

FREE LOCAL ONLINE MENTAL HEALTH RESOURCES FOR THE CORONAVIRUS EPIDEMIC (V2)

**FEELING ANXIOUS OR DEPRESSED?
YOU ARE NOT ALONE!**

State and local support groups, recovery meetings, and wellness activities are ONLINE during the pandemic! (Audio & video options) Check out the FREE options below & visit TheHubCT.org/calendar for more!

NEED TO CONNECT?

- Talk to a peer at Soundview Warmline, 800-921-0359, new hours: 9am-9pm, 7 days
- Join local NAMI, CCAR, CARES & other groups online or by phone.
- Community Mindfulness Project, free meditation daily at 7am, 12n, 7pm: 857-799-9498
- Find details and more online supports & activities at TheHubCT.org/calendar

SUPPORTS FOR YOUNG ADULTS?

CT's Young Adult Warmline:

- Call 1-855-6-HOPENOW daily from 12pm-9pm. (Other hours: call Patricia at 860-549-2435)
 - EN ESPAÑOL: Text Luz at 860-549-2435

NAMI Young Adult Connection

- Community check-In, daily from 3:30-4:30pm. Info: vlepoutre@namict.org

SPECIALIZED SUPPORT GROUPS:

- SMART Recovery videoconferences: Ages 18+, Tuesdays at 6; Teens, Wednesdays at 4; Family & Friends, Thursdays at 6:30; Join at: meetings.ringcentral.com/j/6651939516
- CT Hearing Voices Network: Info: Skye at scollins@advocacyunlimited.org

IN A CRISIS?

- Kids in Crisis: 203-327-KIDS
- Text the Crisis Text Line at 741741
- National Suicide LifeLine: 800-273-TALK
 - EN ESPAÑOL: 888-628-9454
- The Trevor Project (LGBTQ support): 866-488-7386
- Dial 2-1-1, select option 1 for CT's mobile crisis
- Call 911 & ask for a CIT officer

Considering treatment options? Free online screenings and resource guides at www.thehubct.org/treatment

