



Crisis Resources & Support Guide

Support groups offer peer support and education but are not emergency or crisis services. Support group facilitators may not be available outside scheduled meetings and should not be relied upon for emergency response. If you are experiencing a mental health crisis or have concerns about your safety, contact one of the resources below immediately.

Immediate Emergency Assistance: **Call 911**

If you are in immediate danger, you have taken an overdose, you are unable to keep yourself safe, or someone else is at immediate risk of harm, call 911 or go to the nearest emergency department.

If You Are Struggling Right Now

1. **Call or text 988.**
2. Reach out to a trusted friend, family member, or support person.
3. Go to a safe place where other people are present.
4. Remove access to anything you could use to harm yourself.
5. If you cannot stay safe, **call 911** or go to the nearest emergency department.

Suicide & Mental Health Crisis Support		
Resource	Contact	Availability
988 Suicide & Crisis Lifeline	Call or Text 988	24/7
Connecticut 211	Dial 211 or visit www.211ct.org	24/7
Crisis Text Line	Text CT to 741741	24/7
NAMI Information & Support Helpline	1-800-950-6264 or Text "HelpLine" to 62640	Mon-Fri 10 AM-10 PM
NAMI Connecticut Crisis Information	https://namict.org/crisis-info	Online

Domestic Violence Support		
Resource	Contact	Availability
Safe Connect (CT Coalition Against Domestic Violence)	1-888-774-2900 (Call or Text)	24/7
Interval House	860-838-8477 (English) 844-831-9200 (Español)	24/7

Sexual Assault Support		
Resource	Contact	Availability
Connecticut Alliance to End Sexual Violence	1-888-999-5545 (English) 1-888-568-8332 (Español)	24/7
YWCA Sexual Assault Crisis Services (Hartford)	860-547-1022	24/7
YWCA Sexual Assault Crisis Services (New Britain)	860-505-0469	24/7



LGBTQ+ Support		
Resource	Contact	Availability
The Trevor Project	1-866-488-7386 or Text START to 678-678	24/7

Finding Ongoing Support	
Resource	Website
Psychology Today Therapist Directory	https://www.psychologytoday.com/us/therapists
Community Health and Well-Being Trinity Health Of New England	https://www.trinityhealthofne.org/services/community-health-and-well-being
NAMI Connecticut	https://namict.org

Need help finding services? Contact 211 Connecticut for assistance locating mental health treatment, support groups, housing resources, food assistance, substance use services, and other community supports.

Remember, you do not need to face a crisis alone. Help is available 24 hours a day, 7 days a week. Reach out immediately if you are concerned about your safety or the safety of someone else.