

YOUTH MENTAL HEALTH IN NORWALK

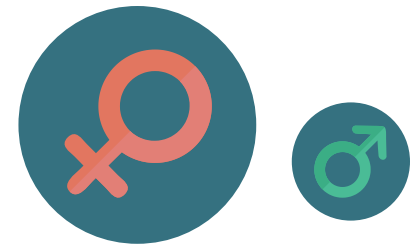
IN 2018, ALL 7TH, 9TH & 11TH GRADERS IN NORWALK
PUBLIC SCHOOLS WERE SURVEYED.

20% of Norwalk students
reported feeling *sad or
depressed* most or all of
the time in the past
month



*Depressed students had higher rates of
alcohol use than the average (34% vs 26%)*

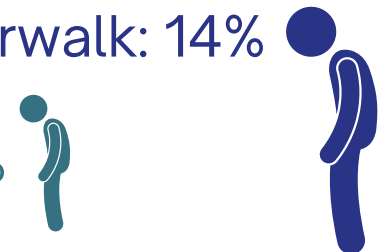
27% of girls reported
depression compared
with 13% of boys



TEENS ATTEMPTING SUICIDE:

Norwalk: 14%

CT: 7%



STATEWIDE, THE HIGHEST-RISK DEMOGRAPHIC GROUPS ARE: FEMALES, HISPANIC, MULTIRACIAL, LESBIAN/GAY OR BISEXUAL

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THE MORE YOU KNOW...

- Learn to recognize warning signs & offer help! Take a Mental Health First Aid or suicide prevention training.
- Treatment works! Talk therapy, peer support, medication, exercise, nutrition, meditation, and self-care are all effective. Visit www.thehubct.org/treatment and www.thehubct.org/recovery to find area resources.

FREE RESOURCES YOUTH & PARENTS SHOULD KNOW

Mental Health Crisis Options (24/7):

- Dial 2-1-1, select option 1 for CT's mobile crisis
- Crisis Text Line: text 741-741
- Kids in Crisis Hotline: 203-661-1911
- National Suicide Prevention Lifeline: 800-273-8255
- The Trevor Project (LGBTQ) - text 678-678

Referrals & Support at School:

- School-Based Health Centers
- School social workers
- Teen Talk counselors (high schools)
- School Resource Officers

Free Peer Support for Teens in Norwalk:

- SMART Recovery Teen Group (dsead@hscct.org)
- Alateen (203-856-1614)
- Peer Connections Group (203-854-7785)



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