Stay Connected with Others

CONSIDER THESE OPTIONS TO CONNECT!

Looking for phone support?

Call a Friend!

Call a warm line:  https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines

JoinRiseBe Statewide Young Adult Warmline Initiative:  
1-855-6HOPENOW 12-9pm daily

Advocacy Unlimited Phone Based Peer Support:  (888) 770-4478  M-F 9am-5pm

Call SAMHSA’s free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.

Looking for online support?

www.InTheRooms.com  (offers many types of online meetings including AA, NA, Al-Anon, All Recovery, wellness, spirituality, etc.)

Smart Recovery:  http://www.smartrecovery.org/srol-2/

NAMI-CT:  https://namict.org/find-support/support-groups/

A.U. peer support:  M-F 3-4:30pm  
https://zoom.us/j/466017514  
Dial In:  646 876 9923

TOIVO’s holistic/other support options:

Mondays  
Women’s Group on Zoom (6:30-8:30pm) 
Online:  https://zoom.us/j/808331737  
Dial In:  646 876 9923  
Meeting ID:  808 331 737

Tuesdays  
Yoga on Facebook Live (10-11am)  
facebook.com/toivocenter/  
Qi Gong on Facebook Live (6-7pm)  
facebook.com/toivocenter/

Wednesdays  
Alternatives to Suicide on Zoom (3:30-4:30pm)  
Online:  https://zoom.us/j/793918997  
Dial In:  646 876 9923  
Meeting ID:  793 918 997

Thursdays  
Yoga on Facebook Live (10-11am)  
facebook.com/toivocenter/

Fridays  
Meditative Coloring on Facebook (12-1pm)  
facebook.com/toivocenter/

Saturdays  
Qi Gong and Tea on Zoom (9:30-11:30am)  
Online:  https://zoom.us/j/735219697  
Dial In:  646 876 9923  
Meeting ID:  735 219 697

Sundays  
Men’s Group on Zoom (6-8pm, biweekly)  
Online:  https://zoom.us/j/809960273  
Dial In:  646 876 9923  
Meeting ID:  809 960 273

Call/email/text/video chat with a friend/family member to check-in and support one another; Get outside/take a walk or hike (maintaining recommended 6 foot space between people) to connect with nature; try meditation (online or simply sit and “be”!)