

FOR IMMEDIATE RELEASE

Connecticut Department of Mental Health and Addiction Services Highlights Behavioral Health Resources for the Holidays

Hartford, CT (12/20/24) – The holiday season is often a time of joy and connection, but for many, it can also heighten feelings of grief, loneliness, or sadness. The Connecticut Department of Mental Health and Addiction Services (DMHAS) is reminding residents that help is available for those who may be struggling during this time of year.

“Our department is committed to connecting residents to supports that can help them feel that they are not alone and that help is available during the holiday season,” said DMHAS Commissioner Nancy Navarretta. “We encourage anyone experiencing distress to take advantage of the many resources available, from the contact specialists at 988 to specialized services like the Women’s REACH Program. Help is just a call, text, or click away.”

- **988 Suicide and Crisis Lifeline:** Trained contact specialists are available 24/7 to provide free, confidential support. Call or text 988 anytime, or chat online at 988lifeline.org.
- **CTStronger.org:** Offering education, resources, and support on mental health, wellbeing, and alcohol use.
- **WeAreCT.org:** An online resource hub designed to connect individuals with behavioral health, substance use, and recovery services across Connecticut.
- **LiveLOUD.org:** Offering education, resources, and support for individuals and families affected by opioid use.
- **Problem Gambling Helpline:** For those struggling with gambling or concerned about a loved one, the Helpline offers free and confidential support 24/7. Call 1-888-789-7777 or visit portal.ct.gov/pgs for more information or assistance.
- **Women’s REACH Program:** REACH connects women in recovery with specialized peer support, access to treatment, and resources tailored to their unique needs. Learn more at portal.ct.gov/dmhas-reach.
- **ACCESS Line:** The DMHAS ACCESS Line is available 24/7 to help connect individuals with substance use treatment and recovery services, including



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withdrawal management (or detox). Call 1-800-563-4086 for immediate assistance.

- **Substance Use Treatment Resources:** Whether you or someone you know is seeking help for substance use, comprehensive information about statewide treatment and recovery services can be found at ctaddictionservices.com.

Visit portal.ct.gov/dmhas for a full list of our programs and services.

No matter what challenges the holiday season may bring, support is always within reach. DMHAS encourages Connecticut residents to utilize these resources to find the help they need.

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