

Connecticut

Free resources to support mental health and wellness

Need to connect?



- Free online forums and 1-on-1 chats
7cups.com
- Soundview Warmline
800-921-0359
5pm–10pm daily

In a crisis?



- 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
- Samaritans
(24/7)
877-870-4673
samaritanshope.org
- National Suicide Lifeline
800-273-TALK
- SAMHSA's Disaster Distress Helpline
(24/7)
800-985-5990
Text TalkWithUs to 66746

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
- OK2Talk | 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](#)

Elders

- Greenwich Senior Center
Daily check-ins for older adults
203-863-5653
greenwichct.gov/199/Senior-Center

LGBTQ

- The Trevor Project (LGBTQ support)
866-488-7386
Text START to 678678
Chat online at thetrevorproject.org

Parents

- Parent Stress Line (24/7)
800-632-8199

Veterans

- Veteran's Crisis Hotline
800-273-8263

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

Other resources

- NAMI of Connecticut
Various online support groups
namict.org/find-support/support-groups
- Support Group Central
various online support groups
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.

