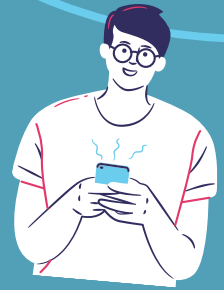
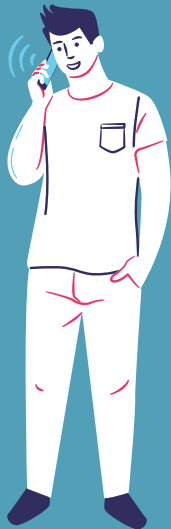


# STUDENT SUPPORTS DURING COVID- 19

## In a Crisis?

- CT only: Dial 2-1-1 + 1, ask them for the number of the nearest adult mobile crisis team
- National:
  - Call 911 & ask for a Crisis Intervention Training ("CIT")
  - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
  - Trevor Project (crisis intervention & suicide prevention for the LGBTQ community): 1-866-488-7386
  - Crisis Text Line: text CTL to 741741
  - Kids in Crisis 24-hr Helpline: 203-661-1911



## Feeling Isolated?

- CT's Young Adult Warmline (Peer Support):
  - Call 1-855-6-HopeNow
  - Available 7 days a week from 12 noon-9pm.
- NAMI Young Adult Connection (daily virtual community check-in 3:30-4:30pm)
  - Info: [vlepoutre@namict.org](mailto:vlepoutre@namict.org)
- SMART Recovery:  
[www.smartrecovery.org/srol-2](http://www.smartrecovery.org/srol-2)
- [www.InTheRooms.com](http://www.InTheRooms.com) (offers online meetings like AA, NA, Al-Anon, All Recovery, wellness, spirituality)

## Other Numbers to Call:

- Connecticut Legal Services' Immigrant Legal Advice Hotline: call 800-798-0671
- Center for 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
- COVID19: Disaster Distress Helpline: 800-985-5990

