

It's ok to not be ok: When & how to get help in Wilton

Covid has taken its toll on all of us, with depression, anxiety & substance use increasing in the past year. Join us for a brief discussion to recognize signs that help is needed, demystify the process of seeking help, and learn about local resources. Featuring:

- Sarah Heath, Wilton Social Services
- Trinity Haswell, Wilton Youth Services
- Capt. Robert Cipolla, Wilton Police Dept.
- Ellen Brezovsky, Kids in Crisis
- Margaret Watt, Positive Directions

Wednesday, August 18th
from 12 - 12:30 via zoom

RSVP to:
[Events | Positive Directions-The Center for Prevention](#)

Drop in on the Zoom:
<https://tinyurl.com/WiltonGetHelp>

