Get Help

Get Help 24/7
Call 2-1-1 in CT Suicide and Crisis Lifeline 988 Crisis Text Line: 741741
In Connecticut, on average, someone dies by suicide every day of the year. It doesn’t have to be this way.

Are you worried for yourself or someone else? Are you thinking about suicide?

- Do you feel you have tried everything, and nothing seems to make the pain go away?
- Do you feel like you have nowhere to turn?
- Do you feel like your answer is suicide?

If you live in Connecticut, please take one moment and dial 2-1-1 and press 1. If outside of CT, dial 1-800-273-8255.

www.preventsuicidect.org

Important Crisis Resources

Youth Directed

https://www.preventsuicidect.org/get-help/