



Save these numbers in your
and your family's phones!

IN A MENTAL HEALTH OR SUICIDE CRISIS?

**FREE HOTLINES ARE
AVAILABLE 24/7!**

National:

- Crisis Text Line: Text 741741
- National Suicide Lifeline: Call or text 988
- Maternal Mental Health Hotline: 833-943-5746

LGBTQ:

- The Trevor Project: Text 678678
- Trans Lifeline: Call 877-565-8860

State Resources in CT:

- CT's Action Line (mobile crisis): Dial 2-1-1, option 1
- Kids in Crisis (ages 0-18): 203-661-1911
- Domestic Violence SafeConnect: 888-774-2900
- JoinRiseBe Young Adult Warmline: Talk to a young adult peer specialist 12pm-9pm daily: 800-6-HOPENOW

Local:

- First Responders: 911 (ask for a CIT officer)

IN A CRISIS? NEED TO TALK?

HELP IS HERE!

National Hotlines:

- **Crisis Text Line:** Text 741741
- **988 Suicide & Crisis Lifeline:** Call or text 988
- **Maternal Mental Health Hotline:** Call 1-833-943-5746

National LGBTQ Hotlines:

- **The Trevor Project:** Text 678678
- **Trans Lifeline:** Call 877-565-8860

Statewide Resources in CT:

- **Action Line (mobile crisis):** Dial 2-1-1, option 1
- **Kids in Crisis (ages 0-18):** Call 203-661-1911
- **CT Domestic Violence SafeConnect:** 1-888-774-2900
- **JoinRiseBe Warmline:** Talk to a young adult peer specialist, 12pm-9pm daily: 800-6-HOPENOW

Local First Responders: 911 (ask for a C.I.T. officer)



MENTAL HEALTH RESOURCES FOR TEENS AND YOUNG ADULTS IN CT

Free statewide supports for young people:

- TurningPointCT.org/resources/map: Find peer-recommended programs and activities in towns or campuses near you--and add your own!
- NamiCT.org: Drop into online Young Adult support groups.
- SMARTrecoveryCT.org: Free teen & young adult support groups to learn self-management skills, cope with negative behaviors & make positive changes in your life.
- CCAR.us: Check out the Young Adult & Family program at CT Community for Addiction Recovery.

Looking for local mental health or substance use treatment near you? Contact your Regional Behavioral Health Action Organization:

- Southwest CT: thehubCT.org
- New Haven area: apw-ct.org
- Eastern CT: seracCT.org
- Hartford area: AmplifyCT.org
- Northwest CT: wctcoalition.org

Struggling emotionally and want to talk to another young person in CT who really gets it?

- Call the JoinRiseBe Young Adult Warmline, 12pm-9pm daily, at 1-855-6-HOPENOW.

