

**When it
builds up,
talk it out.**

CALL 1-833-258-5011

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 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.

Sponsored by the State of Connecticut