

To further our efforts in supporting and empowering families, we have collaborated with the United Way and community providers to establish a "*When it Builds Up, Talk it Out*" campaign.

All communities need help right now and we must recognize the additional stress and impact these times present, especially to communities of color, families with young children and parents of children with specialized needs.

Any parent who wishes to access supports are invited to call 833-258-5011 and engage with trained professionals who will listen and speak with them about their concerns. If additional help is needed, they will be referred to community-based services.

The support line can also be accessed via cell phone by visiting www.talkitoutct.com and clicking on the link to be connected to the same caring professionals.

The "*Talk It Out Line*" is available Monday through Friday from 8 am to 8 pm and on weekends from 1 pm to 8 pm and has both English and Spanish capacity.

These public service announcements are currently airing on television: [TalkITOutCT.com TV PSA](http://TalkITOutCT.com) as well as radio: [TalkItOutCt.com Radio PSA](http://TalkItOutCt.com)

We encourage you to actively discuss this with the families you serve and provide them the contact information. Please know this line is also a support to each of you.

All parents need support during this time.

