



## Mental Health Support and Services

### Crisis Services & Supports

✓ **Youth Mobile Crisis/ 211**

2-1-1 is a free, confidential information and referral service that connects people to **essential health and human services** 24/7.

For Information about Youth Mobile Crisis Services in CT: [Mobile Crisis Mobile Crisis Flyer](#) (page 1 in English, page 2 en español)

✓ **988**

The 988 Suicide & Crisis Lifeline is a leader in **suicide prevention and mental health crisis care**, providing judgment-free care. Calling or texting 9-8-8 connects you with someone to help save the callers life. For information on 988: <https://988lifeline.org/>

✓ **Urgent Crisis Centers**

Four **walk-in crisis centers** across the state. No appointment needed. [Flyer](#) (page 1 in English, page 2 en español)

**When do I  
call 988  
vs. 211 vs.  
911?**

### Resources to Navigate Mental Health Supports

✓ **AIM Tool**

[Assisted Intervention Matching \(AIM\) tool](#) will guide you through a series of questions to help you find services for the specific behavioral health needs of a child (mental health and/or substance use) or parent-focused services to promote child wellbeing.

✓ **Community Pathways**

Community Pathways is a warm line that helps families in navigating children's behavioral health services and community-based supports. The program offers live, knowledgeable, and supportive staff that assist families with referrals, resources, and tools. For information please visit [this link](#) or call 877-381-4193 (option 1)

***For assistance navigating these resources, contact:***

Carelon Behavioral Health Network of Care Managers  
[CTNetworkofCareManagers@carelon.com](mailto:CTNetworkofCareManagers@carelon.com)