

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 available for all children up to age 18)
- **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:** Mental health, telehealth, medical, physical exams available at Norwalk HS & PTECH, Nathan Hale MS, West Rocks MS. Call 203-354-1960 for information and scheduling.
- **Mid-Fairfield Community Care Center/School-Based Clinical Services:** Free mental health counseling available at school. BMHS & CGS: Room 1325 (in main office). NHS & PTECH: Room 219E (E-House, 2nd floor). Ponus MS & Concord: Room 11, E in counseling/student services center. Roton MS: Room 20, 3rd floor. West Rocks: Room 172 (next to nurse & across from library). Nathan Hale: In counseling suite near main entrance; look for "Mid Fairfield" sign. Call Megan at 203-299-1315, ext. 6175 for information and referrals for middle and high school services. School-based services are also available in NPS elementary schools; contact Erika Keyes at 203-299-1315, ext. 6104.
- **Mid-Fairfield Community Care Center/Latinx Integrated Care (LINC) Services:** Special services for recent immigrants from Latin America at Brien McMahon & CGS (Tuesdays), Brookside (Thursdays), Cranbury (Tuesdays), Kendall (Mondays), Nathan Hale (Mondays), Norwalk HS & PTECH (Mondays), Ponus & Concord (Wednesdays), Roton (Wednesdays) and West Rocks (Wednesdays). Contact Nathalie at [203-299-1315](tel:203-299-1315) or nrodriguez@mfcgc.org for more info.
- **Norwalk Community Health Center:** Bilingual therapy (English/Spanish), psychiatric medication management, medical, and dental services. At Ponus Ridge MS & Concord Magnet: Off the nurse's suite. At Brien McMahon HS & CGS: Room 1209. Support groups starting soon! Opening at Kendall winter 2025. Contact: 203-847-3557.
- **Positive Directions:** Free substance use assessment + counseling, Tuesdays at NHS/PTECH in B-316, Wednesdays at BMHS/CGS in room 1220 in the nurses' suite. 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

FREE SUPPORT GROUPS

- **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, 2nd period, in the upstairs library.
- **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 & NAMI Southwest 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 and local: namisouthwestct.org
- **Positive Directions:** Free one-on-one peer support for teens & young adults. 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. positivedirections.org/support-groups
- **RIPPLE:** Late-night online support groups, including Alternatives to Suicide. RockingRecovery.org

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 patient of CHC to receive behavioral health services. 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. Client does not need to be medical patient at NCHC to receive these services. 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 trainings, free support groups, ages 13 through adult. 203-227-7644 (See also Free In-School Support, page 1.)
- **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 CatalystCT.org/resource-library