



MENTAL HEALTH & SUBSTANCE USE/ABUSE RESOURCES

If you are experiencing a life-threatening medical emergency or fear for your safety, call 911. If you or someone you care about is experiencing a crisis, call 211 for more help.

Connecticut Department of Mental Health and Addiction Services | Region 4

<https://portal.ct.gov/DMHAS/Programs-and-Services/Region-4/Region-4>

National Suicide Prevention Lifeline: 1-800-273-8255. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. Live web chat is also available at <https://suicidepreventionlifeline.org/chat>.

Linea Nacional de Prevención del Suicidio: 1-888- 628-9454 Los trabajadores de crisis capacitados están disponibles para hablar las 24 horas del día, los 7 días de la semana. Su llamada confidencial y gratuita va al centro de crisis más cercano en la red nacional de Lifeline. Estos centros brindan consejería de crisis y referencias de salud mental.

SAMHSA Treatment Referral Helpline: 1-877-726-4727. Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday - Friday, 8 a.m. - 8 p.m.

Substance Abuse Treatment Access Line: 1-800-563-4086. 24/7 access line for addiction services information and referral.

Crisis Text Line for Youth: Text "LISTEN" to 741-741, or visit <https://www.crisistextline.org>.

Veterans Crisis Line: 1-800-273-8255 and Press 1 or Text 838255 for confidential support. Connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

Veteran's Homeless Clinic: 860-666-6951, ext. 6466 or 203-907-6591

Connecticut Alliance to End Sexual Violence: 1-888-999-5545. A statewide coalition of individual sexual assault crisis programs. The Alliance works to end sexual violence through victim assistance, community education and public policy advocacy.

Connecticut Domestic Violence Hotline - Safe Connect 888-774-2900 (English) or 844-831-9200 (Español) streamline access for survivors of domestic violence seeking services into one comprehensive, statewide, coordinated triage and response. Safe Connect will serve as Connecticut's domestic violence resource hub, providing information, safety planning, counseling, case management, and referrals to CCADV's 18 member domestic violence organizations and other community-based resources.

National Domestic Violence Hotline: 1-800-799-7233. Call if you or someone you care about has or is experiencing domestic or relationship-based violence and needs support, advice and connections to a safe place.

LGBT National Hotline: 1-888-843-4564. Provides a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but not limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, safer sex information, suicide, etc.

Alcoholics Anonymous: 1-866-783-7712 or visit <https://www.aa.org>

Narcotics Anonymous: 1 800-627-3543 or visit <https://na.org>