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