



Save these numbers in your
and your family's phones!

MENTAL HEALTH OR SUICIDE CRISIS?

**FREE HOTLINES ARE
AVAILABLE 24/7!**

National:

- Crisis Text Line: Text 741741
- National Suicide Lifeline: Call 800-273-8255 (Starting July 2022, just dial 988)
- Disaster Distress Helpline: 800-985-5990
- First Responders: 911 (ask for a CIT officer)

LGBTQ:

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

CT Resources:

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