

# CT's Crisis Supports



*24/7 hotlines for when you need help now*

Mobile psychiatric crisis: Dial 2-1-1, option 1

Kids in Crisis: 203-327-KIDS

Dial 911 & ask for CIT officer

Sexual Assault hotline: 888-999-5545

Domestic Violence hotline: 888-774-2900

Substance Use Access Line: 800-563-4086

Problem Gambling Helpline: 888-789-7777

Smoking QuitLine: 800-QUITNOW

## **National:**

Crisis Text Line: Send text to 741741

Suicide Lifeline: 800-273-TALK

Law Enforcement Officers Hotline: 800-COPLINE

**COVID19:** Disaster Distress Helpline: 800-985-5990 or  
text "talkwithus" or "hablanos" to 66746

# In an Emotional or Addiction Crisis?



**Text HELLO to 741741**  
**Free, 24/7, Confidential**

<a href="#">Adult mobile psychiatric crisis</a> (8am-4:30pm)	800-586-9903 after 4:30pm call 911
<a href="#">Child (&lt;18yo) mobile psychiatric crisis</a> (24/7) In Greenwich, dial 800-203-1234	Dial 2-1-1, press 1
<a href="#">National Suicide Lifeline</a> (24/7)	800-273-TALK (8255)
<a href="#">Crisis Text Line</a> (24/7)	Send text to 741741
<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	203-661-1911
<a href="#">Center for Sexual Assault hotline</a> (24/7)	888-999-5545
<a href="#">Domestic Violence Crisis Hotline</a> (24/7)	888-774-2900
<a href="#">Substance Use Access Line</a> (24/7)	800-563-4086
<a href="#">Problem Gambling Helpline</a> (24/7)	888-789-7777
<a href="#">CT Quitline (smoking cessation)</a> (24/7)	800-QUITNOW
<a href="#">COPLINE: National Law Enforcement Officers Hotline</a> (24/7)	800-COP-LINE
<a href="#">Disaster Distress Helpline</a> (24/7)	800-985-5990
<a href="#">Homeless Outreach Team (HOT)</a>	203-579-7300
<a href="#">Talk It Out Warmline</a> (Mon-Fri 8am-8pm/8am-1pm Saturdays)	833-258-5011
Warm Line (mental health peer support, 5-10pm daily)	800-921-0359
Young Adult Warmline (Mon-Sun 12-9pm)	855-6HOPENOW

## Town Social Services

Town services can help with benefits, case management & sometimes counseling.

<a href="#">Darien Human Services</a>	203-656-7328	Darien
<a href="#">Greenwich Dept. of Human Services</a>	203-622-3800	Greenwich
<a href="#">New Canaan Human Services</a>	203-594-3076	New Canaan
<a href="#">Norwalk Community Services</a>	203-854-7718	Norwalk
<a href="#">Stamford Social Services</a>	203-977-4050	Stamford
<a href="#">Weston Social Services</a>	203-222-2663	Weston
<a href="#">Westport Human Services</a>	203-341-1050	Westport
<a href="#">Wilton Social Services</a>	203-834-6238	Wilton

## Looking for Regional & State Referral Resources?

Not sure how to start? Call 211 first!  
Select option 1 for crisis, option 3 for basic needs

<a href="#">The Hub (Behavioral Health Action Organization for Southwestern CT)</a> Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: thehubct.org	203-840-1187
<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	203-661-1911
<a href="#">Resources to Recover</a> (free mental health info & resources)	203-724-9070,
<a href="#">Southwestern CT Agency on Aging (SWCAA)</a>	203-333-9288
<a href="#">Southwest CT Mental Health System (DMHAS Region 1)</a>	860-418-7000
<a href="#">Courage to Speak Foundation</a> (prevention programs & support groups)	203-247-3975
<a href="#">CT Behavioral Health Partnership</a> (for Medicaid population)	877-552-8247
<a href="#">Department of Children and Families (DCF)</a>	203-384-5300
<a href="#">Department of Mental Health &amp; Addiction Services (DMHAS)</a>	800-446-7348
<a href="#">Department of Rehabilitative Services (DORS, BRS)</a>	203-251-9430
<a href="#">Department of Social Services (DSS)</a>	855-626-6632
<a href="#">Kidsmentalhealthinfo.com</a> (trauma resources for kids)	

## Looking for Advocacy & Support for Your Rights?

<a href="#">Advocacy Unlimited</a>	800-573-6929
<a href="#">CT Commission on Human Rights</a>	860-541-3400
<a href="#">CT Family Support Network</a> (help for families with special needs)	203-727-9564
<a href="#">CT Institute for Immigrants &amp; Refugees</a> (immigrant help)	203-336-0141
<a href="#">CT Juvenile Justice Alliance</a>	203-579-2727
<a href="#">CT Legal Rights Project (CLRP)</a>	877-402-2299
<a href="#">CT Parent Advocacy Center (CPAC)</a>	860-739-3089
<a href="#">Disability Rights Connecticut</a>	800-842-7303
<a href="#">FAVOR (Family Advocacy for Children's Mental Health)</a>	860-563-3232
<a href="#">Keep the Promise (KTP)</a>	860-788-6180
<a href="#">National Alliance for Mental Illness (NAMI) Fairfield, CT</a>	800-215-3021
<a href="#">Office of the Healthcare Advocate (OHA)</a>	866-466-4446
<a href="#">State Education Resource Center</a>	860-632-1485
<a href="#">Statewide Legal Services of CT</a>	800-453-3320

Find additional resources on our website,  
[www.thehubct.org](http://www.thehubct.org)



Follow The Hub on Social Media!



## Support Services for Behavioral Health

(C)ase Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox, (DV)Domestic Violence, Supported (Ed)ucation, Supported (E)mployment, Supported (H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

<a href="#">Ability Beyond</a>	E	888-832-8247	Stmfd-Norwalk
<a href="#">Bridge House (psychosocial clubhouse)</a>	C, E, R	203-335-5339	Bridgeport
<a href="#">Continuum Crisis &amp; Respite Services</a>	C, R, S	475-282-4985	Regional
<a href="#">CT Community for Addiction Recovery (CCAR)</a>	C, E	800-708-9145	Statewide
<a href="#">Domestic Violence Crisis Center</a>	C, DV	203-588-9100	Stmfd-Norwalk
<a href="#">Domestic Abuse Services of YWCA</a>	C, DV	203-622-0003	Greenwich
<a href="#">Family &amp; Children's Agency - Senior Outreach</a>	C	203-831-2900	Norwalk
<a href="#">Family Centers, Inc.</a>	E, V	203-324-3167	Grwch-Stmfd
<a href="#">Family Re-Entry</a>	CJ, DV	203-838-0496	Norwalk
<a href="#">Jewish Family Services</a>	C	203-622-1881	Greenwich
<a href="#">Keystone House, Inc.</a>	CSP, E, H, R	203-855-7920	Norwalk
<a href="#">Kids in Crisis</a>	C, S	203-327-KIDS	Stamford
<a href="#">Know How To Go</a>	T	203-365-8522 ext. 263	
<a href="#">Laurel House, Inc.</a>	C, CSP, Ed, E, H, R	203-324-1816	Stamford
<a href="#">Liberation Programs</a>	H	203-851-2077	Various
<a href="#">Mental Health CT</a>	C, CSP, H	203-323-3337	Stamford
<a href="#">Mid-Fairfield AIDS Project (needle exchange)</a>	C, H, needle	203-855-9535	Norwalk
<a href="#">Norwalk Hospital</a>	CSP	866-642-9355	Norwalk
<a href="#">Pathways</a>	CSP, E, H, R	203-869-5656	Greenwich
<a href="#">Project Return (females 18-21 only)</a>	H, R	203-222-8129	Westport
<a href="#">Rowan Center for Sexual Assault</a>	DV	203-348-9346	Stamford

## Support Services for Behavioral Health

(C)ase Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox, (DV)Domestic Violence, Supported (Ed)ucation, Supported (E)mployment, Supported (H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

<a href="#">St. Vincent's Community Residential Services</a>	H, R	203-362-3920	Bridgeport
<a href="#">Triangle Community Center (LGBTQ)</a>	C	203-853-0600	County
<a href="#">Veyo</a>	T	855-478-7350	Statewide
<a href="#">Young Adult Space (Drop-in center, Mon-Thu 1-6pm)</a>	C	203-853-0600	Norwalk

### Basic Needs (shelter, benefits, energy assistance)

Homeless and need shelter? Dial 2-1-1, Option 3

Need food? Text 211food to 898211, then send your zip code to get options near you.

(C)ase Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox, (DV)Domestic Violence, Supported (Ed)ucation, Supported (E)mployment, Supported (H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>		203-661-1911	Greenwich
<a href="#">ALLIANCE for Community Empowerment, Inc. Used to be ABCD 203-838-8110</a>	C, S	203-366-8241	Norwalk
<a href="#">American Job Center</a>	E	203-353-1702	Stamford
<a href="#">Community Action Agency of Western CT</a>	C	203-602-8833	Various
<a href="#">Errera Homeless Outreach for Veterans</a>	S, V	203-932-5711	Statewide
<a href="#">Homes for the Brave (homeless vets only)</a>	E, H, R, V	203-338-0669	Bridgeport
<a href="#">Homes with Hope</a>	E, H, S	203-226-3426	Westport
<a href="#">Inspirica, Inc.</a>	H, S	203-388-0100	Stamford
<a href="#">Malta House (pregnant &amp; parenting women)</a>	C, S	203-857-0088	Norwalk
<a href="#">Open Door Shelter</a>	E, H, S	203-866-1057	Norwalk
<a href="#">Pacific House (formerly Shelter for the Homeless)</a>	S, V	203-348-2792	Stamford
<a href="#">Person-to-Person</a>	C	203-939-1650	Norwalk
<a href="#">Person-to-Person</a>	C	203-655-0048	Darien
Victims of Crime Act (VOCA)	C	800-505-9000	Various
Housing for Success (DCF Youth)	H	203-333-2335	Various
Housing Plus - (Homeless Youth)	H	203-690-1057	Various

## Adult Behavioral Health Treatment

Key: (MH) Mental Health, (SUD) Substance Use Disorder (D)etox,(H)ome, (I)npatient, Intensive (IOP), (MAT) Medication-Assisted Treatment (Opioid Dependence), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital Program, (R)esidential

**Substance Use Access Line: 800-563-4086 Statewide**

**Addiction Services: bed availability (detox, sober homes, etc.)  
www.ctaddictionservices.com**

<a href="#">Catholic Charities</a>	MH	O	203-750-9711	Norwalk
<a href="#">Center for Hope (grief counseling)</a>	MH	O	203-655-4693	Darien
<a href="#">Christian Counseling Center</a>	MH	O	203-846-4626	Norwalk
<a href="#">Circle Care (specializing in LGBTQ)</a>	MH	O	203-852-9525	Norwalk
<a href="#">Community Counseling Centers, Inc.</a>	MH	O	203-323-8560	Stamford
<a href="#">Community Health Center, Day Street</a>	MH, SUD	MAT, O	203-854-9292	Norwalk
<a href="#">Community Health Center, Franklin Street</a>	MH, SUD	O	203-969-0802	Stamford
<a href="#">CT Counseling Centers</a>	MH, SUD	IOP, MAT, O	203-838-6508	Norwalk
<a href="#">CT Counseling Centers</a>	MH, SUD	IOP, MAT, O	203-653-3038	Stamford
<a href="#">CT Renaissance, Inc. (includes problem gambling)</a>	MH,PG, SUD	IOP, O	203-866-2541	Various
<a href="#">Family &amp; Children's Agency</a>	MH	O	203-855-8765	Norwalk
<a href="#">Family &amp; Children's Agency (Project Reward/women)</a>	SUD	IOP, O	203-855-8765	Norwalk
<a href="#">Family Centers, Inc.</a>	MH	O	203-324-3167	Stamford
<a href="#">Family Centers, Inc.</a>	MH	O	203-869-4848	Greenwich
<a href="#">Family Centers, Inc.</a>	MH,	O	203-655-0547	Darien
<a href="#">Families in Recovery Program (pregnant &amp; parenting)</a>	SUD	I, R	203-851-2077	Norwalk
<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY

## Adult Behavioral Health Treatment

Key: (MH) Mental Health, (SUD) Substance Use Disorder (D)etox,(H)ome, (I)npatient, Intensive (IOP), (MAT) Medication-Assisted Treatment (Opioid Dependence), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital Program, (R)esidential

**Substance Use Access Line: 800-563-4086 Statewide**

**Addiction Services: bed availability (detox, sober homes, etc.)  
www.ctaddictionservices.com**

<a href="#">F.S. Dubois Center (DMHAS) (appointments)</a>	MH, SUD	O	203-388-1600	Stamford
<a href="#">Greenwich Hospital Addiction Recovery Center</a>	SUD	D, I, IOP, O	203-863-4673	Greenwich
<a href="#">Greenwich Hospital Behavioral Health</a>	MH	O	203-863-3627	Greenwich
<a href="#">Jewish Family Services of Greenwich</a>	MH	O	203-622-1881	Greenwich
<a href="#">Liberation Programs</a>	SUD, MH	Schools, O, I, IOP	855-LIB-PROG	Regional
<a href="#">Norwalk Community Health Center</a>	MH	O	203-899-1770	Norwalk
<a href="#">Norwalk Hospital</a>	MH, SUD	D, I, IOP, O, PHP	203-852-2988	Norwalk
<a href="#">Optimus Behavioral Health</a>	MH	O	203-621-3700	Stamford
<a href="#">Positive Directions (includes problem gambling)</a>	MH,PG, SUD	O	203-227-7644	Westport
<a href="#">Saint Vincent's Behavioral Health Services</a>	MH, SUD	IOP, MAT, O	203-221-8899	Norwalk
<a href="#">Saint Vincent's Behavioral Health Services</a>	MH, SUD	D, I	203-227-1251	Westport
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-921-4161	Stamford
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-454-4992	Westport
<a href="#">Silver Hill Hospital</a>	MH, SUD	D, I, IOP, MAT, O	866-542-4455	New Canaan
<a href="#">Stamford Hospital</a>	MH	I	203-276-7010	Stamford



**Free Peer Support Groups for Behavioral  
Health in Southwest Connecticut  
(for individuals & families)**



## ESPAÑOL/SPANISH Grupos de apoyo en español

- **Alcohólicos Anónimos en español:** 855-377-2628.
- **Narcóticos Anónimos**
- **NAMI:** Apoyo para familiares de individuos con desórdenes de salud mental
- **Servicios de crisis para víctimas de Asalto Sexual:** 888-568-8332
- **“SMART Recovery”:** apoyo para problemas de adicción y salud mental
- **CCAR soporte telefónico durante la recuperación**
- **CCAR - Lengua Espanola ARM (Virtual):** CCAR auspicia la Lengua Espanola Arm cada Jueves de 11:15AM - 12:15PM. Para participar en una conferencia de Zoom, seleccione abajo.

*\*Revise nuestra pagina de COVID para mas información pertinente a grupos específicos de apoyo y actividades de salud\**

## Autism Spectrum

- **Community Autism Socials at Yale:** Social groups for adults with ASD & parents  
Online Events
- **GRASP:** Chat groups with free enrollment to the site, Online.  
Contact Info: info@grasp.org

## Bereavement/Grief (see also Suicide Loss)

- **Family Centers:** Offers a range of specific bereavement/grief support and counseling groups, Zoom. Contact info for different groups available by following this link
- **Jewish Family Service of Fairfield County** – Living with Loss  
Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org

## Brain Injury

- **Brain Injury Alliance of Connecticut:** Online Tele-meetings, Zoom. Contact info for different groups available by following this link.
- **A.B.I. Resources Connecticut Brain Injury:** Helpline 860-942-0365 \*Note: some of the support groups listed on this site are no longer running due to COVID. Contact info for different groups available by following this link.

## Dual Diagnosis:

- **Depression and Bipolar Support Alliance:** Online meetings.



## Eating Disorders

- **National Eating Disorders Association (NEDA):** Online Chat Helpline (Mon - Thurs: 9AM – 9PM & Fri: 9AM – 5PM), call Hotline at 800-931-2237 (Mon – Thurs: 11M – 9PM, Fri: 11AM – 5PM), or text 800-931-2237 (Pilot hours: Mon – Thurs: 3PM – 6PM)
- **Overeaters Anonymous:** Virtual Online Meetings, Zoom and Telephone meetings. Contact info for different groups available by following this link

## Gambling

- **Connecticut Council on Problem Gambling:** Call Hotline 888-789-7777 (24/7) or text “CTGAMB” to 53342 and [Online Chat](#) (24/7)
- **Connecticut and Western Massachusetts Gamblers Anonymous:** Online, Zoom meetings. Contact Info: 855-222-5542 & ctwmaga@yahoo.com
- **Problem Gambling Helpline:** Call 888-789-7777

## LGBTQIA+

- **Kids in Crisis – Lighthouse LGBTQ Youth Group:** Meetings are at the Avon Theatre at 272 Bedford St, Stamford, every Tuesday, 5PM – 6:45PM \*Note: must wear a mask and respect social distancing at all times. Contact Info: 203-622-6556
- **Kids in Crisis – Lighthouse LGBTQ Youth Hotline:** (24/7) 203-661-1911
- **Connecticut Pride Center – Triangle Community Center:** Online Meetings, Zoom. \*Note: Visit the Upcoming Events calendar, click on the group of your interest, contact info and Zoom links are available
- **Connecticut Pride Center – Triangle Community Center:** Facilitated 24/7 Discord chat space. Contact: Alexandra Raucci – alexandra@ctgay.org for invitation link
- **NAMI – Rainbow Connections:** Online Meetings, Zoom. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vlepoutre@namict.org or Serena – 650-561-5525
- **Trevor Project:** Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)
- **Trans Lifeline:** Call Hotline (Daily, 10AM – 5AM) 877-565-8860

## Mental Health (see also Young Adult & Additional Support Groups)

- **Clutterers Anonymous:** Zoom Meetings, Phone Meetings & Phone Activity Meetings. Contact info for different groups available by following this link and viewing calendar of events.
- **Depression and Bipolar Support Alliance (DBSA):** Online Support Groups. Call Emergency Hotline: 800-273-8255 or Text “DBSA” to 741- 741. General Contact Info: 800-826-3632
- **Hearing Voices:** Online Zoom Meetings and Call-In Groups. Contact info for different groups available by following this link. General Contact Info: Skye – 860-952-4050 or scollins@advocacyunlimited.org
- **Hoarding Support:** Online Message Boards and Support Groups. Call Helpline (daily, 8AM – 5PM) 800-462-7337 – can also be used to contact with any questions or concerns.
- **First Church Congregational, Fairfield County - OCD Support Group:** Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or fairfieldocdgroup@gmail.com
- **NAMI – Recovery Support Check Ins:** Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- **Toivo Center – Alternatives to Suicide:** Online, Zoom Meetings. Follow the link to sign up. General Contact Info: 860-296-2338
- **DMHAS & United Way of Connecticut – Adult Telephone Intervention and Options Network (ACTION):** crisis line for adults 18 years and older experiencing a mental health or emotional crisis. Call crisis line (24/7): 211 or 1-800-HOPE- 135
- **Mental Health Warm Lines:** General Contact Info: Cheri – 860-418-6935

### Warmlines are telephone support services, not crisis lines

- **Bridgeport Soundview Warmline:** 800-921-0359 (Daily, 9AM – 9PM)
- **CT Behavioral Health Partnerships Warmline:** 877-552-8247 – select prompts 1 & 3 (Mon – Fri: 9AM – 5PM)
- **JoinRiseBe Statewide Young Adult Peer Initiative/Warmline:** 855-6-HOPENOW (Daily, 12PM – 9PM)

### Free Support Lines

- **Reach Out Connecticut:** 1-844-TALK-4CT (Mon – Thurs: 8:30AM – 7PM, Fri: 8:30AM – 6PM, Sat & Sun: 11AM – 7PM). Provides connections or resources for any challenges. Including food or infant supplies, worried about COVID-19, racial injustice, or just need someone to talk to.
- **Advocacy Unlimited – Let’s Connect:** 888-770-4478 (Mon – Fri: 9AM – 5PM)



## Sex Addiction

- [Sex Addiction Anonymous \(SAA\)](#): Telemeetings, Online Zoom Meetings. Meetings times and contact info available by following this link.

## Interpersonal Violence & Challenges

- [RCT Women's Center](#): Online, Virtual Support Groups.  
Contact Info: 203- 731-5200 ext. 258
  - SOAR: support for women who experienced domestic violent: Tuesdays, 6:30PM – 8PM
  - Voices of Courage: support for men who experienced sexual assault or abuse: Mondays, 6:30PM – 8PM
  - Thrive: support for women with relationship challenges or past traumas: Mondays, 11AM – 12:30PM & Tuesdays, 4PM – 5:30PM
  - Breaking the Silence: support for women who experienced sexual assault or abuse: Mondays, 5PM – 6:30PM
  - Guys' Group: support for men who've experienced unhealthy relationships, verbal, physical abuse: Tuesdays, 5:30PM – 7PM. Email karen.i@wcogd.org
- [The Rowen Center](#): Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- [The Rowen Center](#): Online Self-Care Art Group. Every other Friday, 2PM – 3:30PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **Domestic Violence Hotline**: Call 203-731-5206 or 888-774-2900
- **Sexual Assault Hotline**: Call 203-731-5204 or 888-999-5545

## Substance Use & Addiction

- [CT Alcoholics Anonymous](#): Online & In-Person Meetings. Meetings times and contact info available by following this link. General Contact Info: 866-783-7712
- [RIPPLE](#): Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available by following this link. Contact Info: RockingRecovery.org@gmail.com
- [New Canaan Parent Support Group](#): Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available by following this link. Contact Info: Paul – 203-564-6374
- [C.A.R.E.S.](#): Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- [Positive Directions SMART Recovery – Family & Friends Group](#): Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org

- [NAMI – Friends & Family Community Support Groups](#): Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- [NAMI – Opioid Support – Family Group Meetings](#): Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- [NAMI – Opioid Support – Recovery Group Meetings](#): Online, Google Hangout Meetings. Wednesdays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- [SMART Recovery](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [SMART Recovery Groups for Friends & Family](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [SMART Recovery Groups for Teens](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [CCAR](#): Online Recovery Coach Chat, Online Coffee Lounge Chat, Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available by following this link. Contact Info: 866-205-9770
- [CT Regions of Narcotics Anonymous](#): In-Person & Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-627-3543 or info@ctna.org
- [Women for Sobriety](#): Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 215-536-8026 or contact@womenforsobriety.org
- **Substance Use Access Line**: Call 800-563-4086
- **Smoking Quitline**: Call 800-QUITNOW

## Suicide Loss

- [American Foundation for Suicide Prevention – Healing Conversations](#): Chat on the Phone or Online Meetings. Healing Conversations is an opportunity for those who have lost someone to suicide to speak with a volunteer who is a survivor of suicide loss. Follow the link to fill out a form to be contact.
- [Charter Oak Family Center – Survivors of Suicide Attempts \(SOSA\)](#): Online Meetings. Tuesdays, 6:30PM – 8:00PM. Contact Steve: 860-268-4953

## Youth and Young Adults (see also Mental Health and Additional Support Groups):

- **NAMI – Young Adult Connection Community Groups**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **SMART Young Adult Meetings**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **The Rowen Center – College Student Support Group for victims and survivors of sexual abuse (18 and over)**: Online, Zoom Meetings. Every Monday and Tuesday, 12PM – 1PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **The Den for Grieving Kids – Young Adult Bereavement Group**: Online Meetings. Alternate Wednesdays, 7PM – 8PM. Contact Julianne Green: 203-655-4693
- **Turning Point CT**: Online Forums, Podcasts, and Call Helpline: 800-273-8255 or text “CTL” to 741741
  - Teen Socials: 2nd Tuesday of each month at 6PM & Last Saturday at 1PM
  - Young Adult Socials: 4th Wednesday of each month at 6PM
- **CT Young Adult Warmline**: Call 855-6-HopeNow (Daily, 12PM – 9PM)

## Additional Groups:

- **Positive Directions – Teacher Support Group**: Wednesdays, 7PM – 8PM. Contact Info: Angelina – 203-227-7644 or amiceli@positivedirections.org
- **NAMI –Veteran Connection Recovery Support Group**: The first and third Wednesday of every month at 6:30PM. Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628
- **SMART – Medical & Mental Health Professionals in Recovery**: Online Peer Support Forum
- **The Rowan Center – Empowerment Group for Women**: Online, Zoom Meetings. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **The Rowen Center – Healthy Relationship & Self-Esteem Empowerment Group**: Online, Zoom Meetings. Follow the link to sign up & express interest. Contact Info: 203-348-9346 or info@therowancenter.org
- **CT Legal Services’ Immigrant Legal Advice Hotline**: Call 800-798-0671
- **Institute on Aging – Friendship Hotline/Warmline** for any person 60+ years old living with a disability & caregivers of older disabled adults: Call 800-971-0016 (24/7)

- **Alzheimer’s Association – Caregiver Support Groups**: Online Meetings. Contact Info: Call 800- 272-3900 for program details
- **Jewish Family Service of Fairfield County – Let’s Talk**: Meet new people and engage in meaningful conversation about a variety of topics. Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org
- **Jewish Family Service of Fairfield County – Divorce Support Group**: Contact Info: Lois Meyer at 203-921-4161 or LMeyer@ctjfs.org

## Support for families of individuals with addiction or addiction & mental illness:

- **C.A.R.E.S.**: Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- **SMART Recovery Groups for Friends & Family**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **NAMI – Friends & Family Community Support Groups**: Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- **Positive Directions SMART Recovery – Family & Friends Group**: Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org
- **Mountainside Friends & Family Support Group**: Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-500-0399

## Parenting support for caregivers of children with behavioral & emotional needs:

- **NAMI CAN CT Support Group – Child and Adolescent Network**: Online, Zoom Meeting. January 4th 2021: 7PM – 8:30PM. Contact Info: Grace – 860-693-9310
- **The Youth Mental Health Project – Parent Support Network**: Online Meetings. Available for anyone in the country. Meetings times and contact info available by following this link.
- **Autism Services & Resources CT (ASRC)**: Online Meetings & Events. \*Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available by following this link. General Contact Info: 203-265-7717
- **CT Family Support Network (CTFSN) – Parents Supporting Parents**: Online Meetings. Call for info: 877-376-2329 or commsdirector@ctfsn.org