

Everyone needs a little help sometimes

Note: If you are in a medical emergency or crisis situation call 9-1-1 or go to your nearest emergency room.

Local Resources:

- [**2-1-1**](#) (bilingual)
A toll-free, confidential service connecting people to the health and human services they need.
- [**BH Care — Shoreline**](#)
14 Sycamore Way
Branford, CT 06405
Intake 203-800-7177
203-483-2630
info@bhcare.org
- [**Shoreline Family Health Care**](#) (bilingual)
221 West Main St.
Branford, CT 06405
203-971-4177
- [**Clifford Beers**](#) (bilingual)
93 Edwards St.
New Haven, CT 06511
203-772-1270
info@cliffordbeers.org
- [**The Children's Center of Hamden**](#)
1400 Whitney Ave.
Hamden, CT 06517
203-248-2116
- [**Yale-New Haven Psychiatric Hospital**](#)
184 Liberty St.
New Haven, CT 06519
203-688-9907

Domestic Violence Help:

- [The Umbrella Center for Domestic Violence Services](#) (bilingual)
UCDVS offers 24-hour services for crisis hotline counseling, advocacy and information about crime victim compensation, filing of temporary restraining orders, referral, and safety planning. In addition, UCDVS accommodates crisis walk-ins, as well as immediate appointments and sheltering on a crisis basis.
203-736-9944
203-789-8104
Toll-free 888-774-2900
- Domestic Violence Hotline: **800-799-7233** or text **SUPPORT** to **741741**
- Sexual Assault Hotline: **800-656-4673** or text **HOME** to **741741**

Support/Hotlines

- Reach Out Connecticut: **1-844-TALK-4-CT**
A statewide, free support line by Clifford Beers operating 8:30 a.m. to 7 p.m. Monday-Thursday and 8:30 a.m. to 6 p.m. Fridays.
- National Suicide Prevention Lifeline: **800-273-TALK (8255)** or text **HELLO** to **741741**
- National Suicide Prevention Hotline: **9-8-8**
- Veterans Crisis Line: **800-273-TALK (8255)** – option 1; text **838255**; or visit www.veteranscrisisline.net/
- Mental Health: **800-950-6264** or text **NAMI** to **741741**
- 24/7 NurseLine: **800-711-5947**.
Need health care right away? A nurse can help you decide where to go if your doctor isn't available.
- The Warm Line: **877-552-8247** (select prompts 1 & 3) (For Spanish, select prompts 2 & 2)
Offers support, education and resources for people facing life's challenges
- CT Hearing Voices Network: **860-952-4050**
- Trans Lifeline (transgender suicide hotline): **877-565-8860**

- LGBTQ+: **866-488-7386** or text **START** to **678678**
- Self Harm: **800-366-8288** or text **CONNECT** to **741741**
- Bullying: **800-420-1479** or text **HOME TO** **741741**
- Abortion: **866-439-4253** or text **HELPLINE** to **313131**
- Pregnancy Infant and Child Loss: **800-944-4773** or text **HELLO** to **741741**
- Nurturing Families Network: **203-859-6060** or email agemme@vnascc.org
- Grief: **800-445-4808** or text **CARE** to **839863**
- Eating Disorders: **800-931-2237** or text **NEDA** to **741741**