

# Crisis & Emergency Hotlines

## Action Line

24/7 Hotline: (800) 467-3135

Support and options to individuals in distress including telephonic support, community resources, warm transfer to mobile crisis team in the area.

## Carolyn's Place Pregnancy Care Center

24/7 Hotline: (203) 597-9050

Non-profit ministry helping women and men facing unplanned pregnancy.

<https://carolynsplace.org/>

## CT Region of Narcotics Anonymous - Greater Waterbury Area

1 (800) 627-3543

Visit website for calendar of meetings, local chapters, etc. N.A. is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. A program where recovering addicts meet regularly to help each other stay clean.

<https://ctna.org/areas/gwa/>

## Disaster Distress Helpline

24/7 Hotline: 1 (800) 985-5990 (call or text)

Multilingual disaster crisis counseling (emotional distress related to natural or human-caused disasters).

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

## Domestic Violence Hotlines

24/7 National Hotline: (800) 799-7233

National domestic violence hotline.

<https://www.thehotline.org/>

CT Safe Connect 24/7: (888) 774-2900

CT DV crisis line. A trusted resource during challenging times, ready to listen, support, guide, and provide protection.

<https://www.ctsafeconnect.org/>

## Emergency Mobile Psychiatric Services (EMPS)

Dial 211 or (203) 756-7287

24/7

Emergency services including mobile response to children, youth and their families.

<https://portal.ct.gov/DCF/Behavioral-Health-Partnership/Mobile-Crisis-Intervention-Services>

## Salvation Army - Waterbury Family Emergency Shelter

(203) 574-7056

74 Central Ave, Waterbury 06702

Caters to single women and families.

<https://easternusa.salvationarmy.org/south-ern-new-england/provide-housing/>

## Sexual Assault Crisis Center at Safe Haven

24/7 Hotlines, Greater Waterbury: (203)

753-3613, Statewide: 1 (888) 999-5545,

Español: 1 (888) 568-8332, Sexual Assault

Text 888-999-5545

Safe Haven of Greater Waterbury provides crisis and support services for victims of domestic violence and sexual assault. All services are confidential, free, and available 24/7

<https://safehavengw.org/>

## Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA)

24/7 1 (800) 662-HELP (4357)

For individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

<https://www.samhsa.gov/find-help/national-helpline>

## Suicide and Crisis Lifeline

# Crisis & Emergency Hotlines

Call or Text: 98824/7  
Free and confidential support to people in suicidal crisis or emotional distress works.  
<https://www.samhsa.gov/find-help/988>

**The Connecticut Council on Problem Gambling (CCPG)**  
24/7: 1 (888) 789-7777  
Trained professionals available 24/7 providing support, resources and referrals for individuals and families affected by problem gambling.  
<https://ccpg.org/>

**Urgent Crisis Center (Youth Resource)**

(203) 580-4298  
Daily 6am-10pm  
(after 8 pm ring doorbell or call)  
Located at 141 E Main St, Waterbury, 06702.

Outpatient level of care that provides walk-in care for youth who are experiencing a mental health or behavioral crisis. Call to verify hours.  
<https://www.wellmore.org/urgent-crisis-center>

**Waterbury Youth Services**  
24/7: (203) 596-0264  
Project Safe Place: youth in crisis can get help immediately, at any of the safe place sites established in the Waterbury community. These sites are recognized by the Safe Place sign (large black & yellow, diamond-shape) displayed prominently on the building. A crisis may include runaway, homelessness, family conflict, neglect, physical/sexual abuse, or being followed by a stranger. Presently, the City of Waterbury Fire Stations, Waterbury Youth Services and the YMCA are Safe Place sites.  
<https://waterburyyouthservices.org/project-safe-place/>

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