



211 Emotional & Family Support

SAMHSA Disaster Distress Helpline (DDH): The Disaster Distress Helpline (800-985-5990) provides immediate crisis counseling and help to individuals nationwide who are experiencing psychological distress as a result of a natural or man-made disaster, or incidents of mass violence. The Helpline is available 24 hours-a-day, seven-days-a-week. The Helpline connects callers to professionals from the closest crisis counseling center in the nationwide network of centers. The Helpline staff will provide confidential counseling, referrals and other needed support services. Individuals can call or text 'TalkWithUs' to 66746. Other Talklines: For a list of other talklines/helplines that are available to individuals needing support, click [here](#).

Mobile Crisis Intervention for Youth (MCI): MCI services for youth delivers a range of crisis response services to children and adults. MCI clinicians have mostly stopped going out and doing mobile visits with youth due to COVID-19. However, they are still available for telephonic intervention and support. To access MCI services for youth, dial 2-1-1 anytime of day to be connected. For a list of the MCI programs that serve both adults and youth, view it here on 211ct.org.

AARP Community Connections: Feeling socially isolated? Older adults can request a phone call from an AARP volunteer, Monday – Friday, 9AM to 5PM EDT by leaving their information at 1-888-281-0145 or submitting a request online [here](#). Community Connections also has a website for older adults to connect with a mutual aid group in their community. Mutual aid groups are informal groups of volunteers that band together to find effective ways to support those people most in need who live in their local community. Mutual aid can include picking up groceries, providing financial assistance, or lending emotional support to neighbors. Visit <https://aarpcommunityconnections.org/> to search for a group in your area.

Stay Connected – Phone or online support: The CT Department of Mental Health and Addiction Services (DMHAS) has a guide of telephonic and online ways for individuals to get support and stay connected. The one-page guide is available [here](#).