

SUPPORTS FOR NORWALKERS

Struggling with isolation, stress, depression, or substance use? Help is here.

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 12-19. English & Spanish. 203-810-4404
- **Child Guidance of Mid Fairfield County:** Mental health services ages 5-21, including home based. English & Spanish. 203-229-1315
- **Community Health Center (Day Street):** Mental health & substance use, all ages, for CHC's medical clients. 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 10-18, including IOP and PHP. 877-670-5120
- **Liberation Programs:** Drug & alcohol counseling middle school through adult. 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, for NCHC's clients. 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. 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

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

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24/7 HOTLINES

- **CT's Mobile Psychiatric Crisis:** Dial 2-1-1, select option 1
- **CT's Substance Use Access Line:** 800-563-4086
- **Crisis Text Line:** Text Hello to 741741. National
- **The Trevor Project:** Text Start to 678678 or call 866-488-7386. National

CITY SERVICES

- **Community Services:** Info, referrals, family navigators. 203-854-7255
- **Youth Services Bureau:** Counseling, referrals, Juvenile Review Board, life skills. 203-854-7785

FREE IN-SCHOOL SUPPORT

- **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
- **School-Based Health Centers:** Behavioral health, telehealth, medical, physicals. BMHS: Room 1209. NHS: Room C301

FREE PEER SUPPORT

- **Courage to Speak Foundation:** Parent support group, education. 877-431-3295
- **NAMI:** Support groups for young adults & families, training programs by & for families with a loved one with mental illness. namisouthwestct.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
- **RIPPLE:** Late-night support groups online & 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 drop-in social activities, info & peer support by & for teens and young adults in CT. TurningPointCT.org