

ADULT CRISIS TELEPHONE
INTERVENTION AND
OPTIONS NETWORK

**WE ARE HERE
FOR YOU**

1-800-467-3135



ACTION LINE
1•800•HOPE•135 or 211

The Department of Mental Health and Addiction Services (DMHAS) in partnership with the United Way of Connecticut has established the Adult Crisis Telephone Intervention and Options Network (ACTION) line for individuals 18 years of age or older who are experiencing emotional distress or a mental health and/or substance use/addiction crises.

Postage

Free ● 24 Hours a Day
Every Day ● Multilingual

