

You can #BeThe1To help someone:

- ✓ Ask if they're suicidal
- ✓ Keep them safe
- ✓ Help connect to resources

Information and resources for those who are struggling, have survived an attempt or have lost someone:

- Visit the American Foundation for Suicide Prevention (AFSP) at <https://afsp.org/get-help>
- AFSP **Healing Conversations** in CT: Call Ann Dagle at 860-625-5280
- Charter Oak Family Center - **Survivors of Suicide Attempts (SOSA) Group** (online): Contact Steve Machattie at (860) 268-4953 or email at smachattie47@gmail.com

STRUGGLING?

Call the National Suicide Prevention Lifeline:
800-273-8255 (English)
(option 1 for vets)
888-628-9454 (Spanish)

Text the Crisis Text Line:
741741

CT Mobile Crisis:
Dial 2-1-1, select option 1

ACTION Line (Adults 18+):
1-800-HOPE-135 or 211

Law Enforcement Support:
1-800-COPLINE



Suicide Loss support groups in Southwestern CT. Call for details!

- **Darien:** Mondays at 6pm, Center for Hope. Call Ashleigh 203-599-3782.
- **Greenwich:** 1st Mondays, 7:30pm, 2nd Congregational Church. Call 203-434-0369.
- **Trumbull:** 2nd Wednesdays, 7-8:30pm, Congregational Church. Call Mary J. Sherlach Counseling Center 203-452-5193
- **Westport:** 3rd Mondays, 7:30-9:30pm, Christ and Holy Trinity Church, Mackenzie House. Call Diane 720-838-3880.

For guidance on communications, memorialization & programs after a suicide: Visit CT's Suicide Advisory Board website, <https://www.preventsuicidect.org/resources>