

Free Peer Support Groups for Behavioral Health in Southwest Connecticut (for individuals & families)



Section 1. Free Peer Support for Individuals

ESPAÑOL/SPANISH Grupos de apoyo en español:

- **Alcohólicos Anónimos** en español: 855-377-2628. **Narcóticos Anónimos**: <https://ctna.org/find-a-meeting/virtual-meetings/>
- **NAMI**: Apoyo para familiares de individuos con desórdenes de salud mental: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx/La-salud-mental-en-la-comunidad-latina>
- **Asalto sexual** servicios de crisis: 888-568-8332
- **“SMART Recovery”**: apoyo para adicción y salud mental: <https://www.smartrecovery.org/community/calendar.php>

Be sure to check our COVID page for additional COVID specific support groups & wellness activities

Crisis Hotlines:

National Suicide Prevention Lifeline: **800-273-8255**
Crisis Text Line: text CTL to **741741**
24/7 Crisis Support: **775-784-8090** or text “ANSWER” to **839863**
Mobile Psychiatric Crisis: **2-1-1- Option 1**
Kids in Crisis: **203-327-KIDS**

Also see below for more hotlines and warmlines

Autism Spectrum:

- Community Autism Socials at Yale: Social groups for adults with ASD & parents: <https://www.meetup.com/ProjectCASY/>, *Online Events*
- GRASP: <https://grasp.org/resources>, *chat groups with free enrollment to the site, Online.* Contact Info: info@grasp.org

Bereavement/Grief (see also Suicide Loss):

- Family Centers: <https://familycenters.org/Support-Groups-and-Services> *Offers a range of specific bereavement/grief support and counseling groups, Zoom.* Contact info for different groups available by following this link

Brain Injury:

- Brain Injury Alliance of Connecticut: [http://www.biact.org/assets/uploads/files/Support%20Groups/November_Update_%20SG%20COVID19\(1\).pdf](http://www.biact.org/assets/uploads/files/Support%20Groups/November_Update_%20SG%20COVID19(1).pdf) *Online Tele-meetings, Zoom.* Contact info for different groups available by following this link
- A.B.I. Resources Connecticut Brain Injury: <https://www.ctbraininjury.com/connecticut-brain-injury-groups-ct> *Helpline 860-942-0365* **Note: some of the support groups listed on this site are no longer running due to COVID.* Contact info for different groups available by following this link

Eating Disorders:

- National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org/help-support/contact-helpline> *Online Chat Helpline* (Mon - Thurs: 9AM – 9PM & Fri: 9AM – 5PM), *call Hotline* at **800-931-2237** (Mon – Thurs: 11M – 9PM, Fri: 11AM – 5PM), or *text* **800-931-2237** (Pilot hours: Mon – Thurs: 3PM – 6PM)
- Overeaters Anonymous: <https://www.swctoa.org/meeting-list.html> *Virtual Online Meetings, Zoom and Telephone meetings*. Contact info for different groups available by following this link

Gambling:

- Connecticut Council on Problem Gambling: <https://ccpg.org/> *Call Hotline* **888-789-7777** (24/7) or *text* “CTGAMB” to **53342** and *Online Chat* (24/7) <https://ccpg.org/chat/>
- Connecticut and Western Massachusetts Gamblers Anonymous: <https://ctwmaga.org/meetings> *Online, Zoom meetings*. Contact Info: 855-222-5542 & ctwmaga@yahoo.com
- Problem Gambling Helpline: *Call* **888-789-7777**

LGBTQIA+:

- Kids in Crisis – Lighthouse LGBTQ Youth Group: <https://www.kidsincrisis.org/get-help/lighthouse/> *Meetings are at the Avon Theatre at 272 Bedford St, Stamford, every Tuesday, 5PM – 6:45PM* *Note: must wear a mask and respect social distancing at all times. Contact Info: 203-622-6556
- Kids in Crisis – Lighthouse LGBTQ Youth: *Call Hotline* (24/7) **203-661-191**
- Connecticut Pride Center – Triangle Community Center: <https://www.ctpridecenter.org/> *Online Meetings, Zoom* *Note: Visit the *Upcoming Events calendar*, click on the group of your interest, contact info and Zoom links are available
- Connecticut Pride Center – Triangle Community Center: <https://www.ctpridecenter.org/> *Facilitated 24/7 Discord chat space*. Contact: *Alexandra Raucci – alexandra@ctgay.org* for invitation link
- NAMI – Rainbow Connections: <https://namict.org/find-support/support-groups/> *Online Meetings, Zoom*. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vlepoutre@namict.org or Serena – 650-561-5525
- Trevor Project: <https://www.thetrevorproject.org/> *Call Helpline* (24/7) **866-488-7386** *Chat Online* (24/7) or *Text* “START” to **678-678** (24/7)
- Trans Lifeline: <https://translifeline.org/hotline/> *Call Hotline* (Daily, 10AM – 5AM) **877-565-8860**

Mental Health (see also Young Adult & Additional Support Groups):

- Clutterers Anonymous: <https://clutterersanonymous.org/meetings/telephone-meetings/> *Zoom Meetings, Phone Meetings & Phone Activity Meetings*. Contact info for different groups available by following this link and viewing calendar of events.
- Depression and Bipolar Support Alliance (DBSA): <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/> *Online Support Groups*. *Call Emergency Hotline: 800-273-8255* or *Text* “DBSA” to **741-741**. General Contact Info: 800-826-3632
- Hearing Voices: <https://www.cthvn.org/virtual-Online-Zoom-Meetings-and-Call-In-Groups>. Contact info for different groups available by following this link. General Contact Info: Skye – 860-952-4050 or scollins@advocacyunlimited.org

- Hoarding Support: https://hoardingcleanup.com/hoarding_help_home *Online Message Boards and Support Groups.* Call Helpline (daily, 8AM – 5PM) **800-462-7337** – can also be used to contact with any questions or concerns.
- First Church Congregational, Fairfield County - OCD Support Group: <http://fairfieldocdgroup.freehostia.com/> *Virtual Group Meetings, Zoom.* Contact Info: 203-372-4593 or fairfieldocdgroup@gmail.com
- NAMI – Recovery Support Check Ins: <https://namict.org/find-support/support-groups/> *Online, Zoom Meetings. Weekly.* Meetings times and contact info available by following this link.
- Toivo Center – Alternatives to Suicide: <http://toivocenter.org/calendar/> *Online, Zoom Meetings.* Follow the link to sign up. General Contact Info: 860-296-2338
- DMHAS & United Way of Connecticut – Adult Telephone Intervention and Options Network (ACTION): crisis line for adults 18 years and older experiencing a mental health or emotional crisis. Call crisis line (24/7): **211** or **1-800-HOPE-135**
- Mental Health Warm Lines: <https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines> General Contact Info: Cheri – 860-418-6935

Warmlines are telephone support services, not crisis lines

- Ansonia Community Warmline: **203-732-2004** (Sun – Thurs: 6PM – 10PM, Fri & Sat: 6PM – 11PM)
- Bridgeport Soundview Warmline: **800-921-0359** (Daily, 9AM – 9PM)
- Danbury Guiding Path Warmline: **860-482-1783** or **800-314-2680** (Daily, 5:30PM – 9:30PM)
- Manchester REACH: **866-927-6225** (Daily, 6PM – 10PM)
- Middletown Common Thread Warmline: **800-316-9145** (Daily, 2PM – 9PM)
- Greater New Haven Reach Out Warmline: **203-287-2460** (Mon – Thurs: 8:30AM – 7PM, Fri: 8:30AM – 6PM)
- Torrington Guiding Path Warmline: **860-482-1783** or **800-314-2680** (Daily, 5:30PM – 9:30PM)
- Waterbury Guiding Path Warmline: **860-482-1783** or **800-314-2680** (Daily, 5:30PM – 9:30PM)
- CT Behavioral Health Partnerships Warmline: **877-552-8247** – **select prompts 1 & 3** (Mon – Fri: 9AM – 5PM)
- JoinRiseBe Statewide Young Adult Peer Initiative/Warmline: **855-6-HOPENOW** (Daily, 12PM – 9PM)

Sex Addiction Anonymous:

- Sex Addiction Anonymous (SAA): <https://saa-recovery.org/meetings/> *Telemeetings, Online Zoom Meetings.* Meetings times and contact info available by following this link.

Interpersonal Violence & Challenges:

- RCT Women’s Center: <https://wcogd.org/services/support-groups/> *Online, Virtual Support Groups.* Contact Info: 203-731-5200 ext. 258
 - SOAR: support for women who experienced domestic violent: Tuesdays, 6:30PM – 8PM
 - Voices of Courage: support for men who experienced sexual assault or abuse: Mondays, 6:30PM – 8PM
 - Thrive: support for women with relationship challenges or past traumas: Mondays, 11AM – 12:30PM & Tuesdays, 4PM – 5:30PM
 - Breaking the Silence: support for women who experienced sexual assault or abuse: Mondays, 5PM – 6:30PM
 - Guys’ Group: support for men who’ve experienced unhealthy relationships, verbal, physical abuse: Tuesdays, 5:30PM – 7PM contact karen.i@wcogd.org
- The Rowen Center: <https://therowancenter.org/support-groups/> *Online Meetings. Available in English & Spanish.* Weekly & Biweekly events. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- The Rowen Center: <https://therowancenter.org/support-groups/> *Online Self-Care Art Group.* Every other Friday, 2PM – 3:30PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org

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- Domestic Violence Hotline: Call **203-731-5206** or **888-774-2900**
- Sexual Assault Hotline: Call **203-731-5204** or **888-999-5545**

Substance Use & Addiction:

- CT Alcoholics Anonymous: <https://ct-aa.org/meetings/?tsml-day=any&tsml-query=bridgeport> Online & In-Person Meetings. Meetings times and contact info available by following this link. General Contact Info: 866-783-7712
- *New Hampshire Based:* Greater Tilton Area – Family Resource Center – Telephone Recovery Support: <https://www.gtafrc.com/telephone-recovery-support> TRS provides weekly phone call check-ins from individuals in recovery. This is a peer-to-peer recovery support service available for anyone in any area. Contact info: 603-286-4255
- RIPPLE: <http://rockingrecovery.org/zoom-meetings/> Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available by following this link. Contact Info: RockingRecovery.org@gmail.com
- New Canaan Parent Support Group: <http://ncparentsupportgroup.org/> Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available by following this link. Contact Info: Paul – 203-564-6374
- C.A.R.E.S.: <http://www.thecaresgroup.org/> Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- Positive Directions SMART Recovery – Family & Friends Group: <https://www.positivedirections.org/single-post/2019/08/29/smart-recovery-family-and-friends-group> Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org
- NAMI – Friends & Family Community Support Groups: <https://namict.org/find-support/support-groups/> Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- NAMI – Opioid Support – Family Group Meetings: <https://namict.org/find-support/support-groups/> Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- NAMI – Opioid Support – Recovery Group Meetings: <https://namict.org/find-support/support-groups/> Online, Google Hangout Meetings. Wednesdays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- SMART Recovery: <https://www.smartrecoveryct.org/meetings/> Online, Zoom Meetings. Meetings times and contact info available by following this link.
- SMART Recovery Groups for Friends & Family: <https://www.smartrecoveryct.org/meetings/> Online, Zoom Meetings. Meetings times and contact info available by following this link.
- SMART Recovery Groups for Teens: <https://www.smartrecoveryct.org/meetings/> Online, Zoom Meetings. Meetings times and contact info available by following this link.
- CCAR: <https://ccar.us/> Online Recovery Coach Chat, Online Coffee Lounge Chat, Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available by following this link. Contact Info: 866-205-9770
- *California Based:* LifeRing Secular Recovery: <https://lifering.org/online-meetings/> Online, Zoom Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-811-4142 or service@lifering.org
- CT Regions of Narcotics Anonymous: <https://ctna.org/> In-Person & Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-627-3543 or info@ctna.org

- Sober Threads Peer Recovery Support Programs: <https://www.gtafr.com/telephone-recovery-support> Telephone Recovery Support. TRS trainers call individuals in recovery on a weekly basis to check-in, this is a peer-to-peer recovery support. To Register, contact 603-286-4255
- Women for Sobriety: <https://womenforsobriety.org/meetings/> Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 215-536-8026 or contact@womenforsobriety.org
- Substance Use Access Line: Call **800-563-4086**
- Smoking Quitline: Call **800-QUITNOW**

Suicide Loss:

- American Foundation for Suicide Prevention – Healing Conversations: <https://afsp.org/healing-conversations> Chat on the Phone or Online Meetings. Healing Conversations is an opportunity for those who have lost someone to suicide to speak with a volunteer who is a survivor of suicide loss. Follow the link to fill out a form to be contact.
- Charter Oak Family Center – Survivors of Suicide Attempts (SOSA): <https://www.charteroakfamilycenter.com/services> Online Meetings. Tuesdays, 6:30PM – 8:00PM. Contact Steve: 860-268-4953

Youth and Young Adults (see also Mental Health and Additional Support Groups):

- NAMI – Young Adult Connection Community Groups: <https://namict.org/find-support/support-groups/> Online, Zoom Meetings. Meetings times and contact info available by following this link.
- SMART Young Adult Meetings: <https://www.smartrecoveryct.org/meetings/> Online, Zoom Meetings. Meetings times and contact info available by following this link.
- The Rowen Center – College Student Support Group for victims and survivors of sexual abuse (18 and over): <https://therowancenter.org/support-groups/> Online, Zoom Meetings. Every Monday and Tuesday, 12PM – 1PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- Turning Point CT: <https://turningpointct.org/> Online Forums, Podcasts, and Call Helpline: **800-273-8255** or text “CTL” to **741741**
- CT Young Adult Warmline: Call **855-6-HopeNow** (Daily, 12PM – 9PM)

Additional Support Groups:

- Positive Directions – Teacher Support Group: Wednesdays, 7PM – 8PM. Contact Info: Angelina – 203-227-7644 or amiceli@positivedirections.org
- NAMI – Veteran Connection Recovery Support Group: The first and third Wednesday of every month at 6:30PM. <https://namict.org/find-support/support-groups/> Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628
- SMART – Medical & Mental Health Professionals in Recovery: <https://www.smartrecovery.org/community/forums/31-Medical-amp-Mental-Health-Professionals-in-Recovery> Online Peer Support Forum
- The Rowan Center – Empowerment Group for Women: <https://therowancenter.org/support-groups/> Online, Zoom Meetings. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- The Rowen Center – Healthy Relationship & Self-Esteem Empowerment Group: <https://therowancenter.org/support-groups/> Online, Zoom Meetings. Follow the link to sign up & express interest. Contact Info: 203-348-9346 or info@therowancenter.org
- CT Legal Services’ Immigrant Legal Advice Hotline: Call **800-798-0671**
- Institute on Aging – Friendship Hotline/Warmline for any person over 60 years old living with a disability & caregivers
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of older disabled adults: Call **800-971-0016** (24/7)

- Alzheimer's Association - Caregiver Support Groups: <https://www.alz.org/ct> Online Meetings. Contact Info: Call 800-272-3900 for program details

Section 2. Free Peer Support for Families

Support for families of individuals with addiction or addiction & mental illness:

- C.A.R.E.S.: <http://www.thecaresgroup.org/> Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- SMART Recovery Groups for Friends & Family: <https://www.smartrecoveryct.org/meetings/> Online, Zoom Meetings. Meetings times and contact info available by following this link.
- NAMI – Friends & Family Community Support Groups: <https://namict.org/find-support/support-groups/> Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- Positive Directions SMART Recovery – Family & Friends Group: <https://www.positivedirections.org/single-post/2019/08/29/smart-recovery-family-and-friends-group> Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org
- Mountainside Friends & Family Support Group: <https://mountainside.com/event-groups/friends-family-support-group#canaan> Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-500-0399

Parenting support for caregivers of children with behavioral & emotional needs:

- NAMI CAN CT Support Group – Child and Adolescent Network: <https://www.namifarmingtonvalley.org/event/canton-nami-can-support-group-child-and-adolescent-network-15/> Online, Zoom Meeting. January 4th 2021: 7PM – 8:30PM. Contact Info: Grace – 860-693-9310
- The Youth Mental Health Project – Parent Support Network: <https://ymhproject.org/events/> Online Meetings. Available for anyone in the country. Meetings times and contact info available by following this link.
- Autism Services & Resources CT (ASRC): <https://ct-asrc.org/calendar/> Online Meetings & Events. *Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available by following this link. General Contact Info: 203-265-7717
- CT Family Support Network (CTFSN) – Parents Supporting Parents: <https://ctfsn.org/parents-supporting-parents/> Online Meetings. Call for info: 877-376-2329 or email commsdirector@ctfsn.org

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