

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 or dial 988
- **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:** Call or text 988
- **Trevor Project (LGBTQ):** Text 678678 or call 866-488-7386 (national)
- **Trans Lifeline:** 877-565-8860 (national)

CITY SERVICES

- **Community Resource Hub:** Info, referrals, family navigators. 203-854-7999, prompt 4
- **Youth Services Bureau:** Care coordination, referrals, Juvenile Review Board, life skills. 203-854-7785

FREE IN-SCHOOL SUPPORT

- **Mid-Fairfield Community Care Center - School-Based Clinical Services:** Mental health counseling at BMHS and NHS. Call 203-299-1315, ext. 6175.
- **Dr. Robert E. Appleby 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.

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NONPROFIT TREATMENT AGENCIES

- **Catholic Charities:** Mental health counseling, all ages. English & Spanish. 203-750-9711
- **Child & Family Guidance, ACRA program:** Substance use treatment for teens ages 12-24. English & Spanish. 203-810-4404
- **Child Guidance of Mid Fairfield County:** Mental health services ages 5-21, including home based. English & Spanish. 203-299-1315
- **Community Health Center (Day Street):** Mental health & substance use, all ages. Must be medical client of CHC. Multiple languages. 203-854-9292
- **CT Counseling Centers:** Behavioral health for adults, including IOP and opioid treatment. English & Spanish. 203-838-6508
- **CT Renaissance:** Behavioral health for ages 13 through adult, including gaming/gambling. 203-866-2541
- **Family & Children's Agency:** Psychiatric services for children & teens, including IICAPS; mental health & substance use for adults. 203-855-8765
- **High Focus Centers:** Intensive mental health & co-occurring for ages 10 through adult, including IOP and PHP. 877-670-5120
- **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
- **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
- **Norwalk Hospital:** Behavioral health treatment for adults, including IOP, PHP and inpatient. 203-852-2988
- **Positive Directions:** Mental health & substance use treatment, prevention, recovery support, ages 13 through adult. Free time-limited 1:1 peer support for teens and young adults with Ally from TurningPointCT. English & Haitian Creole. 203-227-7644
- **St. Vincent's:** Mental health & substance treatment, all ages, including IOP in Norwalk and inpatient / detox in Westport. 203-221-8899
- **Triangle Community Center:** LGBTQ+ center offering counseling (individuals, couples and families), case management, support groups, and education. 203-853-0600
- **Nonprofit & Specialty Services in Nearby Towns:** [TheHubCT.org/treatment](https://www.thehubct.org/treatment)