

FREE ONLINE CONNECTICUT MENTAL HEALTH RESOURCES FOR THE CORONAVIRUS EPIDEMIC (V3)

**FEELING STRESSED OR DEPRESSED?
YOU ARE NOT ALONE!**

State and local support groups, recovery meetings, and wellness activities are ONLINE during the pandemic! (Audio & video options) Check out the FREE options below & visit TheHubCT.org/calendar for more!

NEED TO CONNECT?

- Talk to a peer at Soundview Warmline, 800-921-0359, new hours: 9am-9pm, 7 days
- NEW: Talk It Out for parents/caregivers: 833-258-5011
- Join local NAMI, CCAR, CARES, SMART & other support groups online or by phone, or join a daily check-in meeting to connect, or enjoy a free wellness activity such as phone meditation. Details at TheHubCT.org/calendar

SUPPORTS FOR YOUNG PEOPLE?

CT's Young Adult Warmline:

- Call 1-855-6-HOPENOW daily from 12pm-9pm. (Other hours: call Patricia at 860-549-2435)
 - EN ESPAÑOL: Text Luz at 860-549-2435

NAMI Young Adult Connection

- Community check-In, daily from 3:30-4:30pm. Info: vlepoutre@namict.org

SPECIALIZED SUPPORT GROUPS:

- SMART Recovery videoconferences: Ages 18+, Tuesdays at 6; Teens, Wednesdays at 4; Family & Friends, Thursdays at 6:30; Join at: meetings.ringcentral.com/j/6651939516
- CT Hearing Voices Network: Info: Skye at scollins@advocacyunlimited.org

IN A CRISIS? 24/7 HELP:

- Kids in Crisis: 203-327-KIDS
- Text the Crisis Text Line at 741741
- Disaster Distress Helpline: 800-985-5990
- National Suicide LifeLine: 800-273-TALK
 - EN ESPAÑOL: 888-628-9454
- The Trevor Project (LGBTQ support): 866-488-7386
- Dial 2-1-1, select option 1 for CT's mobile crisis

Considering treatment options? Free online screenings and resource guides at www.thehubct.org/treatment

