

****COMMUNITY SERVICES****



CT Youth and Family Resources- Crisis Contacts

- **Mobile Crisis Intervention** Services: 211-1-1; *Youth; Adults*
- Healthy Lives Connecticut <https://www.healthylivesct.org/>
- Gizmo's Pawesome Guide to Mental Health: www.Gizmo4MentalHealth.org
- Crisis Text Line: Text CT to 741741; www.crisistextline.org
- National Suicide Prevention Lifeline: 1 (800) 273-TALK (8255); www.suicidepreventionlifeline.org



HAMDEN CT FOOD BANK ASSISTANCE AREAS Information Link