Section 1. Free Peer Support for Individuals

ESPAÑOL/SPANISH Grupos de apoyo en español:

- **Alcohólicos Anónimos en español:** 855-377-2628. **Narcóticos Anónimos:** [https://ctna.org/find-a-meeting/virtual-meetings/](https://ctna.org/find-a-meeting/virtual-meetings/)
- **NAMI:** Apoyo para familiares de individuos con desórdenes de salud mental: [https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx/La-salud-mental-en-la-comunidad-latina](https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx/La-salud-mental-en-la-comunidad-latina)
- **Asalto sexual** servicios de crisis: 888-568-8332
- **“SMART Recovery”**: apoyo para adicción y salud mental: [https://www.smartrecovery.org/community/calendar.php](https://www.smartrecovery.org/community/calendar.php)

*Be sure to check our COVID page for additional COVID specific support groups & wellness activities*

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**Crisis Hotlines:**

- National Suicide Prevention Lifeline: **800-273-8255**
- Crisis Text Line: text CTL to **741741**
- 24/7 Crisis Support: **775-784-8090** or text “ANSWER” to **839863**
- Mobile Psychiatric Crisis: **2-1-1 - Option 1**
- Kids in Crisis: **203-327-KIDS**

*Also see below for more hotlines and warmlines*

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**Autism Spectrum:**

- Community Autism Socials at Yale: Social groups for adults with ASD & parents: [https://www.meetup.com/ProjectCASY/, Online Events](https://www.meetup.com/ProjectCASY/, Online Events)
- **GRASP:** [https://grasp.org/resources](https://grasp.org/resources), chat groups with free enrollment to the site, Online. Contact Info: info@grasp.org

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**Bereavement/Grief (see also Suicide Loss):**

- Family Centers: [https://familycenters.org/Support-Groups-and-Services](https://familycenters.org/Support-Groups-and-Services) Offers a range of specific bereavement/grief support and counseling groups, Zoom. Contact info for different groups available by following this link

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**Brain Injury:**

- **A.B.I. Resources Connecticut Brain Injury:** [https://www.ctbraininjury.com/connecticut-brain-injury-groups-ct](https://www.ctbraininjury.com/connecticut-brain-injury-groups-ct) 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

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Listing updated 1/12/2021 by The Hub: Behavioral Health Action Organization for Southwestern CT. Download at [www.thehubct.org/recovery](http://www.thehubct.org/recovery)
Eating Disorders:
- National Eating Disorders Association (NEDA): [https://www.nationaleatingdisorders.org/help-support/contact-helpline](https://www.nationaleatingdisorders.org/help-support/contact-helpline) 
  - 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: [https://www.swctoa.org/meeting-list.html](https://www.swctoa.org/meeting-list.html) Virtual Online Meetings, Zoom and Telephone meetings. Contact info for different groups available by following this link

Gambling:
- Connecticut Council on Problem Gambling: [https://ccpg.org/](https://ccpg.org/) Call Hotline 888-789-7777 (24/7) or text “CTGAMB” to 53342 and Online Chat (24/7) [https://ccpg.org/chat/](https://ccpg.org/chat/)
- Connecticut and Western Massachusetts Gamblers Anonymous: [https://ctwmaga.org/meetings](https://ctwmaga.org/meetings) 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: [https://www.kidsincrisis.org/get-help/lighthouse/](https://www.kidsincrisis.org/get-help/lighthouse/) 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: Call Hotline (24/7) 203-661-191
- Connecticut Pride Center – Triangle Community Center: [https://www.ctpridecenter.org/](https://www.ctpridecenter.org/) 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: [https://www.ctpridecenter.org/](https://www.ctpridecenter.org/) Facilitated 24/7 Discord chat space. Contact: Alexandra Raucci – alexandra@ctgay.org for invitation link
- NAMI – Rainbow Connections: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) Online Meetings, Zoom. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vilepoutre@namict.org or Serena – 650-561-5525
- Trevor Project: [https://www.thetrevorproject.org/](https://www.thetrevorproject.org/) Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)
- Trans Lifeline: [https://translifeline.org/hotline/](https://translifeline.org/hotline/) Call Hotline (Daily, 10AM – 5AM) 877-565-8860

Mental Health (see also Young Adult & Additional Support Groups):
- Clutterers Anonymous: [https://clutterersanonymous.org/meetings/telephone-meetings/](https://clutterersanonymous.org/meetings/telephone-meetings/) Zoom Meetings, Phone Meetings & Phone Activity Meetings. Contact info for different groups available by following this link and viewing calendar of events.
- Hearing Voices: [https://www.cthvn.org/virtual Online Zoom Meetings and Call-In Groups](https://www.cthvn.org/virtual 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

Listing updated 1/12/2021 by The Hub: Behavioral Health Action Organization for Southwestern CT. Download at [www.thehubct.org/recovery](http://www.thehubct.org/recovery)
Interpersonal Violence & Challenges

Sex Addiction

- First Church Congregational, Fairfield County - OCD Support Group: [http://fairfieldocdgroup.freehostia.com/](http://fairfieldocdgroup.freehostia.com/) *Virtual Group Meetings, Zoom.* Contact Info: 203-372-4593 or [fairfieldocdgroup@gmail.com](mailto:fairfieldocdgroup@gmail.com)

- NAMI – Recovery Support Check Ins: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) *Online, Zoom Meetings. Weekly.* Meetings times and contact info available by following this link.

- Toivo Center – Alternatives to Suicide: [http://toivocenter.org/calendar/](http://toivocenter.org/calendar/) *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: [https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines](https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines) General Contact Info: Cheri – 860-418-6935

  *Warlines are telephone support services, not crisis lines*

  - Bridgeport Soundview Warmline: **800-921-0359** (Daily, 9AM – 9PM)
  - Danbury Guiding Path Warmline: **860-482-1783** or **800-314-2680** (Daily, 5:30PM – 9:30PM)
  - Manchester REACH: **866-927-6225** (Daily, 6PM – 10PM)
  - Middletown Common Thread Warmline: **800-316-9145** (Daily, 2PM – 9PM)
  - Greater New Haven Reach Out Warmline: **203-287-2460** (Mon – Thurs: 8:30AM – 7PM, Fri: 8:30AM – 6PM)
  - Torrington Guiding Path Warmline: **860-482-1783** or **800-314-2680** (Daily, 5:30PM – 9:30PM)
  - Waterbury Guiding Path Warmline: **860-482-1783** or **800-314-2680** (Daily, 5:30PM – 9:30PM)
  - 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)

**Sex Addiction Anonymous:**

- Sex Addiction Anonymous (SAA): [https://saa-recovery.org/meetings/](https://saa-recovery.org/meetings/) *Telemeetings, Online Zoom Meetings.* Meetings times and contact info available by following this link.

**Interpersonal Violence & Challenges:**

- RCT Women’s Center: [https://wcogd.org/services/support-groups/](https://wcogd.org/services/support-groups/) *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 contact [karen.i@wcogd.org](mailto:karen.i@wcogd.org)

- The Rowen Center: [https://therowancenter.org/support-groups/](https://therowancenter.org/support-groups/) *Online Meetings. Available in English & Spanish.* Weekly & Biweekly events. Follow the link to sign up. Contact Info: 203-348-9346 or [info@therowancenter.org](mailto:info@therowancenter.org)

- The Rowen Center: [https://therowancenter.org/support-groups/](https://therowancenter.org/support-groups/) *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](mailto:info@therowancenter.org)

*Listing updated 1/12/2021 by The Hub: Behavioral Health Action Organization for Southwestern CT. Download at [www.thehubct.org/recovery](http://www.thehubct.org/recovery)*
Substance Use & Addiction:

- CT Alcoholics Anonymous: [https://ct-aa.org/meetings/?tsml-day=any&tsml-query=bridgeport](https://ct-aa.org/meetings/?tsml-day=any&tsml-query=bridgeport) *Online & In-Person Meetings.* Meetings times and contact info available by following this link. General Contact Info: 866-783-7712

- New Hampshire Based: Greater Tilton Area – Family Resource Center – Telephone Recovery Support: [https://www.gtafrc.com/telephone-recovery-support](https://www.gtafrc.com/telephone-recovery-support) *TRS provides weekly phone call check-ins from individuals in recovery. This is a peer-to-peer recovery support service available for anyone in any area.* Contact info: 603-286-4255

- RIPPLE: [http://rockingrecovery.org/zoom-meetings/](http://rockingrecovery.org/zoom-meetings/) *Online, Zoom Meetings.* Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available by following this link. Contact Info: RockingRecovery.org@gmail.com


- NAMI – Friends & Family Community Support Groups: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) *Online, Zoom Meetings.* Weekly. Meetings times and contact info available by following this link.

- NAMI – Opioid Support – Family Group Meetings: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) *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: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) *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: [https://www.smartrecoveryct.org/meetings/](https://www.smartrecoveryct.org/meetings/) *Online, Zoom Meetings.* Meetings times and contact info available by following this link.

- SMART Recovery Groups for Friends & Family: [https://www.smartrecoveryct.org/meetings/](https://www.smartrecoveryct.org/meetings/) *Online, Zoom Meetings.* Meetings times and contact info available by following this link.

- SMART Recovery Groups for Teens: [https://www.smartrecoveryct.org/meetings/](https://www.smartrecoveryct.org/meetings/) *Online, Zoom Meetings.* Meetings times and contact info available by following this link.


- California Based: LifeRing Secular Recovery: [https://lifering.org/online-meetings/](https://lifering.org/online-meetings/) *Online, Zoom Meetings.* Meetings times and contact info available by following this link. General Contact Info: 800-811-4142 or service@lifering.org

- CT Regions of Narcotics Anonymous: [https://ctna.org/](https://ctna.org/) *In-Person & Online Meetings.* Meetings times and contact info available by following this link. General Contact Info: 800-627-3543 or info@ctna.org

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**Domestic Violence Hotline:** **Call 203-731-5206** or **888-774-2900**

**Sexual Assault Hotline:** **Call 203-731-5204** or **888-999-5545**

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Sober Threads Peer Recovery Support Programs: [https://www.gtafrc.com/telephone-recovery-support](https://www.gtafrc.com/telephone-recovery-support) Telephone Recovery Support. TRS trainers call individuals in recovery on a weekly basis to check-in, this is a peer-to-peer recovery support. To Register, contact 603-286-4255

Women for Sobriety: [https://womenforsobriety.org/meetings/ Online Meetings](https://womenforsobriety.org/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: [https://afsp.org/healing-conversations](https://afsp.org/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 contacted.

Charter Oak Family Center – Survivors of Suicide Attempts (SOSA): [https://www.charteroakfamilycenter.com/services Online Meetings](https://www.charteroakfamilycenter.com/services). 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: [https://namict.org/find-support/support-groups/ Online, Zoom Meetings](https://namict.org/find-support/support-groups/). Meetings times and contact info available by following this link.

SMART Young Adult Meetings: [https://www.smartrecoveryct.org/meetings/](https://www.smartrecoveryct.org/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): [https://therowancenter.org/support-groups/](https://therowancenter.org/support-groups/) Online, Zoom Meetings. Every Monday and Tuesday, 12PM – 1PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org

Turning Point CT: [https://turningpointct.org/](https://turningpointct.org/) Online Forums, Podcasts, and Call Helpline: 800-273-8255 or text “CTL” to 741741

CT Young Adult Warmline: Call 855-6-HopeNow (Daily, 12PM – 9PM)

**Additional Support Groups:**

Positive Directions – Teacher Support Group: Wednesdays, 7PM – 8PM. Contact Info: Angelina – 203-227-7644 or amicell@positivedirections.org

NAMI – Veteran Connection Recovery Support Group: The first and third Wednesday of every month at 6:30PM. [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628


The Rowan Center – Empowerment Group for Women: [https://therowancenter.org/support-groups/](https://therowancenter.org/support-groups/) 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: [https://therowancenter.org/support-groups/](https://therowancenter.org/support-groups/) 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 over 60 years old living with a disability & caregivers

Listing updated 1/12/2021 by The Hub: Behavioral Health Action Organization for Southwestern CT. Download at [www.thehubct.org/recovery](http://www.thehubct.org/recovery)
Section 2. Free Peer Support for Families

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


- SMART Recovery Groups for Friends & Family: [https://www.smartrecoveryct.org/meetings/](https://www.smartrecoveryct.org/meetings/) Online, Zoom Meetings. Meetings times and contact info available by following this link.

- NAMI – Friends & Family Community Support Groups: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/) Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.


- Mountainside Friends & Family Support Group: [https://mountainside.com/event-groups/friends-family-support-group#canaan](https://mountainside.com/event-groups/friends-family-support-group#canaan) 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:


- The Youth Mental Health Project – Parent Support Network: [https://ymhproject.org/events/](https://ymhproject.org/events/) Online Meetings. Available for anyone in the country. Meetings times and contact info available by following this link.

- Autism Services & Resources CT (ASRC): [https://ct-asrc.org/calendar/](https://ct-asrc.org/calendar/) 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: [https://ctfsn.org/parents-supporting-parents/](https://ctfsn.org/parents-supporting-parents/) Online Meetings. Call for info: 877-376-2329 or email [commsdirector@ctfsn.org](mailto:commsdirector@ctfsn.org)

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*Be sure to check our COVID page for additional COVID specific support groups & wellness activities*