

## Facing a mental / emotional crisis?

- Dial 2-1-1 and select option 1 for mobile crisis
- Send a text to 741741, the Crisis Text Line

## Gambling problems?

Contact CT hotline:  
1-888-789-7777

## Considering suicide?

National Lifeline:  
1-800-273-TALK

## Kids have behavioral problems, emotional issues or special needs?

- Get services at your local Child Guidance Center
- Advocacy & support at FAVOR: 1-860-563-3232
- Special education help from CT Parent Advisory Council: [www.cpacinc.org](http://www.cpacinc.org)

## Not safe at home / in a relationship?

CT Coalition Against Domestic Violence:  
1-888-774-2900  
[www.CTcadv.org](http://www.CTcadv.org)

## Drug & alcohol problems?

- Call state access line: 1-800-563-4086
- [www.liveLOUD.org](http://www.liveLOUD.org)

## Help with housing, utilities & more?

Dial 2-1-1, option 3

## Mental illness affecting your family?

1-800-215-3021

## Need LGBT support?

- [www.ctpridecenter.org/resources](http://www.ctpridecenter.org/resources)
- [www.thetrevorproject.org](http://www.thetrevorproject.org)

## OTHER CT RESOURCES

### Young Adults:

Visit [www.TurningPointCT.org](http://www.TurningPointCT.org) or call the Young Adult Warmline (Daily from 12-9pm): 1-855-6-HOPENOW

### Older Adults:

[www.ct.gov/agingservices](http://www.ct.gov/agingservices)

### Statewide Legal Services of CT:

[www.slsct.org](http://www.slsct.org)

**Immigrant support:** Call CT Institute for Immigrants and Refugees at 1-203-336-0141

**CT's InfoLine:** Dial 2-1-1 or visit [211ct.org](http://211ct.org)

### Screenings and materials on mental health & substance use:

[www.HealthyLivesCT.org](http://www.HealthyLivesCT.org)  
[www.CTclearinghouse.org](http://www.CTclearinghouse.org)

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