



OLD SAYBROOK

As we celebrate more than nine decades of service, Middlesex United Way continues to invest in what matters most for Old Saybrook 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 Old Saybrook including Gilead Community Services, Literacy Volunteers Valley Shore, Kuhn Employment Services, Valley Shore YMCA, and Middlesex Health's Perinatal Program.



WORKING HARD & STILL STRUGGLING

In Old Saybrook, 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, close to 500 Old Saybrook residents reached out to 2-1-1 for help. Nearly 40% of the requests were for mental health and addiction support, while another 16% of the requests were for housing and shelter needs.

2-1-1 is free, confidential, and available 24/7 – connecting Old Saybrook residents to the resources they need most.

**Data collected from September 2025 to September 2026*



Middlesex
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