Stay Connected with Others

CONSIDER THESE OPTIONS TO CONNECT!

Looking for phone support?

Call a Friend!

Call a warm line: https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines

JoinRiseBe Statewide Young Adult Warmline Initiative: 1-855-6HOPENOW 12-9pm daily

Advocacy Unlimited Phone Based Peer Support: (888) 770-4478 M-F 9am-5pm

Call SAMHSA’s free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.

TOIVO’s holistic/other support options:

Mondays
Women’s Group on Zoom (6:30-8:30pm)
Online: https://zoom.us/j/808331737
Dial In: 646 876 9923
Meeting ID: 808 331 737

Tuesdays
Yoga on Facebook Live (10-11am)
facebook.com/toivocenter/
Qi Gong on Facebook Live (6-7pm)
facebook.com/toivocenter/

Wednesdays
Alternatives to Suicide on Zoom (3:30-4:30pm)
Online: https://zoom.us/j/793918997
Dial In: 646 876 9923
Meeting ID: 793 918 997

Thursdays
Yoga on Facebook Live (10-11am)
facebook.com/toivocenter/

Fridays
Meditative Coloring on Facebook (12-1pm)
facebook.com/toivocenter/

Saturdays
Qi Gong and Tea on Zoom (9:30-11:30am)
Online: https://zoom.us/j/735219697
Dial In: 646 876 9923
Meeting ID: 735 219 697

Sundays
Men’s Group on Zoom (6-8pm, biweekly)
Online: https://zoom.us/j/809960273
Dial In: 646 876 9923
Meeting ID: 809 960 273

Looking for online support?

www.InTheRooms.com (offers many types of online meetings including AA, NA, Al-Anon, All Recovery, wellness, spirituality, etc.)

Smart Recovery: http://www.smartrecovery.org/srol-2/

NAMI-CT: https://namict.org/find-support/support-groups/

A.U. peer support: M-F 3-4:30pm
https://zoom.us/j/466017514
Dial In:  646 876 9923

Call/email/text/video chat with a friend/family member to check-in and support one another; Get outside/take a walk or hike (maintaining recommended 6 foot space between people) to connect with nature; try meditation (online or simply sit and “be”!)