



# Mental Health/Suicide Prevention Resource Sheet

please save in your/your family's phone

- **988** Crisis and suicide helpline call or text
- **988lifeline.org** to chat online
- **Crisis Text Line:** Text HOME 741741 for a volunteer Crisis Counselor
- **211 Mobile Crisis Unit** for youth and teens
- **Veterans Crisis Line:** 988 then press 1
- **Urgent Crisis Center** (walk in care for kids and teens with urgent mental health or behavioral crisis) 8AM-10PM M-F  
10AM-10PM Saturday kids 18 and younger  
New London 860-437-4550 Hartford 860-297-0520

UCC IS NOT emergency department- call 911 or visit nearest hospital if a youth needs immediate medical attention/danger of hurting themselves.

- **Maternal Mental Health Hotline:** 833-943-5746
- **JoinRiseBe Young Adult Warmline-** talk to a young adult peer specialist 12PM-9PM daily 800-6-HOPENOW
- **The Trevor Project:** Text START to 678678 call 866-488-7386
- **Trans Lifeline:** Call 877-565-8860