

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
- **Crisis Text Line:** Text Hello to 741741 (national)
- **National Maternal Mental Health Hotline:** 1-833-943-5746
- **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: 203-227-7644, ext. 842.