

Wellness Services & Supports for Hamden Families

If you or someone you care about is...

in a **life threatening situation** always dial **9-1-1** immediately

in a **crisis situation** always dial **2-1-1** in Connecticut

Suicide Prevention Lifeline: 1-800-273-8255 www.preventsuicidect.org

Domestic Violence: 1-888-774-2900 www.CTSafeConnect.org

Phone Supports

Call a friend or call a Warmline:

<https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines>

Clifford Beers Clinic: Reach Out New Haven Warmline: 1-203-287-2460 M-Th 8:30-7 F 8:30-6

DCF Talk it Out: 1-833-258-5011 M-F 8 a.m.-8 p.m. Weekends 1-8 p.m.

SAMHSA's 24 hour Distress Helpline: 1-800-985-5990 if you feel lonely or need support

Online Supports

Child Health & Development Institute of CT: Comprehensive Website covering a variety of topics

<https://www.chdi.org/news/news-events/covid-19>

In the Rooms offers many types of online meetings including AA, NA, Al-Anon, All Recovery, wellness, spiritual, etc. Choose the group that's right for you: www.InTheRooms.com

TOIVO Center On line classes taking a holistic approach to wellness: www.toivocenter.org

Local Supports

Clifford Beers Clinic: Child & Family Support Telehealth Line: 203 772-1270 www.cliffordbeersclinic.org

Cornell Scott Hill Health Center: (Medical) 1-203-503-3000 (Behavioral) 1-203-503-3055

The Children's Center of Hamden: (Outpatient Mental Health) 203 248-2116 ext. 308

www.childrenscenterhamden.org Recovery Team Online Groups with Games & activities and ZOOM Team

SMART Recovery meetings: seember@tccoh.org 1-475-227-5834

Yale Behavioral Health Services at Hamden: Current clients & hospital discharges: 1-203-288-6253

Yale Child Study: (Mental & Behavioral Health) 1-203-737-4644

For additional information please contact Susan Rubino, Youth Services Coordinator srubino@hamden.com

Listen to your favorite music. Sing. Dance. Go for a walk. Call, text, email or write to a friend/family member. Cook or bake. Take a bath. Paint. Collage. Sculpt. Doodle. Go on a virtual tour to place you always wanted to visit. Spend time outside in nature. Jog, walk or hike. Read. Reach out to someone who lives alone. Donate to a worthwhile charity. Meditate.