

Do you need to reach out and talk to someone right now? You are not alone. Help is available.



Free one-on-one support

- * **Crisis Text Line:** Text "LISTEN" to 741-741
- * **Kids in Crisis:** 203-661-1911
- * **Fairfield Public Schools Counseling Services for FPS HS students:** tinyurl.com/FPSCounselingRequest
- * Reach out to a leader of your **faith community**.
- * **CT's Young Adult Warmline:** 1-855-6-HOPENOW, 12pm-9pm daily
- * **Reach Out CT:** 1-844-TALK-4CT or Text "CTTALK" to 30241

Counseling and support groups :

- * **Fairfield Counseling Services:** 1-203-255-5777 x 15
or lifebridgect.org/programs/behavioral-health-fairfield
- * **Center for Hope:** 1-203-655-4693 or
familycenters.org/Center-for-HOPE
- * **The HUB CT Regional Resource Guides:** TheHubCT.org/treatment
- * **Free Peer Support Groups:** tinyurl.com/HUBPeerSupportGroups

When in need of immediate crisis support, dial **2-1-1**, select option 1 for CT's mobile crisis.

