You can #BeThe1To help someone:

✅ Ask if they're suicidal
✅ Keep them safe
✅ Help connect to resources

Information and resources for those who are struggling, have survived an attempt or have lost someone:

- Visit the American Foundation for Suicide Prevention (AFSP) at https://afsp.org/get-help
- AFSP Healing Conversations in CT: Call Ann Dagle at 860-625-5280
- Charter Oak Family Center - Survivors of Suicide Attempts (SOSA) Group (online): Contact Steve Machattie at (860) 268-4953 or email at smachattie47@gmail.com

Struggling?

Call the National Suicide Prevention Lifeline:
800-273-8255 (English) (option 1 for vets)
888-628-9454 (Spanish)

Text the Crisis Text Line:
741741

CT Mobile Crisis:
Dial 2-1-1, select option 1

Law Enforcement Support:
1-800-COPLINE

Suicide Loss support groups in Southwestern CT are online during COVID. Call for details!

- **Darien**: Mondays at 6pm, Center for Hope. Call Ashleigh 203-599-3782.
- **Greenwich**: 1st Mondays, 7:30pm, 2nd Congregational Church. Call 203-434-0369.
- **Trumbull**: 2nd Wednesdays, 7-8:30pm, Congregational Church. cmorris@trumbull-ct.gov
- **Westport**: 3rd Mondays, 7:30-9:30pm, Christ and Holy Trinity Church, Mackenzie House. Call Diane 720-838-3880.

For guidance on communications, memorialization & programs after a suicide:
Visit CT’s Suicide Advisory Board website, https://www.preventsuicidect.org/resources