

# #BeThe1To

# SUICIDE RESOURCES 2020



## You can #BeThe1To help someone:

- ✓ Ask if they're suicidal
- ✓ Keep them safe
- ✓ Help connect to resources

## Information and resources for those who are struggling, have survived an attempt or have lost someone:

- Visit the American Foundation for Suicide Prevention (AFSP) at <https://afsp.org/get-help>
- AFSP **Healing Conversations** in CT: Call Emily at 785-312-0227

### STRUGGLING?

**Call the National Suicide Prevention Lifeline:**  
800-273-8255 (English)  
(option 1 for vets)  
888-628-9454 (Spanish)

**Text the Crisis Text Line:**  
741741

**CT Mobile Crisis:**  
Dial 2-1-1, select option 1

**Law Enforcement Support:**  
1-800-COPLINE



## Suicide Loss support groups in Southwestern CT are online during COVID. Call for details!

- **Darien:** Mondays at 6pm, Center for Hope. Call Ashleigh 203-599-3782.
- **Greenwich:** 1st Mondays, 7:30pm, 2nd Congregational Church. Call 203-434-0369.
- **Trumbull:** 2nd Wednesdays, 7-8:30pm, Congregational Church. [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov)
- **Westport:** 3rd Mondays, 7:30-9:30pm, Christ and Holy Trinity Church, Mackenzie House. Call Diane 720-838-3880.

**For guidance on communications, memorialization & programs after a suicide:**  
Visit CT's Suicide Advisory Board website, <https://www.preventsuicidect.org/resources>