



**(203) 287-2460**

## What is a warmline?

A warmline is a number you can call that will direct you to the resources or services you need. When you call [Reach Out New Haven at \(203\) 287-2460](tel:(203)287-2460) you will be answered by a trained professional. Our operators are experienced in providing mental health guidance and can connect you to outsourced hotlines or agencies if needed. During the COVID-19 crisis you deserve a compassionate listener who can lend an ear about your stress and point you in the right direction for whatever resources you might need. This warmline is available Monday -Thursday from 8:30am to 7:00pm and Friday from 8:30am to 6pm.



## When should I call?

You should call Reach Out New Haven if you:

- Just need someone to talk to (in English or Spanish)
- Need food and don't know who to turn to
- Are in need of child/infant supplies (school notebooks, diapers, clothes, etc.)
- Need connections to mental health resources
- Have questions about how to get COVID-19 information
- Need connections to volunteer aid or help from the community

[Reach Out New Haven](#) does not serve as a therapy/counseling, crisis intervention, or emergency hotline.

If you are in a [crisis](#) (threats of harming self or others; destruction of property; significant safety issue) call [2-1-1](tel:2-1-1).

If you are in an [emergency](#) (medical attention is needed; police intervention is needed; weapons are involved) call [9-1-1](tel:9-1-1).

The National Suicide Prevention Hotline is [1-800-273-8255](tel:1-800-273-8255). This hotline, along with 211 and 911 are available 24/7.