

FREE MENTAL HEALTH SUPPORT FOR NORWALK TEENS

Servicios de salud mental gratuitos para
adolescentes de Norwalk



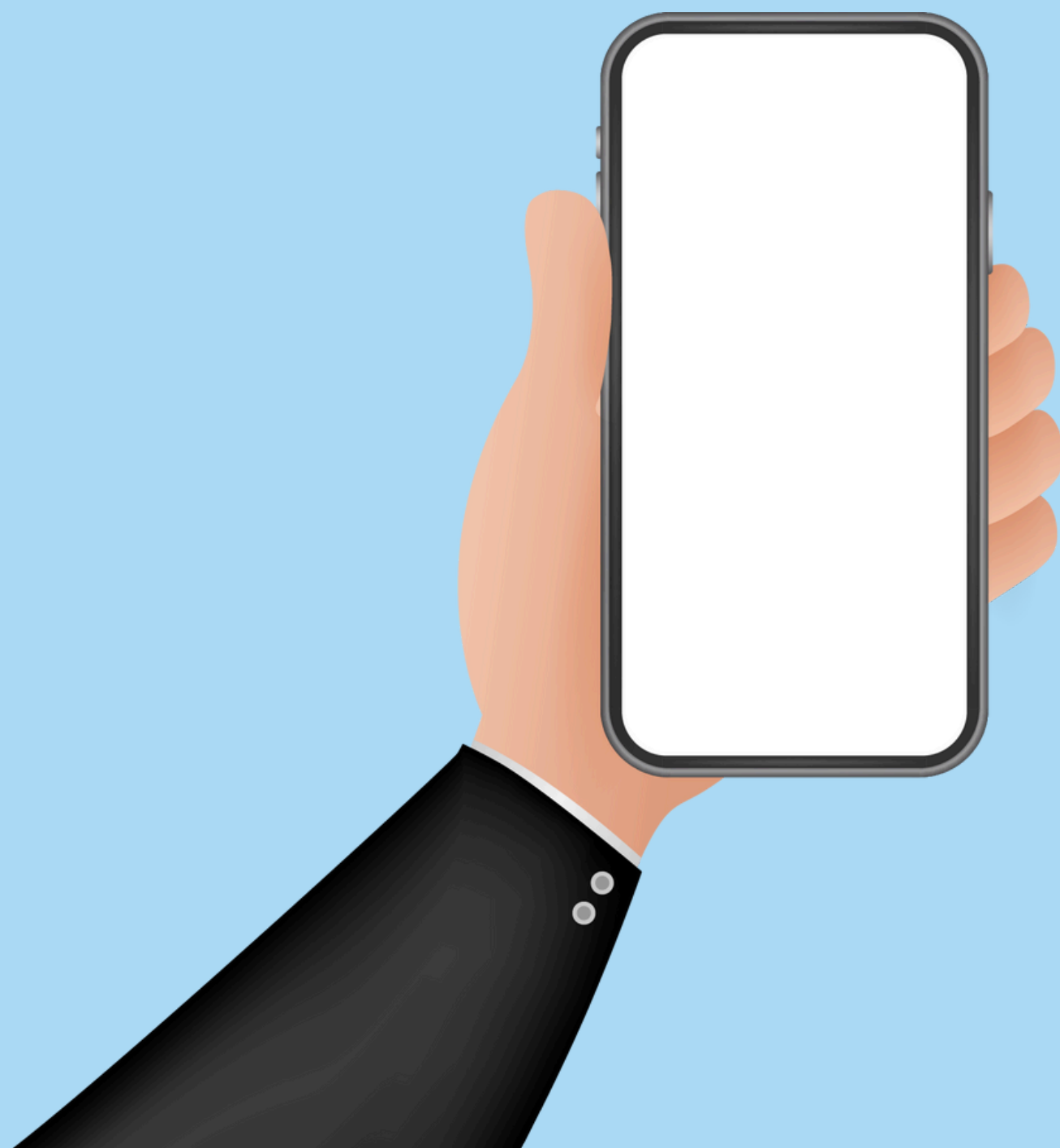
**The Norwalk
Partnership**

PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

thenorwalkpartnership.org/get-help

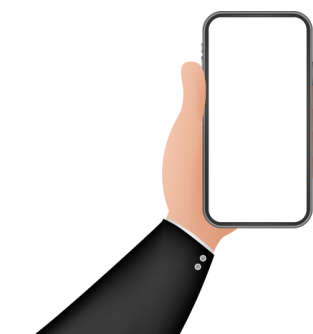
August / Agosto 2024

Created for TNP by Positive Directions



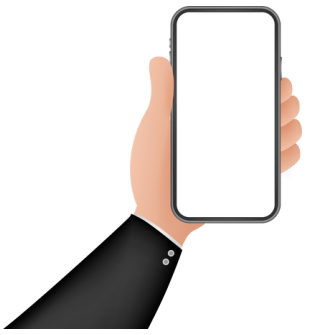
HOTLINES:
CALL OR TEXT FOR FREE,
24/7

LINEAS DE CRISIS:
LLAMA O ENVIA UN TEXTO SIN
COSTO, LAS 24 HORAS AL DIA



**988 is the free national
suicide & crisis hotline.
Save the number in your
phone!**

**988 es la línea gratuita
nacional para casos de
crisis y prevención del
suicidio.
Introdúcela en tu
teléfono.**



CRISIS TEXT LINE |

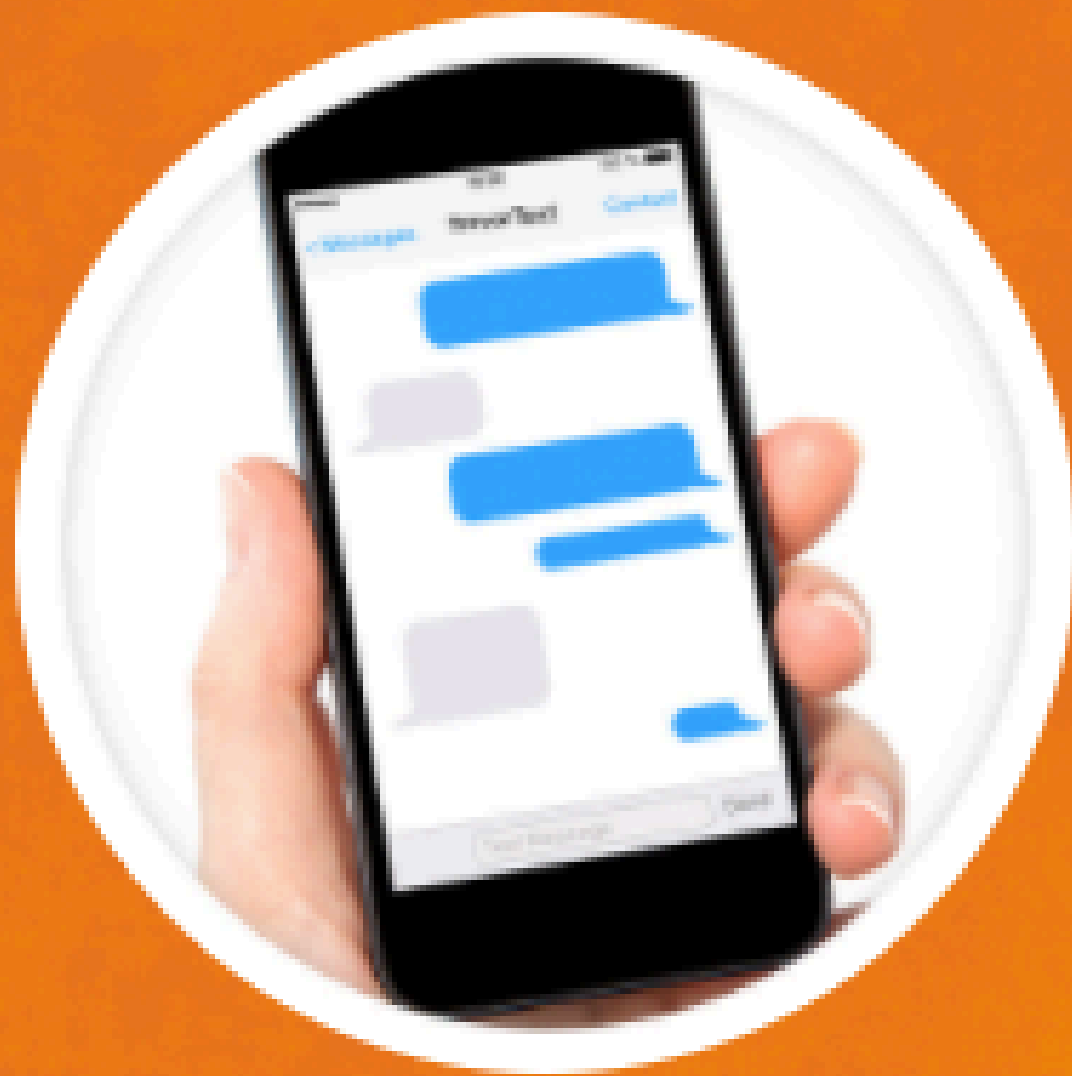
**Text
HOME
to 741741**

for free, 24/7 crisis support.

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.

**CTL is a national text
hotline for any type of
crisis.**

**CTL es una línea de texto
nacional para cualquier
tipo de crisis.**



TrevorText

Text START to 678-678.

Confidential text messaging with
a Trevor counselor, available
24/7/365.

Standard text messaging rates apply.



THE **TREVOR** PROJECT

**National crisis intervention &
suicide prevention service for
LGBTQ+ youth. Text "start" to
678678 or call 866-488-7386.**

**Servicio nacional gratuito
para jóvenes LGBTQ.**

Texto: 678678

Telefono: 866-488-7386

The Statewide Young Adult Warmline is a phone-based peer support line. Staff connect callers to community resources, motivate young people to move forward in life, and inspire their peers to live a life of self-defined purpose.



We're available
everyday from
12pm - 9pm



CT's Young Adult Warmline:
Call 855-6-HOPENOW
Run by 18-25 year olds who
are trained to provide peer
support

Línea de ayuda para jóvenes
de CT: Llama al 855-6-
HOPENOW para hablar con
jóvenes de entre 18 y 25
años que están capacitados
para brindar apoyo entre
pares.



It's okay not to be okay. We can help:
Kids In Crisis 24 hours a day/7 days a week 203-622-6556



Está bien no sentirse bien. Podemos ayudar:
Lorraine Reid-James de lunes a viernes (9 a.m. hasta 5 p.m.)
Llame o mande mensaje en 203-523-5427 o en
LReid@fcagency.org
Kids In Crisis: 24 horas al día/7 días a la semana 203-622-6556

For kids ages 0 to 18 who need a safe place to sleep

Family & Children's Agency and Kids In Crisis are helping youth under age 18 who are experiencing housing instability and couch surfing or have nowhere to live.

- Outreach
- Educational Support
- Emergency Shelter
- Open, Inclusive, and Safe
- Emotional Support

Para jóvenes de 0 hasta 18 años que necesitan un lugar seguro para dormir

Family & Children's Agency y Kids in Crisis están ayudando a los jóvenes menores de 18 años que están pasando por una inestabilidad en la vivienda, que están pasando de casa en casa o no tienen un lugar donde vivir.

- Compromiso de la comunidad
- Apoyo Educativo
- Refugios de Emergencia
- Apoyo abierto, inclusivo y seguro
- Apoyo emocional



Connecticut

Dial 211 for CT's InfoLine to connect to many kinds of resources: mobile crisis, housing, food, transportation, and more. (For mental health, select option 1.)

Marca el 211 para la línea de información de Connecticut para conectarte con muchos tipos de recursos: crisis, alojamiento, alimentos, transporte y más. (Para la salud mental, escoge la opción 1.)



**FREE COUNSELING
SERVICES BASED IN THE
SCHOOLS**

**ASESORAMIENTO
GRATUITO LOCALIZADO
EN LAS ESCUELAS**



When you're in crisis, overwhelmed, self-harming, thinking about suicide, or need a safe place to stay, visit the TeenTalk crisis counselor right in your high school. It's free & confidential.

Cuando estés en crisis, abrumado, auto-lesionándote, pensando en suicidarte o necesites un alojamiento seguro, visita al consejero TeenTalk en la escuela. Es gratuito y confidencial.

- BMHS & CGS: Ms. Suresh, Room 11319
203-852-9488, ext. 11319 - csuresh@kidsincrisis.org
- NHS & PTECH: Mr. Milton, Room 218E
203-838-4481, ext. 13279 - emilton@norwalkps.org
- 24-Hour Helpline/Línea de Crisis 24 horas al día: 203-661-1911.



- Free mental health counseling in the schools
- Free group trauma therapy at school
- Latinx Integrated Care Program (LINC)
- Call Megan Iosifidis at (203) 299-1315 ext. 6175 or email miosifidis@mfcgc.org for services in the middle and high schools. Call Erika Keyes at 203-299-1315 ext. 6014 for services in elementary school.



Mid-Fairfield
Community Care Center
Clifford Beers Community Health Partners

- *Servicios terapeuticos gratuitos y terapia para trauma gratuita en las escuelas intermedias y secundarias. Llama a Megan Iosofides en el (203) 299-1315 ext. 6175 o miosofides@mfcgc.org para obtener información y referencias. Para servicios en primaria, llama a Erika Keyes, 203-299-1315 ext. 6104.*
- *Programa especializado "LINC" para estudiantes latinos recién llegados a EEUU, en BMHS/CGS, Brookside, Cranbury, Kendall, NHMS, NHS/PTECH, Ponus/Concord, Roton, WRMS. Llama a Nathalie: 203-299-1315, ext 6156, nrodriguez@mfcgc.org para obtener una cita.*



Free services at the Dr. Robert E. Appleby School-Based Health Centers:



- Mental / behavioral health visits
- Physicals
- Medical visits
- Call (203) 354-1960 for information and scheduling.

Servicios gratuitos en los centros de salud de HSC basados en la escuela:

- *Salud mental y del comportamiento*
- *Exámenes físicos*
- *Visitas médicas*
- *Llame al (203) 354-1960 para obtener información y programar una cita.*

Located at / **ubicado en:**

- NHS & PTECH
- Nathan Hale MS
- West Rocks MS



Free services at Norwalk Community Health Center's school-based health centers:



- Mental health counseling (individual, family, group) - English or Spanish
- Psychiatric medication management
- Physical health screenings
- Medical services
- Dental services

Servicios gratuitos en los centros de salud de NCHC en las escuelas:

- Terapia de salud mental (individual, familiar, grupal)
- Administracion de medicamentos psiquiátricos
- Exámenes físicos
- Servicios medicos
- Odontología

Located at / **ubicado en:**

- Brien McMahon HS & CGS (Room 1209)
- Ponus Ridge & Concord (nurses' suite / enfermeria)
- Kendall - starting winter 2025
- CONTACT: 203-847-3557



FREE ALCOHOL & DRUG COUNSELING FOR STUDENTS

**Karlene Barnett,
MS, LADC, LPC-A, from
Positive Directions**

NHS/PTECH: Tuesdays, 8am-4pm, in 316B
BMHS/CGS: Wednesdays, 8am-4pm, in 1220
in nurses' suite

Come talk to Karlene if you:

- Have questions about vaping, alcohol, or other drugs
- Have concerns about yourself, a friend, or family member
- Are looking to make positive changes in your life related to vaping, marijuana, drinking or other problematic behaviors

Students can walk in or make an appointment. Families, teachers & staff can make referrals. Contact: barnettk@norwalkps.org or 203-227-7644 x838

NPS has contracted with Positive Directions to provide FREE alcohol & drug counseling to students in need. Families, if you don't want your students to visit Karlene, please inform Dr. Gredinger: gredingerr@norwalkps.org

For more FREE behavioral health and physical health services in our schools, as well as a list of community-based services, visit thenorwalkpartnership.org/get-help.

Free alcohol & drug counseling for high school students:

- **NHS/PTECH: Tuesdays, 8am-4pm, in 316B**
- **BMHS/CGS: Wednesdays, 8am-4pm, next to nurse's office**

Asesoramiento gratuito sobre alcohol y drogas para estudiantes en las escuelas secundarias:

- **NHS/PTECH: Cada martes, de 8 a.m. a 4 p.m., en 316B**
- **BMHS/CGS: Cada miércoles, de 8 a.m. a 4 p.m., en la oficina al lado de la enfermera**



**FREE PEER SUPPORT:
CONNECT WITH SOMEONE LIKE
YOU**



**APOYO ENTRE PARES
GRATUITO: CONÉCTATE CON
ALGUIEN COMO TÚ**



Al-Anon/Alateen



Alateen is a free support group just for teens affected by someone else's alcoholism or substance use. Meetings at Norwalk High / PTECH on Thursdays during 2nd period in the upstairs library. Call Peter at 203-856-1614 for info or online support at other times.

Alateen es un grupo de apoyo gratuito solo para adolescentes afectados por el alcoholismo o el uso de sustancias de otra persona. Reuniones en Norwalk High / PTECH los jueves durante el segundo período en la biblioteca (2o piso). Llama a Peter al 203-856-1614 para obtener información o asistencia en línea en otros momentos.



Triangle Community Center
www.ctpridecenter.org

**For youth or families who identify with the
LGBTQ+ community, Triangle Community
Center is Norwalk's Pride Center.
Drop-in center, support groups, monthly
dinners for youth**

*Para jóvenes o familias que se identifican con la
comunidad LGBTQ+, Triangle Community Center
es el Centro Pride de Norwalk.
Centro de acogida, grupos de apoyo, cenas
mensuales para adolescentes.*

**650 West Avenue, Norwalk
CTpridecenter.org**



Quinn is a Recovery Support Specialist who uses their training and lived experience with mental health & substance use challenges to provide free one-on-one peer support to teens & young adults in CT.

Quinn es un especialista en apoyo a la recuperación que utiliza su capacitación y experiencia vivida con desafíos de salud mental y uso de sustancias para brindar apoyo individual gratuito a adolescentes y adultos jóvenes en CT.






Are you a teen or young adult in CT looking for support from a peer?

 Connect with **Quinn** to talk with someone who understands what you're going through

Available for **free** in-person and virtual meetings!



Quinn is a young adult Recovery Support Specialist trained in Intentional Peer Support. They draw from their own experiences to connect with participants and support them in moving towards their goals.

Reach out to Quinn at
qjannetty@positivedirections.org
or via text at (475) 999-2605

PEER CONNECTION

Wellness

Peer Relationship

Life Skills

Self-Awareness

Peer connection is more than just food, friends, and fun. The new Peer Connection Program is an interactive life skills program open and **FREE** to 6th, 7th and 8th grade students in the City of Norwalk. This unique program offers the following, group presentations on topics of interest to teens:

Sept 30th 2024 -Virtual Orientation for Parents & Students

Oct 7th 2024 -Live in person program

Located in Norwalk City Hall
Every Monday 6:30pm -8pm
Please call our office to sign up:
203-854-7785



**Peer Connection:
Free interactive life
skills group for
middle school
students in
Norwalk.**

*Peer Connection: Grupo
gratuito para
estudiantes de middle
school en Norwalk.*

NONPROFITS SERVING NORWALK KIDS & FAMILIES IN THE COMMUNITY



**ORGANIZACIONES SIN FINES
DE LUCRO QUE SIRVEN A
NINOS Y FAMILIAS DE
NORWALK EN LA COMUNIDAD**

BEHAVIORAL HEALTH SUPPORTS FOR NORWALKERS

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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-
- **Behavioral Health Unit, Norwalk Police Department:** Community supports and referrals. 203-854-

FREE IN-SCHOOL COUNSELING

- **Dr. Robert E. Appleby School-Based Health Centers:** Mental health, telehealth, med Norwalk HS & PTECH, Nathan Hale MS, West Rocks MS. Call 203-354-1960 for information.
- **Mid-Fairfield Community Care Center/School-Based Clinical Services:** Free mental health services. BMHS & CGS: Room 1325 (in main office). NHS & PTECH: Room 219E (E-House, 2nd floor). Roton MS: Room 20, 3rd floor. West Rocks: Room 20 (library). Nathan Hale: In counseling suite near main entrance; look for "Mid Fairfield" signs. 6175 for information and referrals for middle and high school services. School-based elementary schools; contact Erika Keyes at 203-299-1315, ext. 6104.
- **Mid-Fairfield Community Care Center/Latinx Integrated Care (LINC) Services:** Support for Latin America at Brien McMahon & CGS (Tuesdays), Brookside (Thursdays), Cranford (Mondays), Norwalk HS & PTECH (Mondays), Ponus & Concord (Wednesdays). Contact Nathalie at 203-299-1315 or nrodriguez@mfcgc.org for more information.
- **Norwalk Community Health Center:** Bilingual therapy (English/Spanish), psychiatric and dental services. At Ponus Ridge MS & Concord Magnet: Off the nurse's suite. At Brien McMahon: Support groups starting soon! Opening at Kendall winter 2025. Contact: 203-847-3555
- **Positive Directions:** Free substance use assessment + counseling, Tuesdays at NHS/BMHS/CGS in room 1220 in the nurses' suite. Contact Karlene at 203-227-7644 ext 83
- **TeenTalk:** Free, confidential crisis counseling provided by **Kids in Crisis**. BMHS: 203-203-838-4481, 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 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 information for parents as well as children and teens ages 10-adult. 203-831-9700
- **Lighthouse Program:** LGBTQ teen support group run by **Kids in Crisis**, meeting Tuesdays. Text 203-461-3409.
- **NAMI CT & NAMI Southwest CT:** Support groups for young adults & families, training for people with mental illness, speakers, book clubs, advocacy. Statewide: namict.org and nami.org
- **Positive Directions:** Free one-on-one peer support for teens & young adults. Free on-site support groups for students, SMART recovery for adults, SMART Recovery for family members. *In-person* Alternatives to Suicide group Tuesdays at 7pm. rockingb.org
- **RIPPLE:** Late-night online support groups, including Alternatives to Suicide. [RockingB.org](http://rockingb.org)

More info at www.thenorwalkpartnership.org

BEHAVIORAL HEALTH SUPPORTS FOR NORWALKERS

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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

More info at www.thenorwalkpartnership.org/get-help



There are so many places in Norwalk that can help you or your family with mental health or substance use problems!

thenorwalkpartnership.org/get-help

¡Hay tantos lugares en Norwalk que pueden ayudarte a ti o a tu familia con problemas de salud mental o consumo de sustancias!

thenorwalkpartnership.org/espanol

City of Norwalk

 **NORWALK**
The Good of Community

COMMUNITY RESOURCE HUB

RESOURCE SPECIALISTS - FAMILY NAVIGATORS

OPEN TO ALL NORWALK RESIDENTS!

We help Norwalk residents in need identify, understand, and navigate available support services and resources.

Make Referrals Here:

-  Please use QR code to access referral form link →
-  Norwalk City Hall
Room 202
125 East Avenue
Norwalk, CT 06851
-  humanservices@norwalkct.org
-  203-854-7999 (Prompt 4)



Bilingual Staff & Other Languages Available Upon Request.



The City's Community Resource Hub will help you connect with the best services for you or your family. Call, email or walk in for help!

El Centro de recursos comunitarios de Norwalk te conectará a ti o a tu familia con los servicios más apropiados para Ustedes. Llama, manda un correo electronico, o entra sin cita para ayuda.



**Get a free mentor from the
Norwalk Mentor Program**

**Obtenga un mentor gratuito
del Programa de Mentores de
Norwalk**

**Contact: Jasmine Prezzie,
jprezzie@hscct.org**



Norwalk Mentor Program

YOU ARE NOT ALONE!

¡No estás solo!



**The Norwalk
Partnership**

PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

thenorwalkpartnership.org/get-help

August / Agosto 2024