

IN A CRISIS? NEED TO TALK?

HELP IS HERE!

FREE HOTLINES ARE
AVAILABLE 24/7

National Hotlines:

- **Crisis Text Line:** Text 741741
- **National Suicide Lifeline:** Call 800-273-8255
(Starting July 2022, just dial **988**)

LGBTQ Hotlines:

- **The Trevor Project:** Text 678678
- **Trans Lifeline:** Call 877-565-8860

CT Resources:

- **Action Line (mobile crisis):** Dial 2-1-1, option 1
- **Kids in Crisis (ages 0-18):** Call 203-661-1911
- **JoinRiseBe Warmline:** Talk to a young adult peer specialist, 12pm-9pm daily: 800-6-HOPENOW

Local First Responders: 911 (ask for a C.I.T. officer)

TURNING

POINT

CT.ORG