



Support Groups for Mental Health

IF YOU ARE
STRUGGLING OR
NEED TO TALK TO
SOMEONE, CALL
OR TEXT 988



Alternatives to Suicide

<https://toivocenter.org/alternatives-to-suicide/>

NAMI CT: <https://namict.org/support-and-education/support-groups/>

Out of the Abyss: <https://namict.org/support-and-education/support-groups/oota>

Rocking Recovery:

<http://rockingrecovery.org/>

Overeaters Anonymous Connecticut
Intergroup: <https://connecticutoa.org>

Toivo: <https://toivocenter.org>