

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

## FREE 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 Helpline:** 203-661-1911 (local - crisis support to families, respite beds for teens)
- **Crisis Text Line:** Text Hello to 741741 (national)
- **National Maternal Mental Health Hotline:** 1-833-943-5746
- **National Crisis and Suicide Lifeline:** Call or text 988
- **Trevor Project (LGBTQ):** Text 678678 or call 866-488-7386 (national)
- **Trans Lifeline:** 877-565-8860 (national)

## FREE CITY SERVICES

- **Community Resource Hub:** Info, referrals, family navigators. 203-854-7999
- **Youth Services Bureau:** Care coordination, referrals, Juvenile Review Board, life skills. 203-854-7785
- **Behavioral Health Unit, Norwalk Police Department:** Community supports and referrals. 203-854-7223

## FREE IN-SCHOOL COUNSELING

- **Dr. Robert E. Appleby School-Based Health Centers:** Medical (physical exams, Mental health, telehealth, medical, physical exams). Norwalk HS: Room C301. Also at Nathan Hale MS, West Rocks MS, & coming to Roton MS for the 2023-2024 school year.
- **Mid-Fairfield Community Care Center - School-Based Clinical Services:** Mental health counseling in schools. BMHS: Room 1325 (in main office). NHS: D-house, in secretary's office. Ponus: Room 11, E in counseling/student services center. Roton: 2nd floor (behind library and computer lab). West Rocks: Room 172 (next to nurse & across from library). Nathan Hale: In the counseling suite near the main entrance; look for "Mid Fairfield" sign above door. Call Megan at 203-299-1315, ext. 6175 for information and referrals.
- **Mid-Fairfield Community Care Center - Latinx Integrated Care (LINC) Services:** Special services for recent immigrants from Latin America through the LINC program at both high schools, Cranbury, Kendall, Nathan Hale, Ponus, and West Rocks. Contact Luz Cruz at 203-299-1315.
- **Norwalk Community Health Center:** Medical, mental health, and dental services at Ponus Ridge MS, Brien McMahon HS (Room 1209), and the NPS Family Center.
- **Positive Directions:** Free substance use assessment + counseling, Tuesdays at NHS/PTECH in Room 316B, Wednesdays at BMHS/CGS in room next to the nurse. Contact Karlene at 203-227-7644 ext 838 or barnettk@norwalkps.org
- **TeenTalk:** Free, confidential 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
- **Triangle Community Center:** LGBTQ counseling available at BMHS/CGS on Mondays 12-2:30pm, NHS/PTECH on Thursdays 11:30-2:20 + Pride Club 2:30-3:30, Nathan Hale on Fridays 9am-3pm, Ponus on Thursdays 9-11am, Roton at Mondays 9-12pm, WRMS on Wednesdays 11am-2pm.

## FREE SUPPORT GROUPS

- **Alcoholics Anonymous:** Meetings in English & Spanish. [ct-aa.org](http://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, prevention presentations and trainings for adults (English and Spanish) as well as children and teens ages 10-adult. 203-831-9700
- **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 CT:** Support groups for young adults & families, training programs by & for families with a loved one with mental illness, speakers, book clubs, advocacy. Statewide: [namict.org](http://namict.org) and local: [namisouthwestct.org](http://namisouthwestct.org).
- **Positive Directions:** Free *online* support groups include: teen stress, Queers & Peers (HS students), SMART recovery for adults, SMART Recovery for family & friends, Alzheimer's caregivers, teacher support groups. *In-person* Alternatives to Suicide group Tuesdays at 7pm. Mental health & substance prevention trainings also available. [positivedirections.org/support-groups](http://positivedirections.org/support-groups)
- **RIPPLE:** Late-night online support groups, including Alternatives to Suicide. [RockingRecovery.org](http://RockingRecovery.org)

More info at [www.thenorwalkpartnership.org/get-help](http://www.thenorwalkpartnership.org/get-help)

# BEHAVIORAL HEALTH SUPPORTS FOR NORWALKERS

*Struggling with isolation, stress, depression, or substance use? Help is here. The nonprofit agencies below accept multiple forms of payment, including Medicaid / Medicare.*

## NONPROFIT TREATMENT AGENCIES IN NORWALK

- **Catholic Charities:** Mental health counseling, age 11+. English & Spanish. Medication management. 203-750-9711
- **Child & Family Guidance, SSTRY program:** Substance misuse treatment for ages 12-24. English & Spanish. 203-394-6529, ext. 3337
- **Community Health Center (Day Street):** Mental health & substance misuse, all ages. Must be medical client of CHC. Multiple languages. 203-854-9292
- **CT Counseling Centers:** Mental health & substance misuse for adults, including Intensive Outpatient Program and opioid treatment. English & Spanish. 203-838-6508
- **CT Renaissance:** Mental health & substance misuse for ages 13 through adult, including gaming/gambling. Outpatient & Intensive Outpatient Program. 203-866-2541
- **Family & Children's Agency:** Mental health services for children & teens, including Intensive In-Home Child & Adolescent Psychiatric Services. Mental health & substance treatment for adults, including Project Reward, a unique program for women with co-occurring mental health and substance misuse disorders. 203-855-8765
- **Hartford Healthcare/St. Vincent's:** Mental health & dual diagnosis substance treatment for adolescents and adults, including adolescent and adult Intensive Outpatient Program in Norwalk and inpatient / detox in Westport. 203-221-8899
- **High Focus Treatment Centers:** Intensive mental health & co-occurring for ages 10 through adult, including Intensive Outpatient Program and Partial Hospitalization Program. 800-877-3628
- **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
- **Mid-Fairfield Community Care Center:** Mental health services ages 5-21, including home-based, family support, Intensive Outpatient Program. English & Spanish. 203-299-1315 (See also Free In-School Support, page 1.)
- **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 (See also Free In-School Support, page 1.)
- **Norwalk Hospital:** Outpatient and Intensive Outpatient Treatment mental health services for adults and adolescents; medication management for adults: 203-852-2988. Community Support Program (CSP): fostering independence for adults with mental illness through skill building and connecting to community resources: 203-855-3534.
- **Positive Directions:** Mental health & substance misuse treatment, prevention, support groups, ages 13 through adult. English, Haitian Creole. 203-227-7644
- **Triangle Community Center:** LGBTQ+ center offering free counseling (individuals, couples and families), case management, support groups, and education. 203-853-0600

**For specialty services, additional treatment providers, and peer support groups in nearby towns, visit [TheHubCT.org/treatment](https://TheHubCT.org/treatment) and [TheHubCT.org/recovery](https://TheHubCT.org/recovery)**