

PANDEMIC-RELATED RESOURCES

Promoting Well-being in the Time of COVID

During a time that is so difficult for so many, there are resources available throughout the state of Connecticut to assist you and your family. Courtesy of the Department of Mental Health and Addiction Services (DMHAS), the following list has links to a variety of supports that can help you get through.



BEHAVIORAL HEALTH RESOURCES & BEYOND

- **DMHAS Mental Health and Substance Abuse providers** have continued to stay open throughout the pandemic, offering telehealth services and in-person assistance when needed and possible inpatient treatment; beds; and employment help.
- **DMHAS COVID-19 resources for families** includes information on visitation, as well as mental health resources specific to the pandemic.
- **DMHAS COVID-19 resources for providers** includes information on grant funding, vaccine access, outbreak response, visual tools, and the latest updates.
- **DMHAS COVID-19 resources** includes information on free COVID-19 testing sites in Connecticut, resources to support mental health and wellness, and other coping and support assistance.
- **Wheeler - Connecticut Clearinghouse** has many resources specific to children and families; mental health; substance use treatment and recovery; professional development; and overall wellness strategies.



COMMUNITY HEALTH RESOURCES

- **Community Health Resources (CHR)** offers programs and services for all ages, including substance use support, healthcare, housing, and foster care.
- If you are a frontline worker, family or friend of a frontline worker, have lost a loved one, or are struggling right now, you can talk to someone at the Hero Hotline for support from 10AM-8PM, 7 days a week at 1-888-217-HERO (1-888-217-4376).





CRISIS RESOURCES

- The Adult Crisis Telephone Intervention Options Network (ACTION) Line is for adults 18 years of age or older who are in the midst of a psychiatric or emotional crisis, including substance use/addiction, and in need of immediate response; dial 2-1-1 or 1-800-HOPE-135 (1-800-467-3135).
- **DMHAS mobile crisis teams** assist with mental health or trauma-related crises. Mobile crisis teams visit people in their homes, community sites, clinics, or hospital emergency rooms; dial 2-1-1 to be connected to a mobile crisis team.
- **Connecticut Department of Children and Families (DCF) mobile crisis teams** specific to situations involving children and youth can be accessed 24/7 by calling 2-1-1.
- **The Connecticut COACH (COVID-19 Assistance for Community Health) Program** has 35 crisis counselors throughout the state offering emotional support and resources.



WARM LINES

- **Warm Lines** are telephone support services staffed by Peer Support Counselors. Those who are not in crisis but are looking for someone to talk to can call a Warm Line in the town closest to them; **find your town here**.



SUICIDE PREVENTION

- **Prevent Suicide CT** has resources for those considering taking their own life, as well as anyone concerned about a friend or relative attempting suicide.
- If you are in a life threatening situation, dial 9-1-1 immediately.
- If you are in crisis, dial 2-1-1 for support. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

**Resources provided by the Department of Mental Health and Addiction Services (DMHAS)

