



EAST HAMPTON

As we celebrate 90+ years of service, Middlesex United Way continues to invest in what matters most for East Hampton and Middlesex County: Youth Opportunity, Financial Security, Healthy Communities, and Community Resiliency.

Middlesex United Way is proud to support and partner with agencies that serve East Hampton including Gilead Community Services, Middlesex Habitat for Humanity, STEAM Train, Kuhn Employment Services, and Middlesex Health's Perinatal Program. We also take part in community traditions like Old Home Days and the Annual Turkey Plunge at Lake Pocotopaug.



WORKING HARD & STILL STRUGGLING

In East Hampton, 27% of households are ALICE – Asset Limited, Income Constrained, Employed. These families work hard but still struggle to afford basics like housing, food, and health care. Middlesex United Way is addressing these challenges through investments in our key impact areas and community partnerships.

Scan the QR Code to learn more about ALICE in Connecticut.

**Data from 2026 CT ALICE Report*

HELP IS JUST A CALL OR CLICK AWAY

In the past year, nearly 500 East Hampton residents reached out to 2-1-1 for help. Over 26% of the requests were for mental health and addiction support, while another 24% of the requests were for housing and shelter needs.

United Way's 2-1-1 is free, confidential, and available 24/7 – connecting East Hampton residents to the resources they need most.

**Data collected from August 2025 to August 2026*



Middlesex
UNITED WAY