

WELLNESS BULLETIN *for Norwalk Parents*

March 2022

Dear Parents,

With the mask mandate lifted and spring around the corner, we're feeling a lift in our emotions and hope you are too! But we also know that many of us--and many of our kids--are still struggling with depression and anxiety as a result of the pandemic, loss of social opportunities, etc. So this month we are sharing some ways you can help support your family's mental wellbeing by ensuring good **SLEEP** and **NUTRITION**. Our prevention pages this month are focusing on conversations parents should have with their kids, and sharing information from our teen vaping awareness activities.

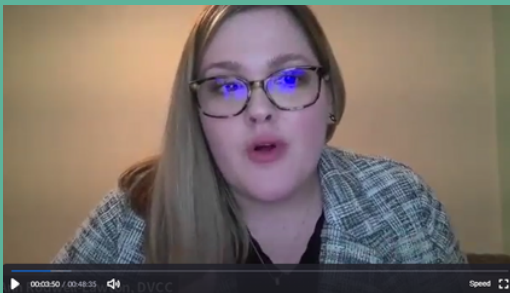
As always, please share this info with others! You can also find past issues of this bulletin at www.thenorwalkpartnership.org/parents. Be sure you're subscribed to thenorwalkpartnership.org and follow us on social!

Wishing you good health,

Margaret, mwatt@positivedirections.org

Denique, dlewis@norwalkacts.org

Did you miss the Youth Town Hall
on Dating Violence last month?



Watch it at <https://tinyURL.com/DVteens>
using password vXAR0?T!

pd **positivedirections**
THE CENTER FOR PREVENTION AND COUNSELING

High School Support Group

Wednesdays from 4-5pm (online)
Starting March 23rd, 2022

Dealing with anxiety as a result of test results, peer pressure, school violence threats, and family issues can be tough!

In this support group, learn how to:

- Identify external and internal stressors
- Deal with family and peers
- Maintain grades during these issues
- Keep yourself safe in unsafe situations
- Find your voice

To join this FREE virtual group for High School Students
RSVP for link at
positivedirections.org/support-groups

NUTRITION & WELLNESS

Top 10 Spices to Boost Brainpower

www.Top10HomeRemedies.com



Adding **TURMERIC** to your food can help keep your brain sharp.



Studies have revealed that the volatile oils in **THYME** increase the levels of omega-3 in the brain.



A study published in the British Journal of Nutrition found that taking an extract from **OREGANO** leaves can help enhance mental well-being & regulate mood.



Due to its antioxidant and anti-inflammatory properties, **ROSEMARY** helps fight off free-radical damage in the brain.



SAGE is excellent for better brain functioning & boosting memory recall.



BLACK PEPPER has a compound called piperine that increases beta-endorphins in the brain & boosts cognitive function.



A study published in the Journal of Alzheimer's Disease has shown that **CINNAMON** contains compounds that can help ward off Alzheimer's disease.



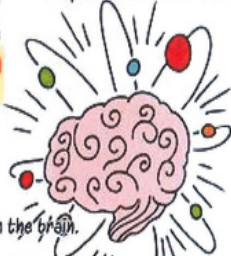
NUTMEG can help keep your brain sharp and boost brain activity due to its compound called myristicin.



CLOVE works as a mental stimulant and decreases oxidative stress because of its antioxidant properties.



Studies indicate that the methanol extracts from **HOLY BASIL** can be useful in reducing brain damage due to decreased cerebral circulation.



Top10
Home Remedies

Top 20 Powerful Mood Boosters



avocado



blue potatoes



blueberries



broccoli



coconut



dark chocolate



eggs



flaxseed



Greek yogurt



Green tea



honey



mussels



oatmeal



orange juice



pistachios



salmon



spinach



Swiss chard



walnuts



water

www.facebook.com/montereybayholistic

NUTRITION & WELLNESS

Nutrition's Role in Mental Health

By Diana Revolus, community advocate and Common Council member

Nowadays, we place a greater focus on our mental wellbeing and have started to destigmatize mental disorders and disabilities, which is a great leap forward. But how much of our mental health is directly linked to our physical health? Our gut is lined with so many nerve cells that it is sometimes referred to as the **"second brain,"** so does our usual diet have an effect on any mental imbalances? Can the added stressors from a highly processed diet, for example, cause direct effects to our mental stability? Lastly, can the acidity or inflammations from certain foods and even medications create mental or emotional reactions?

Recently the world of psychology has been studying the mental health benefits of using **micronutrients** (vitamins and minerals), at higher doses than available over the counter, for patients of all ages. They have found positive results in terms of both physical and mental responses and remissions in patients with ADHD, Bipolar Disorder, PTSD, and other chronic mental illnesses--at a lower cost per patient. Many studies show that a well-nourished body and mind are better equipped to deal with mental stressors.

What we eat as a family and culture can exacerbate our mental and physical health issues. This article hopes to draw more attention in our community to a healthier diet, cultural/social change in what and how we eat and look at food, the availability of nutritious and whole foods that are accessible to all residents within our community, and the individual power held in our overall health when we are better informed of the items we purchase and consume that can stabilize ourselves and our families for generations to come.

I can go on for days on this topic, but I'm limited in space! So I am sharing this **list of resources** that point out nutrients' benefits to mental health and overall long-term treatment--may I dare to say even cure.



RESOURCES

Website:

- Nutrition and mental health: <https://www.nutritionist-resource.org.uk/articles/nutrition-and-mental-health.html#guthealthandmentalhealth>

On YouTube:

- The surprisingly dramatic role of nutrition in mental health | Julia Rucklidge | TEDxChristchurch: <https://youtu.be/3dqXHHCc5IA>
- Feed Your Mental Health | Drew Ramsey | TEDxCharlottesville: <https://youtu.be/BbLFsQubdtw>
- Power Foods for the Brain | Neal Barnard | TEDxBismarck: https://youtu.be/v_ONFix_e4k
- How the food you eat affects your gut - Shilpa Ravella: <https://youtu.be/1sISguPDlhY>
- Advanced Nutrient Therapies for Brain Disorders- William Walsh (Nov 2015): https://youtu.be/pHT3iN_jjfc
- Biochemical and Nutritional Interventions for ADHD and Behavioral Disorders: <https://youtu.be/PhdI6rqORv8>
- "Advanced Nutrient Therapies for Bipolar Disorders with Dr. Walsh" - Natural Treatment for Bipolar: <https://youtu.be/bngPW55Po1k>
- Role of Nutrition in Mental Health - The Center for Nutritional Psychology: <https://youtu.be/WuwODdo74Xw>
- Keep Talking: Nutrition and Mental Health: <https://youtu.be/Ur0aQmjDI7U>
- Autoimmune Issues & Mental Health: Understanding the Interactions: https://youtu.be/-R4-5u5MQ_I

Buy on Amazon:

- Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection, by Leslie Korn
- Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus , by Leslie Korn
- Nutrient Power: Heal Your Biochemistry and Heal Your Brain, by William J. Walsh

NUTRITION & WELLNESS

TIPS FOR FEEDING PICKY EATERS

With a picky eater, mealtime can become a stressful and frustrating event for both you and your child. But there's good news! There are tips you can try to help get your child more comfortable exploring a variety of foods.



Start early and often. Offering a variety of healthy foods as early as possible and at every meal or snack can help increase the likelihood of your child trying, and accepting, new foods. It takes, on average, 10-15 introductions to a new food before a child accepts it. Don't give up!

Mix it up. Try pairing new foods with foods you know your child is already comfortable with. Use this opportunity to get creative with your meals! You could also include new foods into meals they love such as adding fruits and vegetables into smoothies, pasta and pizza recipes, or pancakes.



Lead by example. Parents are a major role model for their children. If you're eating and trying the same foods you're asking them to eat, your child will be more likely to give it a try.

Partner up. Include your child in the decision making and food prep process! Not only will your child have fun preparing the meal or snack with you, they will learn cooking skills, and more importantly, feel a sense of control over the new food they are trying.

Stay strong. Picky eating isn't solved overnight. Try to remain patient, calm, and create a positive eating experience for your child. Many times arguing, highlighting that a child is not eating, or force feeding can hinder a child's willingness to try a new food.

Resources:
We Can!® Parent Tips: Picky Eaters (nih.gov)
Picky Eaters and What to Do | Nutrition | CDC
AAP-Picky-eaters-2018-05-31_330pm



YOUTH COMMUNITY DINNERS

FOR ALL LGBTQ+ & ALLY YOUTH (UNDER 18)

1ST THURSDAY OF EVERY MONTH
6:30 PM - 8:00 PM

650 WEST AVE, NORWALK, CT

COVID19 VACCINES ARE REQUIRED
EMAIL SYDNEY@CTPRIDECENTER.ORG TO SIGN UP!



SLEEP & MENTAL HEALTH

By Margaret Watt, Positive Directions-The Center for Prevention & Counseling

Sleep is intimately connected with our wellbeing. When we don't get enough sleep, we aren't just physically tired; we also don't perform as well at work or school. Over time, an ongoing lack of sleep creates a **"sleep deficit,"** which can affect mood, memory, and health -- including risk of diabetes and heart disease -- and hurt our ability to handle stress. Sleep deprivation can even lead to a mental health break (psychosis).

It's also common that our mental health struggles show themselves in sleep problems. **Anxiety** can keep us up all night with racing thoughts. **Depression** can keep us in bed all day, whether we're sleeping or not. Research shows that students who attend high schools with a later start time do better academically, emotionally & physically years later!

So take sleep seriously! Practice **"sleep hygiene"** (see graphic). And when a family member is having difficulties sleeping, talk to a doctor or counselor.



Screens vs Sleep

You've probably heard the rule **"no screens for 1 hour before bedtime."** That's definitely a good idea--but hard to follow. What you should know:

- According to the Cleveland Clinic, looking at your phone or tablet harms sleep in 3 ways: it activates your brain; keeps you alert for new content; and disrupts your body's natural sleep-wake cycle due to the light from the screen.
- An NIHCD study found that **children who use screens before bed sleep 23 minutes less** than those who don't. Children who lack good focus and impulse control lose 40 minutes of sleep after using screens.
- Most recently, studies have found that **the way you use screens at bedtime matters**. Multitasking (e.g., checking email while scrolling through social media) or using the screen for a long period of time will have a negative effect. However, a brief, calming activity such as listening to a podcast or watching a short show can help you settle down.



SLEEP & MENTAL HEALTH

SLEEP HYGIENE

HELPFUL TIPS TO HELP YOU SLEEP

What is sleep hygiene? "Sleep hygiene" is used to describe good sleep habits. Many of us don't pay attention to our sleeping habits but they are essential.

YOUR PERSONAL HABITS



FIX A BEDTIME AND AN AWAKENING TIME
The body "gets used" to falling asleep at a certain time, but only if this is relatively fixed.

AVOID NAPPING DURING THE DAY
Or make sure you limit the nap to 20-30 minutes.



AVOID CAFFEINE & ALCOHOL 4-6 HOURS BEFORE BED

EXERCISE, BUT NOT BEFORE BED
Strenuous exercise within two hours before bedtime can interfere with your ability to fall asleep.



A WORD ABOUT ELECTRONICS

Using electronics before bedtime is often a bad idea. They are engaging objects that tend to keep people awake. Some people find that listening to music helps them fall asleep since it is a less engaging activity.

YOUR SLEEPING ENVIRONMENT



USE COMFORTABLE BEDDING
Find comfortable bedding and a good temperature to keep the room well ventilated.

BLOCK OUT ALL DISTRACTING NOISE
Also eliminate as much light as possible.



RESERVE THE BED FOR THE THREE S's: SLEEP, SEX, AND SICKNESS
Don't use the bed as an office. Let your body "know" that the bed is associated only with the Three S's.

GETTING READY FOR BED



TRY A LIGHT SNACK BEFORE BED
Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you sleep.

USE RELAXATION TECHNIQUES AND DON'T TAKE YOUR WORRIES TO BED



GET INTO YOUR FAVORITE SLEEPING POSITION
Don't toss and turn in bed. If you think it's been more than 30 minutes, get up, and do a relaxing activity (try light reading).



OTHER FACTORS

Several physical factors are known to upset sleep. These include sleep apnea, pain, arthritis, acid reflux with heartburn, menstruation, headaches and hot flashes. Many medications can cause sleeplessness as a side effect. Psychological and mental health problems like depression, anxiety and stress are often associated with sleeping difficulty.

THE GOAL IS TO REDISCOVER HOW TO SLEEP NATURALLY.

SLEEP & MENTAL HEALTH

CDC's National Center for Chronic Disease Prevention and Health Promotion



Do Your Children Get Enough Sleep?



6 in 10

Middle Schoolers

DON'T GET ENOUGH SLEEP



7 in 10

High Schoolers

Kids aged
6-12 need

9 to 12

Teens aged
13-18 need

8 to 10

HOURS OF SLEEP A NIGHT



Sleep is critical to prevent:



TYPE 2
DIABETES



OBESITY



POOR MENTAL
HEALTH



INJURIES



ATTENTION OR
BEHAVIOR PROBLEMS



Best Sleep Apps of 2022

Best Overall: [SleepScore](#)

Best for Apple Watch: [SleepWatch](#)

Best Free: [Sleep++](#)

Best for Extra Features: [Pillow](#)

Best Versatile App: [Sleep Cycle](#)

Best for Android: [PrimeNap](#)

Source: [VeryWellMind.com](#)



RESOURCE OF THE MONTH:

NEW Out of School Time Program Locator for Families

By Denique Weidema-Lewis, Norwalk ACTS

Norwalk ACTS designed an Out of School Time Program Locator as a resource for families to find local out-of-school time programs that meet the needs of their children. "We designed the program locator to ensure that all Norwalk young people are connected to year-round, meaningful out-of-school experiences" said Norwalk ACTS CEO Jennifer Barahona. "We hope this resource helps make it easier to connect families to program providers."

The Out of School Time Program Locator features after school and summer programs that exist in Norwalk. Families can search for programs and filter by age, price, type, time, and days. Each program has its own profile page with additional program and contact information. It is accessible by both desktop and mobile, and it is available in Spanish and Creole-Haitian.

"It can be so overwhelming for parents to learn about programs available for their children. I always searched for programs on my own or asked other parents for ideas because there was never one complete list or place to look to. The Out of School Time Program Locator is going to be a game-changer for parents" said Doreen Anderson, a Norwalk Parent and Norwalk ACTS Community Advocate.

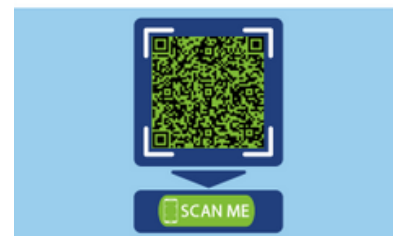
"Norwalk is fortunate to have many wonderful opportunities to support children outside of school hours. We are happy this coordinated resource is available to all families in Norwalk." said Superintendent of Norwalk Public Schools Dr. Alexandra Estrella.

Over 50 programs are currently featured in the Out of School Time Program Locator. Program information will be added and updated on a continuous basis. Communications about the Out of School Time Program Locator will circulate to families seasonally during key program registration periods.

Check it out at tinyurl.com/OSTfinder



Learn about the After School and Summer Programs that exist in Norwalk



Search for local programs by age, price, type, time, and day

Norwalk ACTS Working Together, Everything Is Achievable.



Aprenda sobre los programas después de la escuela y de verano que existen en Norwalk

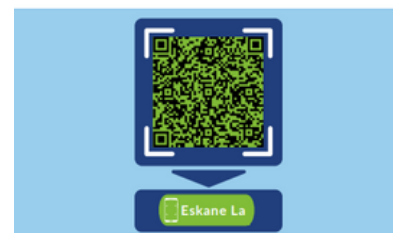


Buscar programas locales por edad, precio, tipo, hora y día

Norwalk ACTS TRABAJANDO JUNTOS, TODO ES ALCANZABLE.



Apran de pwogram apre lekòl pou timoun ak pwogram ete ki egziste nan Norwalk



Chèche de pwogram ki lokal par laj, pri, kalite, lè ak jou

Norwalk ACTS TRAVAY ANSANM, TOUT BAGAY POSIB

PREVENTION CORNER

The Norwalk Partnership (TNP) is Norwalk's community coalition to prevent underage substance use. Get info, tips, and data at www.thenorwalkpartnership.org

SAMHSA's "Talk. They Hear You" campaign recommends parents have repeated short conversations with their kids about alcohol & drugs throughout their childhood. Here are 5 goals to keep in mind.

TNP is going to be launching SAMHSA's "Talk. They Hear You" campaign in the next month. We'll be sharing videos and factsheets to help parents keep their kids safe from alcohol & other drugs.



Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—as early as 9 years old.

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you're open and you show concern.



1 Show you disapprove of underage drinking and other drug misuse.

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.

3 Show you're a good source of information about alcohol and other drugs.

You want your child to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

2 Show you care about your child's health, wellness, and success.

4 Show you're paying attention and you'll discourage risky behaviors.

Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.

5 Build your child's skills and strategies for avoiding drinking and drug use.

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.



SMA-18-5073

PREVENTION CORNER



St Patrick's Day is a great day to celebrate spring!

Just remember:

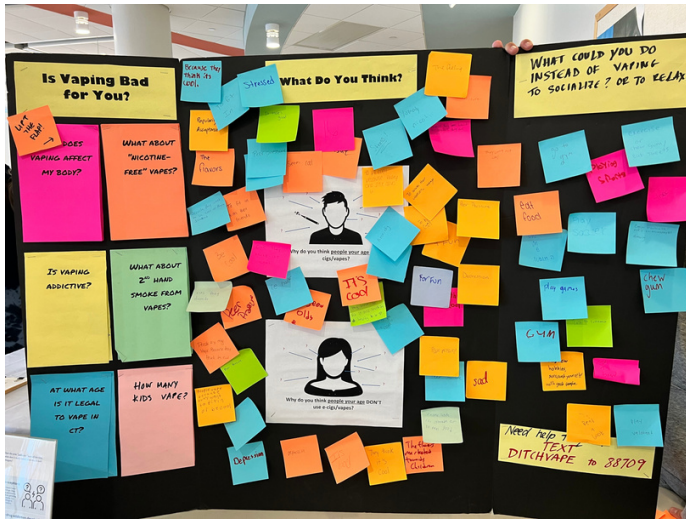
- Drink responsibly.
- Pick a designated driver or use Wheels 2 U or Uber to get home safely.
- Remember: Drunk, drugged or high--it's all a DUI!



TNP TEEN AWARENESS

Norwalk Strong Clubs: New Monthly Awareness Tables Educate Students on the Dangers of Vaping

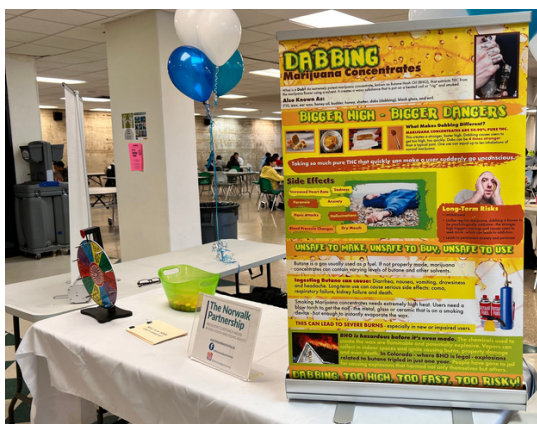
by Rebecca Oliveira, TNP coordinator



In February, our Norwalk Strong teen clubs were able to educate their peers and faculty on vaping misconceptions. The clubs set up awareness tables in the cafeterias at both high schools during lunch period. They encouraged student interaction and were able to raise awareness about the dangers of vaping, connecting with **400** teens! Teen vaping has become a nation-wide epidemic, and we hope that activities like these spark some change. Our club members will be holding these tables each month, focused on a different topic!

What We Learned at the Awareness Tables

- Students were surprised that only **8%** of high schoolers in Norwalk are vapers, according to TNP's youth survey back in June. Vaping appears to be increasing now, though most kids said they only have a couple of friends who vape.
- Students often encounter vaping in school bathrooms and buses.
- Many students (& some teachers!) were unaware that vaping is illegal before age 21.
- Some adults didn't realize that vapes could be used for THC (the active ingredient in marijuana).



High schoolers: Join your Norwalk Strong club!

- **At BMHS:** Wednesdays from 2:30-3:30 PM, Room 1207. Contact Sof, the BMHS club leader, at sramos@positivedirections.org or text him at: 203-945-9012
- **At NHS:** Thursdays from 2:30-3:30 PM in the Public Forum Room. Contact Grace, the NHS club leader, at ggaleano@positivedirections.org or text her at 203-952-4699



CENTER FOR YOUTH LEADERSHIP
YOUTH TOWN HALL
A CONVERSATION ABOUT RACE RELATIONS

WEDNESDAY, 3/16/22

7 - 8 PM

YOU ARE INVITED

Please join The Center for Youth Leadership (CYL) at Brien McMahon High School and the Darien High School Black Student Union, for a conversation about race relations. We welcome and encourage all to join.



SCAN QR CODE
OR
CLICK HERE TO
REGISTER

FOLLOW AND SHARE

 @NORWALKACTS.CT
 @NORWALKACTS1
 @NORWALKACTSCT

ACKNOWLEDGEMENT

This discussion is made possible by Norwalk ACTS. It provides a safe space for youth to come together to share experiences, provide education, and explore equitable actions that can be taken within schools and the community

Norwalk ACTS

9 MOTT AVENUE / NORWALK, CT / 06850
203.956.0700 / NORWALKACTS.ORG

**Connecticut's National
Prevention Week
Art Contest**



Connecticut Clearinghouse is inviting all students (K-12) in Connecticut to take part in creating a black-and-white coloring page of Connecticut National Prevention Week's (NPW) mascot, Starfish Stella. Entries must be completed by 5:00 PM on April 4th. Three winners will be selected. Winners will receive two tickets to the Discovery Museum in Bridgeport, Connecticut for the National Prevention Week event. All eligible submissions will be featured on Connecticut Clearinghouse's website.

Check out www.ctclearinghouse.org/npw for guidelines, official rules, submission forms, parental/guardian consent forms and sample images of Starfish Stella.



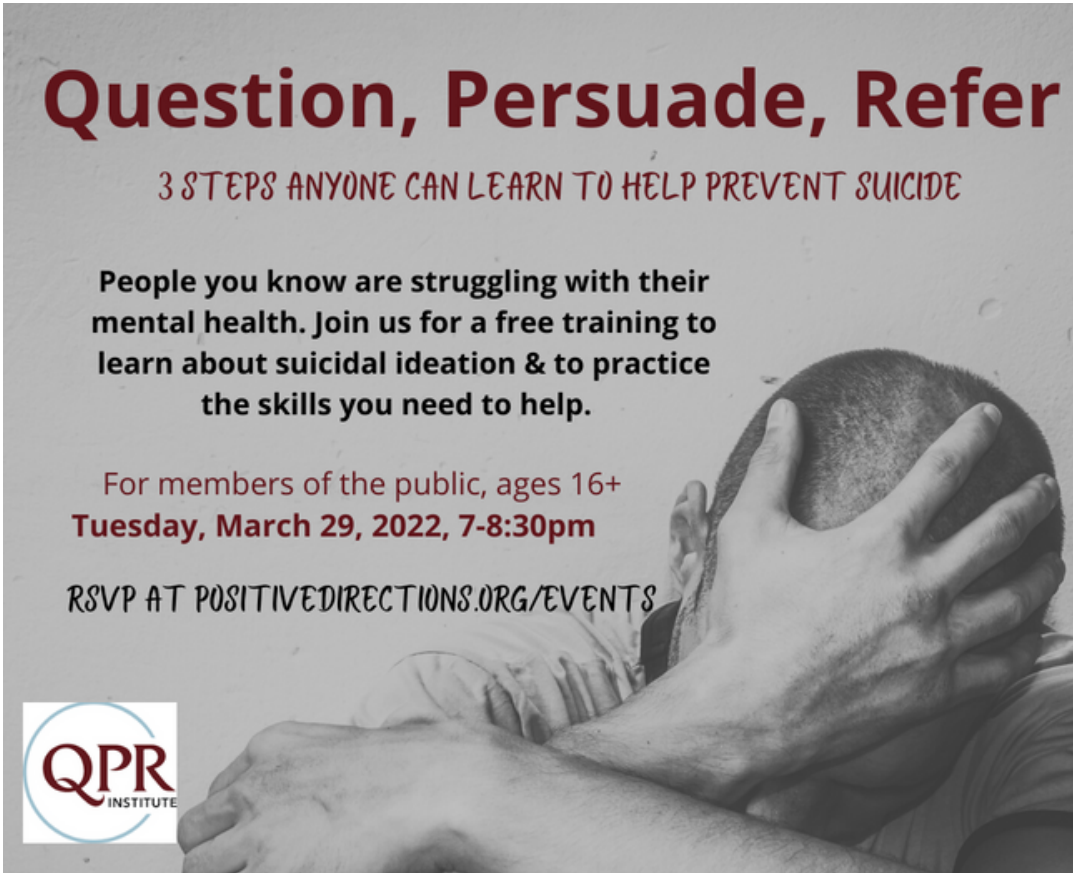
**CONNECTICUT
Clearinghouse**
a program of the Connecticut Center
for Prevention, Wellness and Recovery



PREVENTION CORNER

13% of Norwalk's middle & high school students reported contemplating suicide last year.

Do YOU know how to recognize signs someone could be considering suicide? Do you know what to say and do? Take our free Question-Persuade-Refer (QPR) training online & learn the skills to save a life. See flyer below or contact Margaret at mwatt@positivedirections.org for more options




Question, Persuade, Refer

3 STEPS ANYONE CAN LEARN TO HELP PREVENT SUICIDE

People you know are struggling with their mental health. Join us for a free training to learn about suicidal ideation & to practice the skills you need to help.

For members of the public, ages 16+
Tuesday, March 29, 2022, 7-8:30pm

RSVP AT [POSITIVEDIRECTIONS.ORG/EVENTS](https://positivedirections.org/events)



Ask a question, save a life.



LEARN ABOUT VAPING, OPIOIDS, AND GET TRAINED TO SAVE A LIFE WITH NARCAN! The Norwalk Partnership can provide training on all these topics. Reach out to Diamond at dsead@hscct.org or Margaret at mwatt@positivedirections.org to organize a training for your group. This month we're training the NPS nurses and security guards.

Peer Support for Teens

Feeling Down? Struggling to Cope? We've Got Your Back.

TurningPointCT.org: Online resources & supports,
created by young people in CT for their peers



TurningPointCT.org was developed by young people in Connecticut who are in recovery from mental health and substance use issues.



Guiding the search
for mental wellness

TurningPointCT.org
CT's online community on mental health & substance use, developed by young people in recovery for their peers

THE TURNINGPOINTCT PODCAST: BY & FOR YOUNG PEOPLE IN CT

Teens and young adults from CT talking about things that really matter.

Relationships, mental health, drugs & drinking, self-care, life, stress, and more!

NEW EPISODES EVERY OTHER FRIDAY!

Or find us @TurningPointCT on Spotify, Google Podcasts & Apple Podcasts

[TURNINGPOINTCT.ORG/PODCASTS](https://turningpointct.org/podcasts)

Instagram Facebook Twitter YouTube Messenger TikTok

9/21

FREE PEER SUPPORT WITH ALLY! For young people in their teens & 20s

Need to talk to someone who gets what you're going through?
Want help figuring out next steps?









Connect with Ally Kernan, Peer Support Specialist at TurningPointCT!
In-person or virtual, Tuesday & Thursday mornings... or by request.
Call or text: 203-858-1819



Provided by TurningPointCT.org,
the mental wellness community
by & for young people in CT



Norwalk Community Services News



Vaccination Clinic

Every Thursday
2:00 - 4:00 PM

Norwalk Health Department
137 East Avenue, Norwalk CT 06851

FLU SHOTS

***No appointments needed for flu shots, walk-ins are welcome**

Walk-ins for flu shots are welcome, no appointment required.

High-dose and standard flu shots are available.

Please bring all insurance cards with you. There is no cost to you with most insurances.


COVID-19 MODERNA BOOSTERS

***Appointments are required for a Covid-19 Booster**



Moderna boosters are available for everyone **18+ years of age** who received their second dose of the Pfizer or Moderna vaccine at least **5 months ago** or their J&J vaccine at least **2 months ago**.

Appointments are required for the COVID-19 booster. Make your appointment in VAMS at vams.cdc.gov or scan the QR code.

- Log in to VAMS.
- Click "Schedule Appointment."
- Follow the prompts to make a COVID-19 booster appointment and enter your information.
- Search for zip code 06851 and look for "Norwalk Health Dept. Booster Moderna, February 2022"



For questions or help making an appointment, call (203) 854-7985.





BUYING FOOD IS A SNAP!

WITH SNAP:

-  You will stretch your food dollars.
-  You will support your school and community.
-  Your kids get school meals at no cost.

What Is SNAP? SNAP is the Supplemental Nutrition Assistance Program; SNAP provides families and individuals with financial resources to purchase groceries.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP

Many Families are Surprised They Qualify – It's Quick, Easy, and Confidential!



TO APPLY CALL
(866) 974-SNAP 7627
For more info: www.ctsnap.org



City of Norwalk
FAMILY NAVIGATOR PROGRAM*

A trusted relationship to connect individuals and families to community resources.

OPEN TO ALL NORWALK RESIDENTS!

Bilingual Staff & Other Languages Available Upon Request

Get help with identifying resources for food, housing, workforce, mental health, or other community-based services

Please click and complete the following referral form
<https://www.surveymonkey.com/r/FAMNAVREF>

or

Call (203) 854-7999

Issues with link, please email: humanservices@norwalkct.org

Family Navigators are knowledgeable about the Norwalk social services systems, benefits, and supports available. They assist with making connections with resources and answer any questions.

*The FAMILY NAVIGATOR PROGRAM IS A FREE SERVICE for Norwalk Residents. Programs referred may require eligible requirements.

SUPPORTS FOR NORWALKERS

Struggling with isolation, stress, depression, or substance use? Help is here.

24/7 HOTLINES

- **CT's Mobile Psychiatric Crisis:** Dial 2-1-1, select option 1
- **CT's Substance Use Access Line:** 800-563-4086
- **Kids in Crisis 24/7 Helpline:** 203-661-1911 (local)
- **Crisis Text Line:** Text Hello to 741741 (national)
- **National Suicide Lifeline:** 800-273-8255 (starting July 2022, just dial 988)
- **Trevor Project (LGBTQ):** Text 678678 or call 866-488-7386 (national)
- **Trans Lifeline:** 877-565-8860 (national)

CITY SERVICES

- **Community Services:** Info, referrals, family navigators. 203-854-7999
- **Youth Services Bureau:** Care coordination, referrals, Juvenile Review Board, life skills. 203-854-7785

FREE IN-SCHOOL SUPPORT

- **Mid-Fairfield School-Based Clinical Services:** Mental health counseling at BMHS and NHS. Call 203-299-1315, ext. 6175.
- **School-Based Health Centers:** Behavioral health, telehealth, medical, physicals. BMHS: Room 1209. NHS: Room C301. Also NHMS, Ponus & WRMS.
- **Teen Talk:** Free crisis counseling provided by Kids in Crisis. BMHS: 203-852-9488, x11319, Room 11319. NHS: 203-838-4481, x13279, Room 218E. Or call 24/7 helpline: 203-661-1911

FREE PEER SUPPORT

- **Alcoholics Anonymous:** Meetings in English & Spanish. ct-aa.org
- **Alanon/Alateen:** Support for people affected by someone's substance use. Adults: Call Karen at 203-962-5427. Teens: Call Peter at 203-856-1614; meet at NHS on Thursdays.
- **Courage to Speak Foundation:** Parent support group, education. 877-431-3295
- **Lighthouse Program:** LGBTQ teen support group run by Kids in Crisis, meeting Tuesday nights from 5-7pm online. Call or text 203-461-3409.
- **NAMI:** Support groups for young adults & families, training programs by & for families with a loved one with mental illness. namisouthwestct.org
- **RIPPLE:** Late-night online support groups & more. RockingRecovery.org
- **SMART Recovery:** Support & skills building to quit bad habits & make positive changes in your life. Local groups: turningpointct.org/smart
- **TurningPointCT:** Online mental health community by & for teens and young adults in CT at TurningPointCT.org. One on one peer support with Ally: 203-858-1819.

SUPPORTS FOR NORWALKERS

Struggling with isolation, stress, depression, or substance use? Help is here.

NONPROFIT TREATMENT AGENCIES

- **Catholic Charities:** Mental health counseling, all ages. English & Spanish. 203-750-9711
- **Child & Family Guidance, ACRA program:** Substance use treatment for teens ages 12-24. English & Spanish. 203-810-4404
- **Child Guidance of Mid Fairfield County:** Mental health services ages 5-21, including home based. English & Spanish. 203-299-1315
- **Community Health Center (Day Street):** Mental health & substance use, all ages. Must be medical client of CHC. Multiple languages. 203-854-9292
- **CT Counseling Centers:** Behavioral health for adults, including IOP and opioid treatment. English & Spanish. 203-838-6508
- **CT Renaissance:** Behavioral health for ages 13 through adult, including gaming/gambling. 203-866-2541
- **Family & Children's Agency:** Psychiatric services for children & teens, including IICAPS; mental health & substance use for adults. 203-855-8765
- **High Focus Centers:** Intensive mental health & co-occurring for ages 10 through adult, including IOP and PHP. 877-670-5120
- **Keystone House:** Residential rehabilitation program for people with a psychiatric disorder. 203-855-7920
- **Liberation Programs:** Drug & alcohol counseling for middle school through adults. 855-542-7764
- **MFAP Drug User Outreach:** Outreach, Narcan, syringe exchange. 203-855-9535 x107
- **Norwalk Community Health Center:** Mental health & substance use counseling, all ages. Must be medical client of NCHC. English, Spanish, Haitian Creole. 203-899-1770 x1203
- **Norwalk Hospital:** Behavioral health treatment for adults, including IOP, PHP and inpatient. 203-852-2988
- **Positive Directions:** Mental health & substance use treatment, prevention, recovery support, ages 13 through adult. Free time-limited 1:1 peer support for teens and young adults with Ally from TurningPointCT. English & Haitian Creole. 203-227-7644
- **St. Vincent's:** Mental health & substance treatment, all ages, including IOP in Norwalk and inpatient / detox in Westport. 203-221-8899
- **Services in Nearby Towns:** TheHubCT.org/treatment
- **Triangle Community Center:** LGBTQ+ center offering counseling (individuals, couples and families), case management, support groups, and education. 203-853-0600



Save these numbers in your
and your family's phones!

MENTAL HEALTH OR SUICIDE CRISIS?

**FREE HOTLINES ARE
AVAILABLE 24/7!**

National:

- Crisis Text Line: Text 741741
- National Suicide Lifeline: Call 800-273-8255
(Starting July 2022, just dial 988)

LGBTQ:

- The Trevor Project: Text 678678
- Trans Lifeline: Call 877-565-8860

CT Resources:

- Kids in Crisis (ages 0-18): 203-661-1911
- CT's Action Line (mobile crisis): 2-1-1, option 1
- Domestic Violence SafeConnect: 888-774-2900
- JoinRiseBe Young Adult Warmline: Talk to a young adult peer specialist 12pm-9pm daily: 800-6-HOPENOW

Local:

- First Responders: 911 (ask for a CIT officer)