For parents and caregivers who need someone to listen, to understand and to talk your feelings out.

**RESOURCES**

- Child Care
- Education
- Food
- Income
- Housing
- Domestic Violence
- Family Activities
- Substance Abuse
- Mental Health
- Substance Abuse

Any parent who wishes to access supports are invited to call and engage with trained professionals who will listen and speak with them about their concerns. If additional help is needed, they will be referred to community-based services.

The support line can also be accessed via cell phone by visiting [www.talkitoutct.com](http://www.talkitoutct.com) and clicking on the link to be connected to the same caring professionals.

The "Talk It Out Line" is available Monday through Friday from 8 am to 8 pm and on weekends from 1 pm to 8 pm and has both English and Spanish capacity.

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