

## Warm Lines in Connecticut

**Warm Lines** are telephone support services staffed by people who have experience/expertise with mutual support. These lines are not crisis lines and the days/hours of operation vary.

<b>Ansonia</b>	<b>Community Warmline (<a href="#">BH Care</a>)</b> Ansonia, CT <b>203-732-2004</b>  Sun. to Thurs. 6pm to 10pm Fri. and Sat. 6pm to 11pm
<b>Bridgeport</b>	<b>Soundview Warmline (<a href="#">Greater Bridgeport Community Mental Health Center</a>)</b> Bridgeport, CT <b>1-800-921-0359</b> 9am to 9pm*; 7 days per week <i>*extended hours for COVID-19</i>
<b>Danbury</b>	<b>Guiding Path Warmline (<a href="#">Western CT Mental Health Network</a>)</b> Torrington, CT <b>860-482-1783 or 1-800-314-2680</b> 5:30pm to 9:30pm; 7 evenings a week, including weekends and holidays
<b>Manchester</b>	<b>REACH Warmline (Resources Encouragement And Caring Hearts) (<a href="#">CHR</a>)</b> Manchester, CT <b>1-866-927-6225</b> 6pm - 10pm; 7 days per week
<b>Middletown</b>	<b>Common Thread Warmline (<a href="#">River Valley Services</a>)</b> Middletown, CT <b>1-800-316-9145</b>  4pm - 9 pm; 7 days per week

<p><b>New Haven</b></p>	<p><b>Clifford Beers Reach Out New Haven Warmline</b> (<a href="#">website</a>) *COVID-19</p> <p>New Haven, CT</p> <p><b>(203) 287-2460</b></p> <p>9am - 7pm Monday-Thursday</p> <p>9am - 6pm Friday</p>
<p><b>Torrington</b></p>	<p><b>Guiding Path Warmline</b> (<a href="#">Western CT Mental Health Network</a>)</p> <p>Torrington, CT</p> <p><b>860-482-1783 or 1-800-314-2680</b></p> <p>5pm to 10pm; 7 days per week</p>
<p><b>Waterbury</b></p>	<p><b>Guiding Path Warmline</b> (<a href="#">Western CT Mental Health Network</a>)</p> <p>Torrington, CT</p> <p><b>860-482-1783 or 1-800-314-2680</b></p> <p>5:30pm to 9:30pm; 7 days per week</p>
<p><b>Statewide</b></p>	<p><b>JoinRiseBe Statewide Young Adult Peer Initiative/Warmline</b></p> <p>Statewide</p> <p><b>1-855-6-HOPENOW</b></p> <p>12pm – 9pm; 7 days per week</p>
<p><b>Statewide</b></p>	<p><b>Advocacy Unlimited Statewide Phone Based Peer Support</b></p> <p>Statewide</p> <p><b>1-888-770-4478</b></p> <p>9am-5pm; Monday through Friday</p>