healthcare Advocate 1-866-466-4446
healthcare.advocate@ct.gov

[The United States Social Security Administration \(ssa.gov\)](#) - Apply for Social Security Disability online or in person. 1-800-772-1213.

[Social Security Disability Assistance Unit](#) - Provides assistance after you have been denied your claim for disability benefits. Call 203.785.8533

[Request Assistance \(ct.gov\)](#) – from the CT Office of the Healthcare Advocate 1-866-466-4446
healthcare.advocate@ct.gov

[Financial Aid Funds - Patient Advocate Foundation](#)

[Financial Help for Medical Bills - Debt.org](#)

Try these organizations (or others like the American Cancer Society/Disease Specific) if they apply to you:

[Financial Assistance | St. Vincent Charity Medical Center \(stvincentcharity.com\)](#)

[Home | Voices Center for Resilience/](#) Helps 911 workers and survivors

[About the Department of Veterans Affairs--Contact](#)

[Nuvance Health Financial Assistance](#)

[Yale New Haven Health Financial Assistance](#)

Other non-profit agencies that may be able to help with non-medical financial assistance:

[Person-to-Person | Home | Community agency that provides basic goods and services for those in need. \(p2phelps.org\)](#) 203-939-1650;

[Jewish Family Service of Connecticut \(jfsc.org\)](#) 203-454-4992;

[Family & Children's Agency | Together We Change Lives \(familyandchildrensagency.org\)](#)
203-855-8765

[Community Action Agency of Western CT](#) - Emergency Assistance - 203-744-4700