

# EMOTIONAL SUPPORT FOR NORWALK TEENS

You are not alone!  
Help is available

**FREE 24/7 HOTLINES**  
**CALL OR TEXT ANY TIME**

**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 hotline. Save the number in your phone!**

## National crisis intervention & suicide prevention service for LGBTQIA youth



### **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.*



**CT's 211 InfoLine connects you to many kinds of resources: housing, food, transportation, etc.**

- **Dial 2-1-1.**
- **Select Option 1 for a Crisis Counselor if you or a friend is having a mental health crisis.**
- **Spanish available.**

**FREE SUPPORTS FOR TEENS  
IN NORWALK & CT**



## Free mental health support!

### Meet your Teen Talk counselor:

- BMHS/CGS: Ms. Restrepo, Room 11319  
203-852-9488, ext. 11319  
[crestrepo@kidsin crisis.org](mailto:crestrepo@kidsin crisis.org)
- NHS/PTECH: Mr. Milton, Room 218E  
203-838-4481, ext. 13279  
[emilton@norwalkps.org](mailto:emilton@norwalkps.org)

Or call the 24-Hour Helpline: 203-661-1911



HUMAN  
SERVICES  
COUNCIL



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

- **Physicals**
- **Medical visits**
- **Behavioral health visits**
- **In-person & virtual telehealth**

BMHS/CGS: Room 1209

NHS/PTECH: Room C301



## Want to make a fresh start?

Dealing with **anxiety** from COVID & going back to school? Want to kick **bad habits** like vaping or weed?

Our free SMART Recovery Teen group lets you take charge of your life. **Learn skills** to make positive changes & **get support** from your peers and our young adult facilitators.



### Wednesdays, 3:30-5pm starting in May

- **BMHS/CGS**: Text for room, May 5 & 19, June 2 & 16
- **NHS/PTECH**: Math Resource Center, May 12 & 26, June 9

**Questions? Text Ally at 203-858-1819**

Facilitated by TurningPointCT.org/Positive Directions & Human Services Council

***IN-PERSON AT  
NORWALK HIGH  
SCHOOLS!***

# 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

# **TCC is Norwalk's LGBTQIA Center**

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



**Triangle Community Center**

**[www.ctpridecenter.org](http://www.ctpridecenter.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

# Feeling Alone? We've Got Your Back.

Connect with other young people at TurningPointCT.org,  
CT's online peer support community.

**Q&A Guide**  
You can get better. We can help. Discover the people who can truly guide you, from peers to professionals.

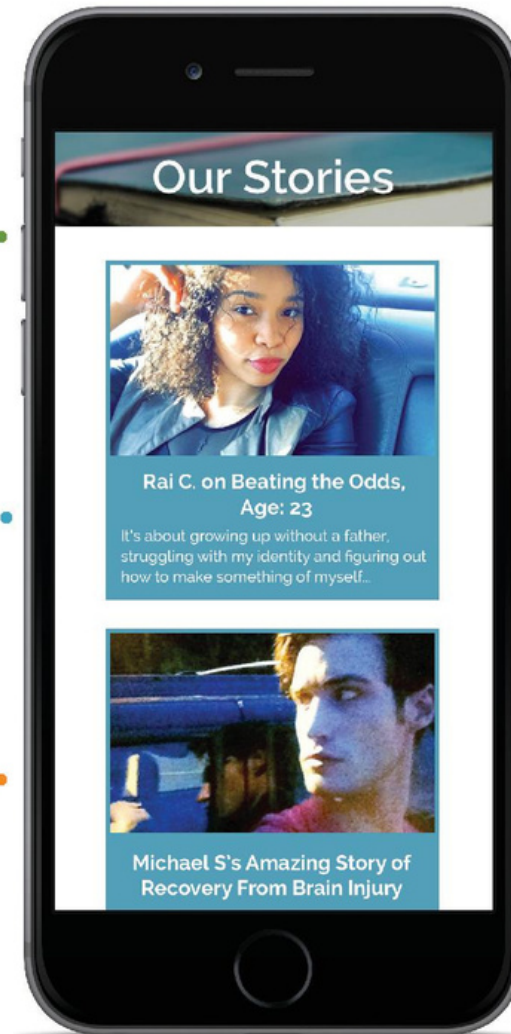
**Resource Map**  
Explore a map of social, recreational, and clinical resources for young people around the state.

**Discussion Forum**  
Connect with other young people about emotional and mental health and substance use issues.

**Media Room**  
Check out the latest features and share your news, artwork, poems, or videos.

**Personal Stories**  
Check out stories from young people across the state. We've been there—and look how far we've come!

**Facts & Resources**  
Mental health, mental illness, addiction and recovery: let us give you the lowdown.



Guiding the search  
for mental wellness

TurningPointCT.org was developed by young people in Connecticut who are in recovery from mental health and substance use issues.



**TurningPointCT.org**  
is the online mental  
wellness community **BY and  
FOR** young people in  
**Connecticut**

- Get info & support
- Share your stories & art
- Join a podcast
- Drop-in for online social groups each month

Find us on Facebook, Twitter,  
Insta, TikTok, YouTube, Discord,  
Pinterest

Funded by the State of CT and housed at Positive  
Directions - The Center for Prevention & Counseling

**NORWALK NONPROFITS**  
**SERVING KIDS & FAMILIES**

Visit [www.thenorwalkpartnership.org/get-help](http://www.thenorwalkpartnership.org/get-help)



## 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