

#BeThe1To

SUICIDE PREVENTION CRISIS RESOURCES 2023



You can #BeThe1To help someone:

- ✓ Ask if they're suicidal
- ✓ Keep them safe
- ✓ Help connect to resources

Information and resources for those who are struggling, have survived an attempt or have lost someone:

- **Visit** American Foundation for Suicide Prevention (AFSP) at afsp.org/get-help
- AFSP **Healing Conversations** in CT: Call Ann Dagle at 860-625-5280
- Charter Oak Family Center - **Survivors of Suicide Attempts (SOSA) Group** (online): Contact Steve Machattie at (860) 268-4953 or email at smachattie47@gmail.com
- **Alternatives to Suicide:** visit www.thehubct.org/suicideprevention for a comprehensive list of in person and virtual sessions.

STRUGGLING?

Suicide & Crisis Lifeline:
Dial / Text: 988
(For Veterans press 1)
Chat: 988lifeline.org

Text the Crisis Text Line:
741741

CT Mobile Crisis:
Dial 211, select option 1

ACTION Line (Adults 18+):
1-800-HOPE-135 or 211

Law Enforcement Support:
1-800-COPLINE

AgriStress Helpline:
Call / Text 833-897-2474



Suicide Loss support groups in Southwestern CT. Call for details!

- **Darien:** Mondays at 6pm, Center for Hope. Call Ashleigh 203-599-3782.
- **Greenwich:** 1st Mondays, 7:30pm, 2nd Congregational Church. Call 203-434-0369.
- **Trumbull:** 2nd Wednesdays, 7-8:30pm, Congregational Church. *Call Mary J. Sherlach Counseling Center 203-452-5193*
- **Westport:** 3rd Mondays, 7:30-9:30pm, Christ and Holy Trinity Church, Mackenzie House. Call Diane 720-838-3880.

For guidance on communications, memorialization & programs after a suicide:

Visit CT's Suicide Advisory Board website, <https://www.preventsuicidect.org/resources>

VISIT [THEHUBCT.ORG](https://www.thehubct.org) FOR MORE INFORMATION!