

# Connecticut

*Free resources to support mental health and wellness*

## Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **Free online forums and 1-on-1 chats**  
[7cups.com](http://7cups.com)
- **Soundview Warmline**  
800-921-0359  
5pm–10pm daily

## In a crisis?



- **National Suicide Prevention Lifeline**  
800-273-TALK (8255)
- **Dial 2-1-1 and select option 1 for Connecticut's mobile crisis**
- **Call2Talk** | 508-532-2255  
Text C2T to 741741
- **Crisis Text Line**  
Text HOME to 741741  
[crisistextline.org](http://crisistextline.org)
- **Samaritans**  
(24/7) | 877-870-4673  
[samaritanshope.org](http://samaritanshope.org)
- **SAMHSA's Disaster Distress Helpline**  
(24/7) | 800-985-5990  
Text TalkWithUs to 66746
- **American Foundation for Suicide Prevention** | Find a local chapter  
[afsp.org/find-a-local-chapter](http://afsp.org/find-a-local-chapter)

## Specialized Support



### Young Adults

- **Connecticut's Young Adult Warmline**  
855-6-HOPENOW  
12 pm–9 pm daily
- **NAMI Young Adult Connection**  
Daily check-ins 3:30pm–4:30pm  
[namict.org/find-support/support-groups](http://namict.org/find-support/support-groups)
- **OK2Talk** | [ok2talk.org](http://ok2talk.org)  
800-273-TALK
- **Text TEEN to 839863** between 9pm and 1am any night, download the [Teen Talk App](#), or participate in discussions with other teens on the TEEN LINE [message board](#).
- **Your Life Your Voice**  
» 800-448-3000  
» Text VOICE to 20121 between 1pm and 1am  
» [Send a message from the website](#)

### Older Adults

- **Greenwich Senior Center**  
Daily check-ins for older adults  
203-863-5653  
[greenwichct.gov/199/Senior-Center](http://greenwichct.gov/199/Senior-Center)

### LGBTQ

- **The Trevor Project** (LGBTQ support)  
866-488-7386  
Text START to 678678  
Chat online at [thetrevorproject.org](http://thetrevorproject.org)

### Parents

- **Connecticut Talk it Out Line**  
833-258-5011  
Established specifically to help parents and caregivers cope with the stress and increased needs resulting from caring for their children during the COVID-19 pandemic.
- **Parent Stress Line (24/7)**  
800-632-8199

### Veterans

- **Veteran's Crisis Hotline**  
800-273-8255 (press 1)

**For multilingual resources, please visit our [website](#).**

### Other resources

- **NAMI of Connecticut**  
Various online support groups  
[namict.org/find-support/support-groups](http://namict.org/find-support/support-groups)
- **Support Group Central**  
various online support groups  
[supportgroupcentral.com](http://supportgroupcentral.com)
- **Contact your behavioral health provider to see if they can schedule a telehealth visit.**  
Telehealth is a virtual therapy session. Many providers are now offering this option.