



FREE emotional support for everyone.



Reach Out
Connecticut

1-844-TALK-4-CT

This line is available:
Mon. - Thurs. 8:30AM - 7:00PM
Friday 8:30AM - 6:00PM

Yes, this support line is really free.

Whether you need connections to resources like food or infant supplies, are worried about Covid-19, want to speak to someone about racial injustice or just need someone to talk to, we are here. Let us help you figure out how to get you what you need.

Tell us your story. We want to listen.

Powered by:



To learn more visit
www.reachoutconnecticut.org