

# Additional Resources

YOU HAVE OPTIONS

## ACTION LINE

1-800-HOPE-135 or 211

(Adult Crisis Telephone Intervention and Options Network)

2.1.1

Youth Mobile Crisis  
211 or 1-800-203-1234

Get Connected. Get Help.™

NATIONAL

## SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

[suicidpreventionlifeline.org](http://suicidpreventionlifeline.org)

**NAMI Southwest CT**

National Alliance on Mental Illness

203-400-NAMI (6264)

<https://www.namisouthwestct.org/>

## 24-hour Helpline

203-661-1911

Free confidential help for children, teens  
and families who may be struggling.



[kidsincrisis.org](http://kidsincrisis.org)

## Warm Line:

### 877-552-8247

Select Prompts 1 & 3

Para español, seleccione el numero 2 & 2  
Or 711 for Relay Services

Can connect you with someone who speaks your language.

Monday – Friday 9 a.m. – 5 p.m.

## TEXT CRISIS LINE

In a Crisis?

Text HOME to 741741 to connect  
with a Crisis Counselor  
Free 24/7 support at your fingertips.



Inclusive, Gender-Affirming,  
Sex-Positive Health Care  
203-903-8308



Triangle  
Community Center

LGBTQIA+ Peer Support,  
Youth Groups, Case  
Management and More!

(203) 853-0600

CT.gov - CT's Official State Website  
For Health and Human Services,  
Education, Jobs and  
Employment, Public Safety,  
and More!



Free Narcan Kits Available  
Tuesdays from 10a - 12p  
Horseneck Lot  
Greenwich, CT

## DMHAS Access Line - Substance Help

1-800-563-4086

<https://www.ctmentalhealthservices.com/>

## SAMHSA's National Helpline

1-800-662-HELP (4357)

AA - Alanon and Alateen

1-866-STEPS12 or

1-866-783-7712

Narcotics Anonymous (NA)

1-800-627-3543

SMART Recovery CT

[www.smartrecoveryct.org](http://www.smartrecoveryct.org)

## Greenwich C.A.R.E.

Community Agencies for Resiliency and Empowerment

Card Produced by The Greenwich Department of Human Services

