CONNECTICUT



2025 - 2030

Suicide Prevention Plan

State of Connecticut

UNITED WAY Connecticut

CONNECTICUT Suicide Advisory Board

GOAL 1 / Build and Sustain

Build and sustain prevention infrastructure at the state, tribal, and local levels.

GOAL 2 / Implement Strategies

Implement comprehensive suicide prevention strategies for populations disproportionately affected by suicide, with a focus on historically marginalized communities, persons with suicide-centered lived experience, and youth.

GOAL 3 / Implement Services

Implement effective suicide prevention services as a core component of health care.

GOAL 4 / Reduce Risk

Reduce access to lethal means among people at risk of suicide.

GOAL 5 / Improve Data

Improve the quality, timelines, scope, usefulness, and accessibility of data needed for suicide-related surveillance, research, evaluation, and quality improvement.

Access to mental health support and mobile crisis services is available 24/7 in Connecticut through these resrouces:

- All ages: call or text 988 anytime, 24/7 (for support and access to mobile crisis)
- Adults: call 211, then press 1, then press 2 (for support and access to mobile crisis)
- Youth: call 211, then press 1, then press 1 (for support and access to mobile crisis)



Other Crisis Resources:

- Chat online: 988lifeline.org/chat
- Text HOME or HOLA to 741741 for support
- Veterans: call 988, then press 1, or text 838255
- LGBTQ+ Youth: call 988, then press 3 (age 24 and under), or contact The Trevor Project: call 1-866-488-7386, text 678678, or visit chat.trvr.org
- Trans Lifeline: 877-565-8860 (confidential, 24/7 crisis support)