

Updated November 2023

FREE HELP FOR NORWALK TEENS

Struggling? You are not alone!
Help is available

Actualizado en Noviembre 2023

APOYOS GRATUITOS PARA ADOLESCENTES EN NORWALK

No estás sólo. Hay servicios que ayudan.

**PART 1: FREE 24/7 HOTLINES -
CALL OR TEXT ANY TIME**

**LINEAS GRATUITAS DE CRISIS - LLAMA
O ENVIA UN TEXTO 24 HORAS AL DIA**





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

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

CRISIS TEXT LINE |

CRISIS TEXT LINE |

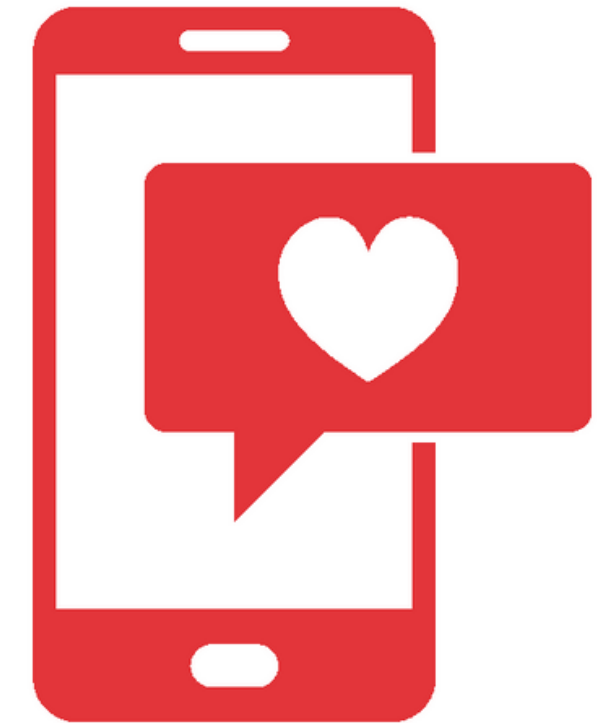
**SCHOOLS AND
STUDENTS
SHOULD BE
SAFE.**

WHATEVER YOU ARE FEELING,
WE ARE HERE FOR YOU.

**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.



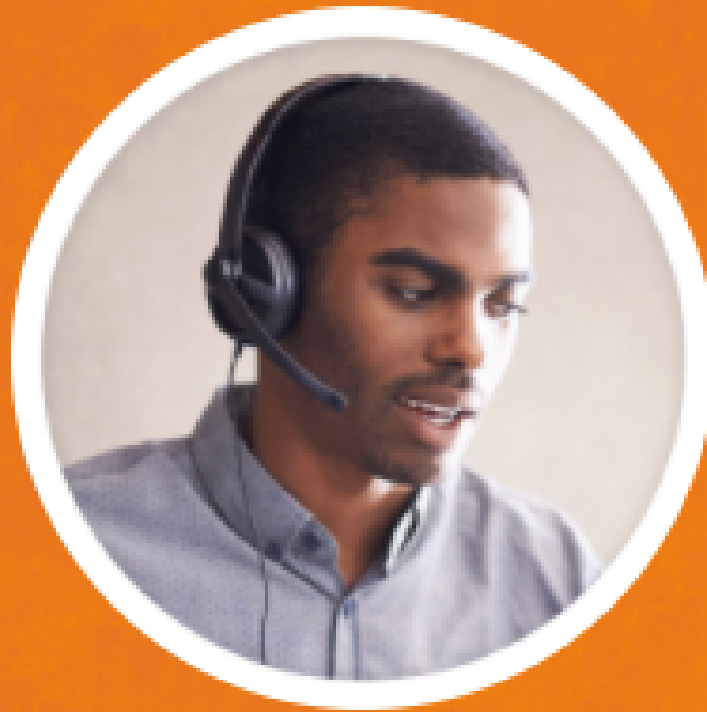
CTL is a national text hotline for any type of crisis. Save the number in your phone!

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



National crisis intervention & suicide prevention service for LGBTQ+ youth

Servicio nacional gratuito para jóvenes LGBTQ



TrevorLifeline

1-866-488-7386

TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365.



TrevorChat

Confidential online instant messaging with a Trevor counselor, available 24/7.

Access through a computer, as you may have technical difficulties if using a smartphone or tablet.



TrevorText

Text START to 678-678.

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

Standard text messaging rates apply.

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

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



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



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



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



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

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.)

**PART 2: FREE COUNSELING &
SERVICES FOR NORWALK TEENS
LOCATED IN THE SCHOOLS**

**TERAPIA Y SERVICIOS GRATUITOS
LOCALIZADOS EN LAS ESCUELAS, PARA
ADOLESCENTES EN NORWALK**



**Visit the TeenTalk crisis counselor at school!
It's free & confidential.**

***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.

TeenTalk can arrange a safe place for you to stay if you need it.

****Si necesitas un alojamiento seguro, TeenTalk te puede ayudar.****



Mid-Fairfield
Community Care Center

Clifford Beers Community Health Partners

- Free therapy at both high school buildings
- Free group trauma therapy in the schools
- Latinx Integrated Care Program (LINC)
- Call Megan Iosifidis at (203) 299-1315 ext. 6175 or email miosifidis@mfcgc.org for information and referral

- *Servicios terapeuticos gratuitos y terapia para trauma gratuita en las escuelas secundarias - llama a Megan Iosofides en el (203) 299-1315 ext. 6175 o miosofides@mfcgc.org para obtener información y referencias*
- *Programa especializado "LINC" para estudiantes latinos llegados a EEUU desde 2019 - Llama a Clara Mesa: 203-299-1315, ext 6156, cmesa@mfcgc.org*



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

- Mental / behavioral health visits
- Physicals
- Medical visits

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

- *Salud mental y del comportamiento*
- *Exámenes físicos*
- *Visitas médicas*

Located at / localizado en:

- NHS & PTECH (Room C301)
- Nathan Hale
- Roton
- West Rocks



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

- Physical health screenings
- Medical services
- Mental health counseling (individual, family, and group)
- Dental services

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

- Exámenes físicos
- Servicios médicos
- Terapia de salud mental (individual, familiar, grupal)
- Odontología

Located at / localizado en:

- Brien McMahon HS (Room 1209)
- Ponus Ridge MS
- NPS Family Center

TCC is Norwalk's LGBTQIA Center

Drop-in center, support groups, monthly
dinners for youth

TCC es el centro LGBTQ de Norwalk.

*Centro de acogida, grupos de apoyo, cenas
mensuales para adolescentes.*



Triangle Community Center
www.ctpridecenter.org

650 West Avenue, Norwalk
CTpridecenter.org

Contact Kelly Peraino
kelly@ctgay.org
203-858-2636



**Triangle
Community Center**

☎ (203) 853-0600

📍 650 West Ave, Norwalk, CT 06850

🌐 www.ctpridecenter.org



TCC Youth Programming

TCC is YOUR community center! We offer a variety of ways to be supported by and connect with the LGBTQ+ community including:

- Social Groups
- Support Groups
- Free Summer Program
- Pride in the Park
- Scholarships
- Holiday Parties
- GSA Support
- Video Games / Library
- Free Case Management
- Free Counseling

Scan to view
social and
support groups



Scan to Email
Kelly@ctpridece
nter.org



Triangle Community Center is Fairfield County's leading provider of programming and resources to nurture growth and connection within the LGBTQ+ community. TCC is open Monday-Friday from 10AM-6PM.

Free counseling in Norwalk schools:

- Roton MS: Mondays 9-3pm
- Ponus Ridge MS: Tuesdays 10-2pm
- West Rocks MS: Wednesdays 11-2pm
- Norwalk High: Thursdays 10-2pm
- Nathan Hale MS: Fridays 9-3pm

Terapia gratuita para LGBTQ en las escuelas:

- Roton: Cada lunes de 9 a 3pm
- Ponus Ridge: Cada martes de 10 a 2pm
- West Rocks: Cada miércoles de 11 a 2pm
- Norwalk High: Cada jueves de 10 a 2pm
- Nathan Hale: Cada viernes de 9 a 3pm

Alateen meetings in Norwalk: Call Peter at 203-856-1614



Al-Anon/Alateen



Teen Corner (Alateen)

A place just for teens affected by someone else's alcoholism.

 Al-Anon Family Groups

PEER CONNECTION

Life Skills
ANIMAL EMBASSY

Self-Awareness

Wellness
Mad SCIENCE

Peer Relationships

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 26th 2022-Virtual Orientation for Parents & Students
Oct 3rd 2022 - Live in person program

Located in Norwalk City Hall
Every Mondays 6:30PM-8:00PM

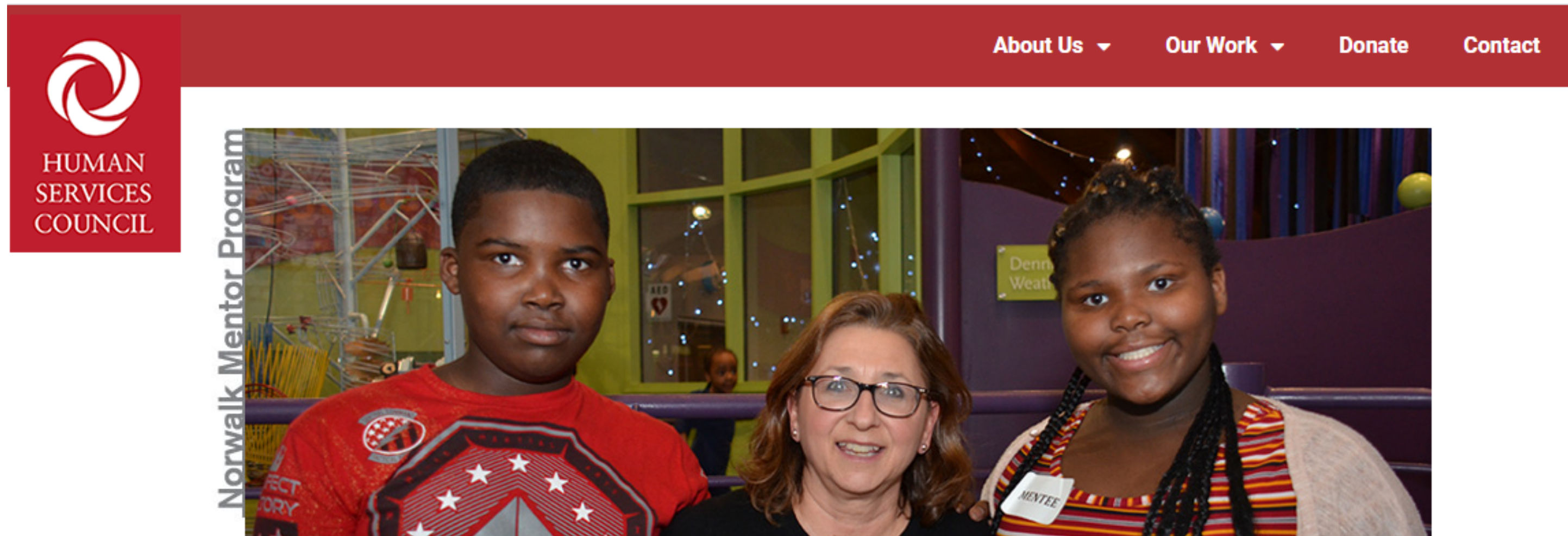
Please call our office to sign up: 203-854-7785

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

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

Get a free mentor from the Norwalk Mentor Program

Obtenga un mentor gratuito del Programa de Mentores de Norwalk



Get info or sign up: Jasmine Prezzie,
jprezzie@hscct.org

CT's Young Adult Warmline: Call 855-6-HOPENOW

Run by 18-25 year olds who are trained to provide peer support

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

PART 3: NORWALK NONPROFITS SERVING KIDS & FAMILIES IN THE COMMUNITY

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

City of Norwalk



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.

Ciudad de Norwalk



CENTRO DE RECURSOS COMUNITARIOS

ESPECIALISTA DE RECURSOS - NAVEGACIÓN FAMILIAR

ABIERTO A TODOS LOS RESIDENTES DE NORWALK!

Ayudamos a residentes de Norwalk
identificar, entender, y navegar los servicios y recursos
de apoyo disponibles en la comunidad.

Formas de Referirse:

- ➡ Utilice el Código QR para acceder el formulario de referencia →
- 📍 Norwalk City Hall
Cuarto 202
125 East Avenue
Norwalk, CT 06851
- ✉ humanservices@norwalkct.org
- ☎ 203-854-7999 (Option 4)



Personal Bilingüe Y Otros Idiomas Están Disponibles a Solicitud.

Vil Norwalk



SANT RESOUS KOMINOTÉ

RESOUS ESPEYALIS - NAVIGATE FAMILYAL

LOUVRI A TOUT REZIDAN NORWALK!

Nou ede rezidan Norwalk ki nan bezwen yo idantifye e
konpran resous ak sèvis ki disponib pou yo.

Fè Referans la:

- ➡ Tanpri itilize kòd QR pou aksè fòm referans la →
- 📍 Norwalk City Hall
Chanm 202
125 East Avenue
Norwalk, CT 06851
- ✉ humanservices@norwalkct.org
- ☎ 203-854-7999 (Opsyon 4)



Tradiksyon disponib pa demann.

The City's Community Resource Hub connects you with the right services.

El Centro de recursos comunitarios de Norwalk les ayuda a las familias de Norwalk a conectar con los servicios más apropiados.

Visit www.thenorwalkpartnership.org/get-help



[Home](#) [About](#) [Local Issues](#) [Our Approach](#) [Resources](#) [News](#) [EN ESPANOL](#) [EN KREYOL](#)



Get Help

Scroll down for a list of counseling & peer services for Norwalk youth & families, as well as a list of supportive services for Norwalk families dealing with poverty, lack of insurance, child abuse, or drugs.

For a comprehensive *regional* list of provider

Visita www.thenorwalkpartnership.org/espanol