

If you or someone else needs help, contact one of these valuable resources.



SAMHSA's National Helpline
1-800-662-HELP (4357)



**Connecticut Department of
Mental Health
and Addiction Services**
(800) 563-4086



**National Suicide
Prevention Lifeline**
(800) 273-TALK (8255)



**National Alliance on Mental
Illness HelpLine**
(800)-950-NAMI (6264)

Find more resources at drugfreet.org/cts

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