



**Free Peer Support Groups for Behavioral
Health in Southwest Connecticut
(for individuals & families)**



CRISIS HOTLINES & WARMLINES

Hotline services are for those in immediate crisis. Warmlines provide early intervention by providing emotional support to prevent a crisis. If you or someone you know is in immediate danger, call 911

HOTLINES (ALL AVAILABLE 24/7)

- National Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line: text CTL to 741741
- 24/7 Crisis Support: 775-784-8090 or text "ANSWER" to 839863
- Mobile Psychiatric Crisis: 2-1-1- Option 1
- Adult Crisis Telephone Intervention and Options Network (ACTION) Line (18 & over): 800-467-3135
- Kids in Crisis: 203-661-1911
- The Trevor Project for LGBTQ Lives: 866-488-7386
- CT Domestic Violence Hotline: 888-774-2900 or 844-831-9200 (Spanish)
- CT Sexual Assault Hotline: 888-999-5545 or 888-568-8332 (Spanish)

WARMLINES

- Bridgeport Soundview Warmline: 800-921-0359 (Daily, 9AM – 9PM)
- CT Behavioral Health Partnerships Warmline: 877-552-8247 – select prompts 1 & 3 (Mon – Fri: 9AM – 5PM)
- JoinRiseBe Statewide Young Adult Peer Initiative/Warmline: 855-6-HOPENOW (Daily, 12PM – 9PM)
- Reach Out Connecticut: 1-844-TALK-4CT (Mon – Thurs: 8:30AM – 7PM, Fri: 8:30AM – 6PM, Sat & Sun: 11AM – 7PM). Provides connections or resources for any challenges. Including food or infant supplies, worried about COVID-19, racial injustice, or just need someone to talk to.
- Advocacy Unlimited – Let's Connect: 888-770-4478 (Mon – Fri: 9AM – 5PM)

ESPAÑOL/SPANISH GRUPOS DE APOYO EN ESPAÑOL

- **Alcohólicos Anónimos en español:** 855-377-2628.
- **NAMI:** Grupo de apoyo virtual de amigos y familiares, tercer Miércoles
- Narcóticos Anónimos
- **Servicios de crisis para víctimas de Asalto Sexual:** 888-568-8332
- "SMART Recovery": apoyo para problemas de adicción y salud mental
- CCAR soporte telefónico durante la recuperación
- CCAR - Lengua Espanola ARM (Virtual): CCAR auspicia la Lengua Espanola Arm cada Jueves de 11:15AM - 12:15PM. Para participar en una conferencia de Zoom, seleccione abajo.

Revise nuestra pagina de COVID para mas información pertinente a grupos específicos de apoyo y actividades de salud

AUTISM SPECTRUM

- **Community Autism Socials at Yale:** [meetup.com/ProjectCASY](https://www.meetup.com/ProjectCASY) Social groups for adults with ASD & parents, Online Events.
- **GRASP:** www.grasp.org/resources Chat groups with free enrollment to the site, Online. Contact Info: info@grasp.org

BRAIN INJURY

- **A.B.I. Resources Connecticut Brain Injury:** ctbraininjury.com Helpline 860-942-0365 *Note: some of the support groups listed on this site are no longer running due to COVID. Visit the [website](#) for contact info for different groups.
- **Brain Injury Alliance of Connecticut:** biact.org. Online Tele-meetings, Zoom. Visit the [website](#) for contact info for different groups available.

DOMESTIC/SEXUAL VIOLENCE

- RCT Women's Center: wcogd.org/services/support-groups Online, Virtual Support Groups. Contact Info: 203- 731-5200 ext. 258
- **SOAR:** For women who experienced domestic violent: Tuesdays, 6:30PM – 8PM
- **Voices of Courage:** support for men who experienced sexual assault or abuse: Mondays, 6:30PM – 8PM
- **Thrive:** support for women with relationship challenges or past traumas: Mondays, 11AM – 12:30PM & Tuesdays, 4PM – 5:30PM
- **Breaking the Silence:** support for women who experienced sexual assault or abuse: Mondays, 5PM – 6:30PM

- **Guys' Group:** support for men who've experienced unhealthy relationships, verbal, physical abuse: Tuesdays, 5:30 – 7 PM contact karen.i@wcogd.org
- **The Rowan Center:** therowancenter.org/support-groups Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Online Self-Care Art Group. Every other Friday, 2 – 3:30PM. Visit website to sign up. Contact: 203-348-9346 or info@therowancenter.org

DUAL DIAGNOSIS

- **Depression and Bipolar Support Alliance:** dbsalliance.org/support Visit the website to find online meetings.

EATING DISORDERS

- **National Eating Disorders Association (NEDA):** nationaleatingdisorders.org Online Chat Helpline (Mon - Thurs: 9AM – 9PM & Fri: 9AM – 5PM), call Hotline at 800-931-2237 (Mon – Thurs: 11M – 9PM, Fri: 11AM – 5PM), or text 800-931-2237 (Pilot hours: Mon – Thurs: 3PM – 6PM)
- **Overeaters Anonymous:** swctoa.org/meeting-list Virtual Online Meetings, Zoom and Telephone meetings. Visit the website for contact info for different groups.

GAMBLING

- **Connecticut Council on Problem Gambling:** ccpg.org Call Hotline 888-789-7777 (24/7) or text “CTGAMB” to 53342 and Online Chat (24/7) ccpg.org/chat
- **Connecticut and Western Massachusetts Gamblers Anonymous:** ctwmaga.org/meetings Online, Zoom meetings. Contact Info: 855-222-5542 & ctwmaga@yahoo.com
- **Problem Gambling Helpline:** Call 888-789-7777

LGBTQIA+

- **Connecticut Pride Center – Triangle Community Center:** ctpridecenter.org Online Meetings, Zoom. *Note: Visit the Upcoming Events calendar, click on the group of your interest, contact info and Zoom links are available

Facilitated 24/7 Discord chat space. Contact: Alexandra Raucci – alexandra@ctgay.org for invitation link.
- **Kids in Crisis – Lighthouse LGBTQ Youth Group:** kidsincrisis.org/get-help/lighthouse. Meetings are at the Avon Theatre at 272 Bedford St, Stamford, every Tuesday, 5PM – 6:45PM *Note: must

wear a mask and respect social distancing at all times. Contact Info: 203-622-6556. Kids in Crisis – Lighthouse LGBTQ Youth Hotline (24/7) 203-661-1911.

- **NAMI – Rainbow Connections:** namict.org/find-support Online Meetings, Zoom. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vllepoutre@namict.org or Serena – 650-561-5525
- **Trans Lifeline:** translifeline.org/hotline Call Lifeline (Daily, 5 PM - 1 AM) 877-565-8860. Please note these are reduced hours as of Aug. 1, 2021.
- **Trevor Project:** thetrevorproject.org Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)

MENTAL HEALTH (SEE ALSO YOUNG ADULT & ADDITIONAL SUPPORT GROUPS)

- **Clutterers Anonymous:** clutterersanonymous.org/meetings Zoom Meetings, Phone Meetings & Phone Activity Meetings. Visit the website for contact info for different groups and a calendar of events.
- **Depression and Bipolar Support Alliance (DBSA):** dbsalliance.org/support Online Support Groups. Call Emergency Hotline: 800-273-8255 or Text “DBSA” to 741- 741. General Info: 800-826-3632
- **Hearing Voices:** cthvn.org Online Zoom Meetings and Call-In Groups. Visit the website for contact info for different groups. General Contact Info: Skye – 860-952-4050 or scollins@advocacyunlimited.org
- **Hoarding Support:** hoardingcleanup.com Online Message Boards and Support Groups. Call Helpline (daily, 8AM – 5PM) 800-462-7337 – can also be used to contact with any questions or concerns.
- **NAMI – Recovery Support Check Ins:** namict.org/find-support Online, Zoom Meetings. Weekly. Meetings times and contact info available on the website.
- **OCD Support - First Church Congregational, Fairfield County:** fairfieldocdgroup.freehostia.com Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or fairfielddocdgroup@gmail.com
- **Positive Directions - SMART Support Groups for Adults, Family & Friends, and Young Adults:** positivedirections.org/supportgroups
- **RIPPLE:** rockingrecovery.org/zoom-meetings Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info on the website. Contact: RockingRecovery.org@gmail.com
- **SMART Recovery:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.

- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **Toivo Center – Alternatives to Suicide:** toivocenter.org/calendar Online, Zoom Meetings. Visit website to sign up. General Info: 860-296-2338
- **TurningPointCT - Free Peer Support** with Ally, Peer Support Specialist, for teens & 20s: In-person or virtual. Call/text Ally Kernan: 203-858-1819

SEX ADDICTION

- **Sex Addiction Anonymous (SAA):** saa-recovery.org/meetings Telemeetings, Online Zoom Meetings. Meetings times and contact info available on the website.

SUBSTANCE USE & ADDICTION

- **CCAR:** ccar.us Online Recovery Coach Chat, Online Coffee Lounge Chat, Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available on the website. Contact Info: 866-205-9770
- **CT Alcoholics Anonymous:** ct-aa.org/meetings Online & In-Person Meetings. Meetings times and contact info on the website. General Info: 866-783-7712
- **The C.A.R.E.S. Group:** thecaresgroup.org Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available on the website.
- **CT Regions of Narcotics Anonymous:** ctna.org In-Person & Online Meetings. Meetings times and contact info available on the website. General Info: 800-627-3543 or info@ctna.org
- **NAMI – Friends & Family Community Support Groups:** namict.org/find-support Online, Zoom Meetings. Weekly. Meetings times and contact info available on the website.
- **NAMI – Opioid Support – Family Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- **NAMI – Opioid Support – Recovery Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Wednesdays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org

- **New Canaan Parent Support Group:** ncparentsupportgroup.org Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available on the website. Contact Info: Paul – 203-564-6374
- **Positive Directions Friends and Families Group:** positivedirections.org Online, Zoom Meetings. Weekly, Mondays 5 – 6PM. Zoom Invite Meeting Info available on the website. Contact: info@positivedirections.org
- **RIPPLE:** rockingrecovery.org/zoom-meetings Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available on the website. Contact Info: RockingRecovery.org@gmail.com
- **SMART Recovery:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **Smoking Quitline:** Call 800-QUITNOW
- **Substance Use Access Line:** Call 800-563-4086
- **Women for Sobriety:** womenforsobriety.org/meetings Online Meetings. Meetings times and contact info available on the website. General Info: 215-536-8026 or contact@womenforsobriety.org

SUICIDE LOSS, BEREAVEMENT AND GRIEF

- **American Foundation for Suicide Prevention – Healing Conversations:** afsp.org/healing-conversations Chat on the Phone or Online Meetings. Healing Conversations is an opportunity for those who have lost someone to suicide to speak with a volunteer who is a survivor of suicide loss. Visit the website to fill out a form to be contacted.
- **Charter Oak Family Center – Survivors of Suicide Attempts (SOSA):** charteroakfamilycenter.com/services Online Meetings. Tuesdays, 6:30 – 8:00PM. Contact Steve: 860-268-4953
- **Family Centers:** familycenters.org/Support-Groups-and-Services Offers a range of specific bereavement/grief support and counseling groups, Zoom. See below for groups available and visit the website for more information on each, including contact info and meeting times.
 - Dialectical Behavior Therapy Adult Groups

- Changing Families Workshop for Children Coping with Divorce – Stamford
- General Bereavement Group – Darien
- Caregivers Support Groups – Darien
- Spousal Bereavement Group – Darien
- Loss of Adult Child – Darien
- Loss of Loved One to Suicide – Darien
- **The Den for Grieving Kids:** Young Adult Bereavement Group (Available in Spanish too) – Greenwich
- **Jewish Family Service of Fairfield County – Living with Loss:** ctjfs.org
Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org
- **Southwest CT Suicide Loss Support Groups:**
 - **Darien:** Mondays at 6PM. Center for Hope. Call Ashleigh at 203-599-3782
 - **Greenwich:** 1st Mondays at 7:30PM. 2nd Congregational Church. Call 203-434-0369
 - **Trumbull:** 2nd Wednesdays from 7PM – 8:30PM. Congregational Church. Email cmorris@trumbull-ct.gov
 - **Westport:** 3rd Mondays from 7:30PM – 9:30PM. Christ and Holy Trinity Church. Mackenzie House. Call Diane at 720-838-3880

YOUTH AND YOUNG ADULTS (SEE ALSO MENTAL HEALTH AND ADDITIONAL SUPPORT GROUPS):

- **The Den for Grieving Kids – Young Adult Bereavement Group:** familycenters.org/The-Den-for-Grieving-Kids Online Meetings. Alternate Wednesdays, 7PM – 8PM. Contact Julianne Green: 203-655-4693
- **NAMI – Young Adult Connection Community Groups:** namict.org/find-support Online, Zoom Meetings. Meetings times and contact info available on the website.
- **The Rowan Center – College Student Support Group for victims and survivors of sexual abuse (18 and over):** therowancenter.org/support-groups Online, Zoom Meetings. Every Monday and Tuesday, 12 – 1PM. Visit the website to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **SMART Young Adult Meetings:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on website.
- **Turning Point CT:** turningpointct.org Online resources including Q&A, videos, podcasts, map, weekly virtual social events, Discord server, and more - by and for young people in CT. Visit the website for updated information, events and support.

- **TurningPointCT** - Free Peer Support with Ally, Peer Support Specialist, for teens & 20s: In-person or virtual. Call/text Ally Kernan: 203-858-1819

ADDITIONAL SUPPORT GROUPS:

- **Alzheimer's Association - Caregiver Support Groups:** alz.org/ct
Online Meetings. Contact Info: Call 800-272-3900 for program details.
- **CT Legal Services' Immigrant Legal Advice Helpline:** 800-798-0671
- **Community Autism Socials at Yale:** meetup.com/ProjectCASY
Social groups for adults with ASD & parents: , Online Events
- **Institute on Aging – Friendship Hotline/Warmline** for any person over 60 years old living with a disability & caregivers of older disabled adults: Call 800-971-0016 (24/7)
- **Jewish Family Service of Fairfield County – Let's Talk:** ctjfs.org Meet new people and engage in meaningful conversation about a variety of topics. Contact: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org
- **Jewish Family Service of Fairfield County – Divorce Support Group:** ctjfs.org Contact Info: Lois Meyer at 203-921-4161 or LMeyer@ctjfs.org
- **NAMI –Veteran Connection Recovery Support Group:** namict.org/find-support The first and third Wednesday of every month at 6:30PM. Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628
- **The Rowan Center – Empowerment Group for Women:** therowancenter.org/support-groups Online, Zoom Meetings. Visit the website to sign up. Contact: 203-348-9346 or info@therowancenter.org
- **The Rowan Center – Healthy Relationship & Self-Esteem Empowerment Group:** therowancenter.org/support-groups Online, Zoom Meetings. Follow the link to sign up & express interest. Contact Info: 203-348-9346 or info@therowancenter.org
- **SMART – Medical & Mental Health Professionals in Recovery:** smartrecovery.org/community Online Peer Support Forum

FREE PEER SUPPORT FOR FRIENDS & FAMILIES

Support for families of individuals with addiction or addiction & mental illness.

- **The C.A.R.E.S. Group:** thecaresgroup.org Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Info available on the website.
- **Mountainside Friends & Family Support Group:** mountainside.com Online Meetings. Meetings times and contact info available on the website. General Info: 800-500-0399
- **NAMI – Friends & Family Community Support Groups:** namict.org/find-support Online, Zoom Meetings. Weekly. Meetings times and contact info available on the website.
- **NAMI – Opioid Support – Family Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- **New Canaan Parent Support Group:** ncparentsupportgroup.org Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available on the website. Contact Info: Paul – 203-564-6374
- **Positive Directions Friends and Families Group:** positivedirections.org Online, Zoom Meetings. Weekly, Mondays 5 – 6PM. Zoom Invite Meeting Info available on the website. Contact: info@positivedirections.org
- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.

PARENTING SUPPORT FOR CAREGIVERS OF CHILDREN WITH BEHAVIORAL & EMOTIONAL NEEDS

- **Autism Services & Resources CT (ASRC):** ct-asrc.org/calendar Online Meetings & Events. *Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available on the website. General Info: 203-265-7717
- **CT Family Support Network (CTFSN) – Parents Supporting Parents:** ctfsn.org/parents-supporting-parents Online Meetings. Call for info: 877-376-2329 or email commsdirector@ctfsn.org
- **NAMI CAN CT Support Group – Child and Adolescent Network:** namifarmingtonvalley.org Online, Zoom Meeting: 7 – 8:30PM. Contact: Grace – 860-693-9310
- **The Youth Mental Health Project – Parent Support Network:** ymhproject.org/events Online Meetings. Available for anyone in the country. Meetings times and contact info available on the website.



The Hub is the state-designated Regional Behavioral Health Action Organization (RBHAO) serving Southwestern Connecticut—the 14 communities from Greenwich to Stratford. We are a division of the Regional Youth-Adult Social Action Partnership (RYASAP), whose mission is to serve as a catalyst for community change.

Our role is to serve as a strategic partner and resource for the region, supporting and coordinating initiatives related to mental health, suicide, substance misuse, and problem gambling, and liaising between the region and the state. We do this by:

- **Conducting regional needs assessments** — to develop epidemiological profiles and priority recommendations for behavioral health prevention, treatment, and recovery.
- **Supporting Local Prevention Councils** — helping our towns prevent substance misuse and promote mental health through technical assistance, coordination, and mini grants, including the State Opioid Response grants.
- **Organizing Catchment Area Councils** — bringing behavioral health consumers and providers together to identify service needs and make recommendations about treatment and recovery.
- **Convening the Southwest CT Suicide Advisory Board** — to develop regional strategies and capacity to address suicide from prevention through postvention.
- **Supporting the Region 1 Gambling Awareness Team** — to provide education about problem gambling and gaming.
- **Serving as strategic community partners** — advising and providing resources to stakeholder groups such as the Community Health Improvement Projects and Opening Doors Fairfield County, and representing our region on many state-level advisory boards.
- **Leading and supporting advocacy efforts** — educating elected officials and other leaders.
- **Helping address the opioid epidemic** — providing community trainings, Narcan, and awareness campaigns.
- **Promoting Recovery Friendly Workplace Initiative** — Conduct outreach and support organizations who want to be a Recovery Friendly Workplace – helping employers shift to a policy environment that emphasizes help, hope, and the economic potential of healthy employees even as they recover from substance misuse. Contact us for your organization’s certification.

Please visit our website, www.TheHubCT.org, for resource guides, lists of free peer supports, online screenings, awareness videos and downloadable resources on a wide range of topics, a searchable calendar of events and trainings, and more information.