



# Embrace Hope and Expect Change

**It is human to feel a wide range of emotions now.  
These are very difficult times.**

Some of us are going through challenging circumstances, such as the loss of a loved one, unemployment, isolation or the need to return to work in the face of uncertainty.

Many of us are experiencing changes in sleep patterns and appetite, having difficulty concentrating, and having increased levels of concern for ourselves and others.

We will react to our specific circumstances in different ways. There is no "right" way, no recipe for how to go through challenging situations. The important message is that there is no shame in the feelings we are experiencing or in reaching out for support.

Here are some things we can do:

- **Stay socially connected.** Staying in touch with family and friends is important. We can find support and support others by talking about our feelings and experiences and listening to what others have to say.
- **Help others, if you can.** Finding creative ways to help others can be a powerful way to give back to our communities. By staying home and safe, we are protecting ourselves and others in the community.
- **Find a routine that works for you.** Having some structure in our days can be helpful, such as waking up at the same time every day, separating job tasks from personal time, eating at regular intervals and exercising. Taking breaks is important.
- **Find support.** Talk about your worries. These are difficult times for everyone, you may find that many others are going through similar experiences. Sharing can help us build connections and support each other.
- **Ask for help.** Seeking help is important when the emotional distress or worry are such that we feel unable to cope with daily life, relationships, work, caregiving or other responsibilities, think about hurting ourselves or someone else, or have other extreme or unusual experiences that are distressing. In that case, it is important to seek immediate help.

To access a variety of resources and services, turn over the page (or scroll down)

To seek immediate help or for more information, call **211**.

**Talk It Out Line** | 1-833-258-5011  
[talkitoutct.com](http://talkitoutct.com)

For parents and caregivers who need someone to listen, to understand or to talk about your feelings. Sponsored by the State of CT.

**#CTSafeConnect** | 1-888-744-2900  
[ctsafecconnect.com](http://ctsafecconnect.com)

Offers confidential, safe, free & voluntary information, options and support 24/7 for people experiencing intimate partner violence.

**CHR's HERO Hotline** | 1-888-217-HERO  
[chrhealth.org/2020/04/27/chr-launches-hero-hotline-888-217-hero](http://chrhealth.org/2020/04/27/chr-launches-hero-hotline-888-217-hero)

Daily (10am-8pm) statewide hotline for anyone who is struggling with acute stress during coronavirus. Professional assessment and referral especially designed for frontline health-care providers, family members/friends of frontline workers, anyone grieving the loss of a loved one or struggling during coronavirus.

**DMHAS warm line listing**  
[portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines](http://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines)

Warm lines are telephone support services staffed by people who have experience/expertise with mutual support.

**LGBT National Help Center & Talkline**  
1-888-843-4564 | [lgbthotline.org](http://lgbthotline.org)

Provides free, confidential peer support, information and resources to the LGBTQ+ community.

**Trans Lifeline** | 1-877-565-8860  
[translifeline.org](http://translifeline.org)

Peer support services, hotline and resources for Transgender people offered 10am-4pm EST.

**16 directories for therapists of color:**  
[justdavia.com/blog/directories-for-therapists-of-color](http://justdavia.com/blog/directories-for-therapists-of-color)

**CCAR (CT Community for Addiction Recovery)**  
1-866-205-9770 | [ccar.us](http://ccar.us)

Offers All Recovery and other meetings; offers Telephone Recovery Support (TRS), a weekly phone "check-in" by trained CCAR volunteers who offer support, encouragement and resources (sign up online—Spanish calls available).

**A.U. (Advocacy Unlimited)** | 1-860-505-7581  
[advocacyunlimited.org/](http://advocacyunlimited.org/)

Offers telephone and online support including a young adult and general warm line, Alternatives to Suicide and Hearing Voices groups, as well as a variety of holistic healing and wellness opportunities.

**National Problem Gambling Helpline**  
1-800-522-4700

**CT Council on Problem Gambling**  
1-888-789-7777 or text «CTGAMB» to 53342

**N.A.M.I.-CT (National Alliance on Mental Illness—CT chapter)** | 860-882-0236  
[namict.org](http://namict.org)

Offers support and education programs for families, young adults and Veterans as well as opioid support groups.

**Tri-Circle, Inc.** | (203) 631-1743  
[tricleinc.com](http://tricleinc.com) | [info@tricleinc.com](mailto:info@tricleinc.com)

Offers Hope & Support groups & Hope After Loss groups for parents/caregivers & others concerned about a loved one's substance misuse or addiction or who have lost a loved one to the same.

**Volunteers in Psychotherapy**  
[ctvip.org](http://ctvip.org)



New England (HHS Region 1)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration