On average, one person dies by suicide in Connecticut EVERY 22 Hours

More than four times as many people die by suicide in Connecticut than by homicide.

Source: American Foundation for Suicide Prevention, afsp.org

If you are in a life threatening situation dial 9-1-1.

If you are in crisis and need to speak to someone dial 2-1-1 from anywhere in CT.

Outside of Connecticut call the National Suicide Prevention Lifeline 1-800-273-8255 (TALK).

Learn more:

CT.GOV/DMHAS/NPW/Resources

#CTPreventionWeek