

Resources

UConn Psychological Services Clinic

860-486-2642

<https://psychology.uconn.edu/psychological-services-clinic/>

SAMHSA Mental Health Services Locator

<https://findtreatment.gov/>

American Psychological Association Mental Health Services Locator

<https://locator.apa.org/>

Connecticut Clearinghouse

Directory of behavioral services, self-help groups, and more.

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

National Suicide Prevention Lifeline

Dial 988 or call 1-800-273-TALK (8255)