

# Stay Connected with Others

## CONSIDER THESE OPTIONS TO CONNECT!

### Looking for phone support?

Call a Friend!

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

JoinRiseBe Statewide Young Adult Warmline Initiative:  
[1-855-6HOPENOW](tel:1-855-6HOPENOW) 12-9pm daily

Advocacy Unlimited Phone Based Peer Support: [\(888\) 770-4478](tel:888-770-4478) M-F 9am-5pm

Call SAMHSA's free 24-hour Disaster Distress Helpline at [1-800-985-5990](tel:1-800-985-5990), if you feel lonely or need support.

### Looking for online support?

[www.InTheRooms.com](http://www.InTheRooms.com) (offers many types of online meetings including AA, NA, Al-Anon, All Recovery, wellness, spirituality, etc.)

Smart Recovery: <http://www.smartrecovery.org/srol-2/>

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

A.U. peer support: M-F 3-4:30pm  
<https://zoom.us/j/466017514>  
Dial In: 646 876 9923

### TOIVO's holistic/other support options:

#### Mondays

**Women's Group** on Zoom (6:30-8:30pm)  
Online: <https://zoom.us/j/808331737>  
Dial In: 646 876 9923  
Meeting ID: 808 331 737

#### Tuesdays

**Yoga** on Facebook Live (10-11am)  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)  
Qi Gong on Facebook Live (6-7pm)  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

#### Wednesdays

**Alternatives to Suicide** on Zoom (3:30-4:30pm)  
Online: <https://zoom.us/j/793918997>  
Dial In: 646 876 9923  
Meeting ID: 793 918 997

#### Thursdays

**Yoga** on Facebook Live (10-11am)  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

#### Fridays

**Meditative Coloring** on Facebook (12-1pm)  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

#### Saturdays

**Qi Gong and Tea** on Zoom (9:30-11:30am)  
Online: <https://zoom.us/j/735219697>  
Dial In: 646 876 9923  
Meeting ID: 735 219 697

#### Sundays

**Men's Group** on Zoom (6-8pm, biweekly)  
Online: <https://zoom.us/j/809960273>  
Dial In: 646 876 9923  
Meeting ID: 809 960 273

*Call/email/text/video chat with a friend/family member to check-in and support one another; Get outside/take a walk or hike (maintaining recommended 6 foot space between people) to connect with nature; try meditation (online or simply sit and "be"!)*