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](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.

Looking for online support?

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


NAMI-CT: [https://namict.org/find-support/support-groups/](https://namict.org/find-support/support-groups/)

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

TOIVO’s holistic/other support options:

Mondays  
**Women’s Group** on Zoom (6:30-8:30pm)  
Online:  [https://zoom.us/j/808331737](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/](http://facebook.com/toivocenter/)  
**Qi Gong** on Facebook Live (6-7pm)  
[facebook.com/toivocenter/](http://facebook.com/toivocenter/)  
**CT Hearing Voices Network** (7:30-9pm)  
Email SCollins@AdvocacyUnlimited.org for participation information

Wednesdays  
**Alternatives to Suicide** on Zoom (3:30-4:30pm)  
Online:  [https://zoom.us/j/793918997](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/](http://facebook.com/toivocenter/)

Fridays  
**Meditative Coloring** on Facebook (12-1pm)  
[facebook.com/toivocenter/](http://facebook.com/toivocenter/)

Saturdays  
**Qi Gong and Tea** on Zoom (9:30-11:30am)  
Online:  [https://zoom.us/j/735219697](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](https://zoom.us/j/809960273)  
Dial In:  646 876 9923

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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”!)