

COPING WITH CORONA

HERE ARE SOME FREE ONLINE RESOURCES FOR YOU TO CONNECT WITH!

We as a community in Stratford are feeling stressed about COVID-19 and concerns about isolation in upcoming weeks. Just remember social distancing does not have to mean social isolation.

NEED TO CONNECT?

- Talk to a peer at Soundview Warmline, daily from 5-10pm, 800-921-0359
- Free forum & chats at www.7cups.com
- SAMHSA's National Helpline, 1-800-662-4357
- Community Mindfulness Project, free meditation daily at 7am, 12pm and 7pm: 857-799-9498

SPECIALIZED SUPPORT GROUPS:

- SMART Recovery video-conferences:
 - 18+ - Tuesdays @ 6
 - Teens - Wednesdays @ 4
 - Family and Friends - Thursdays at 6:30Join at: meetings.ringcentral.com/j/6651939516
- Hearing Voices Network: Info: Skye at scollins@advocacyunlimited.org

SUPPORTS FOR YOUNG ADULTS:

- CT's Young Adult Warmline: 1-855-6-HOPENOW daily 12-9pm. (Other times: call Patricia 860-549-2435)
- NAMI Young Adult Connection Community check-in, daily 3:30-4:30pm. For info: Val - vleputre@namict.org

FREE APPS TO DOWNLOAD:

- Breath2Relax
- Calm
- Mindshift
- Headspace
- Connections

IN A CRISIS?

- Call 911
- Crisis Text Line - 741741
- National Suicide LifeLine - 800-273-TALK
- The Trevor Project (LGBTQ support) - 866-488-7386
- Dial 2-1-1, select option 1 for CT's mobile crisis
- Kids in Crisis: 203-327-KIDS
- Substance Use Crisis Access Line 1-800-563-4086
- DMHAS - Southwest CT Mental Health System Crisis 203-358-8500

DOMESTIC VIOLENCE SUPPORT:

- National Domestic Violence Hotline
CALL: 1-800-799-7233 or
TTY 1-800-787-3224 CHAT at TheHotline.org



Stratford Partnership
for Youth and Families