



ESSEX

As we celebrate 90+ years of service, Middlesex United Way continues to invest in what matters most for Essex 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 Essex including Gilead Community Services, Tri-Town Youth Services, Literacy Volunteers Valley Shore, and Kuhn Employment Services.



WORKING HARD & STILL STRUGGLING

In Essex, 29% 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, more than 200 Essex residents reached out to 2-1-1 for help. 37% of the requests were for mental health and addiction support, while 18% focused on healthcare needs.

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

*Data collected from September 2025 to September 2026



Middlesex
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