

Connecticut

Fairfield County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or 1-800-586-9903
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: 1635 Central Ave, Bridgeport, CT 06610
100 Fairfield Avenue, Bridgeport, CT 06604
1351 Washington Boulevard, 5th Floor, Stamford, CT 06905
- Website: [Region 1 Crisis Services \(ct.gov\)](https://www.region1crisis.com)
- Other resources:

Hartford County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or [Region 4 Crisis Services \(ct.gov\)](https://www.region4crisis.com)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 4 Crisis Services \(ct.gov\)](https://www.region4crisis.com)
- Website: [Region 4 \(ct.gov\)](https://www.region4crisis.com)
- Other resources:

Litchfield County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or [Region 5 Crisis Services \(ct.gov\)](https://www.region5crisis.com)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 5 Crisis Services \(ct.gov\)](https://www.region5crisis.com)
- Website: [Region 5 \(ct.gov\)](https://www.region5crisis.com)
- Other resources:

Middlesex County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or [Region 2 Crisis Services \(ct.gov\)](#)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 2 Crisis Services \(ct.gov\)](#)
- Website: [DMHAS Region 2 \(ct.gov\)](#)
- Other resources:

New Haven County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or [Region 2 Crisis Services \(ct.gov\)](#)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 2 Crisis Services \(ct.gov\)](#)
- Website: [DMHAS Region 2 \(ct.gov\)](#)
- Other resources:

New London County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or [Region 3 Crisis Services \(ct.gov\)](#)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 3 Crisis Services \(ct.gov\)](#)
- Website: [Region 3 \(ct.gov\)](#)
- Other resources:

Tolland County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454

- Crisis hotline: 1-800-467-3135 or 211 or [Region 3 Crisis Services \(ct.gov\)](#), [Region 4 Crisis Services \(ct.gov\)](#)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 3 Crisis Services \(ct.gov\)](#), [Region 4 Crisis Services \(ct.gov\)](#)
- Website: [Region 3 \(ct.gov\)](#), [Region 4 \(ct.gov\)](#)
- Other resources:

Windham County, CT

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis hotline: 1-800-467-3135 or 211 or [Region 3 Crisis Services \(ct.gov\)](#)
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- Trans Lifeline: 1-877-565-8860
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- LGBT National Hotline: 1-888-843-4564
- Local mental health facility: [Region 3 Crisis Services \(ct.gov\)](#)
- Website: [Region 3 \(ct.gov\)](#)
- Other resources: