EMOTIONAL SUPPORT FOR NORWALK TEENS

You are not alone!
Help is available

The Norwalk Partnership
PREVENTING SUBSTANCE MISUSE AMONG YOUTH AND YOUNG ADULTS

More resources at: thenorwalkpartnership.org/get-help

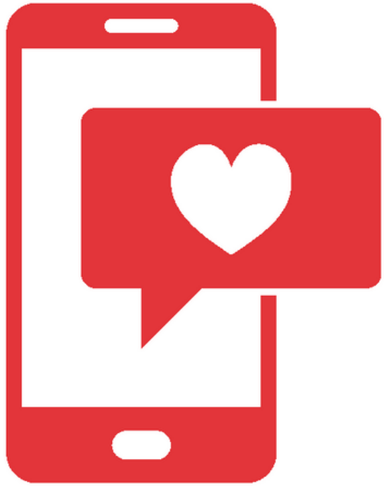
FREE 24/7 HOTLINES
CALL OR TEXT ANY TIME

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!

THE TREVOR PROJECT

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.

2-1-1 Connecticut

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

teen talk

A PROGRAM OF KIDS IN CRISIS

Free mental health support!

Meet your Teen Talk counselor:

- BMHS/CGS: Ms. Restrepo, Room 11319
  203-852-9488, ext. 11319
  crestrepo@kidsincrisis.org
- NHS/PTECH: Mr. Milton, Room 218E
  203-838-4481, ext. 13279
  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

Also at Nathan Hale Ponus, & WRMS!

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.

SMART Recovery®

Free in-person groups for Norwalk teens

IN-PERSON AT NORWALK HIGH SCHOOLS!

Wednesdays, 3:30-5pm starting in May

- **BMHS/CGS:** Room 1205, 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

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

PEER CONNECTION

Mondays 6:30pm – 8:00pm
Norwalk City Hall
854-7785

TEEN TOPICS:

PEER RELATIONSHIPS

SELF-AWARENESS

SUBSTANCE ABUSE

MOTIVATIONAL EXERCISES

EXCITING TEAM BUILDING ACTIVITIES

GUEST SPEAKERS

DEBATES

FOOD & FUN

Get a mentor from the Norwalk Mentor Program

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

HUMAN SERVICES COUNCIL

About Us ▾ Our Work ▾ Donate Contact

Norwalk Mentor Program

Established in 1986, the Norwalk Mentor Program, a program of the Human Services Council in partnership with the Norwalk Public Schools, was the first school-based mentoring program in the country. The Program's original premise remains constant today — matching students with positive adult role models can make a significant difference in the lives of those students served.

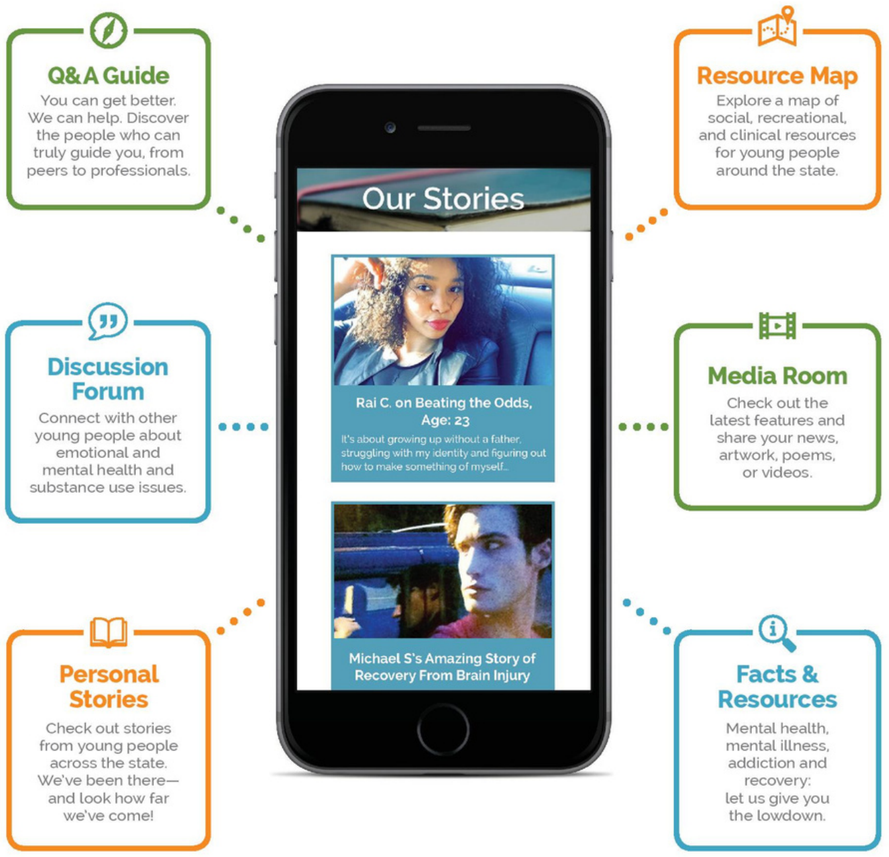
The Norwalk Mentor Program coordinates a structured one-on-one relationship between a student and adult volunteer. This unique approach provides participants in grades K-12 with an adult who can meet them for approximately one hour per week during the school year and engage in academic and/or social activities conducive to the school setting. By sharing fun activities and exposing youth to new experiences, a mentor encourages positive choices, promotes high self-esteem, supports academic achievement and introduces the mentee to new ideas. Mentors act as friends and role models and spend each week having fun with their mentees — playing catch, reading a book, shooting some hoops, creating an arts and crafts project, or just talking.

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

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

Feeling Alone? We've Got Your Back.

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



TURNING POINT CT.ORG

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

TURNINGPOINTCT

VIRTUAL SOCIAL EVENTS

MADE BY AND FOR YOUNG PEOPLE IN CT

meeting once a week, every month!

- CT MENTAL HEALTH SOCIAL GROUP (1ST THURSDAY)
- TEEN SOCIAL (2ND TUESDAY)
- BOOK CLUB (3RD THURSDAY)
- YOUNG ADULT SOCIAL (4TH WEDNESDAY)

MORE INFO AT HTTPS://TINYURL.COM/TURNINGPOINTCTSOCIALS

"LEARNING TO COPE WHEN THINGS GET TOUGH"

A WORKSHOP MADE BY & FOR YOUNG PEOPLE IN CT

HOSTED BY TURNINGPOINTCT.ORG

- **LIVE EVENT ON ZOOM: MAY 18TH @ 3:30-5PM**
- Hear from two young adults, Ella & Kailey, who have lived experience of struggling & what they do to cope
- Learn grounding & coping skills

MORE INFO AT WWW.TURNINGPOINTCT.ORG

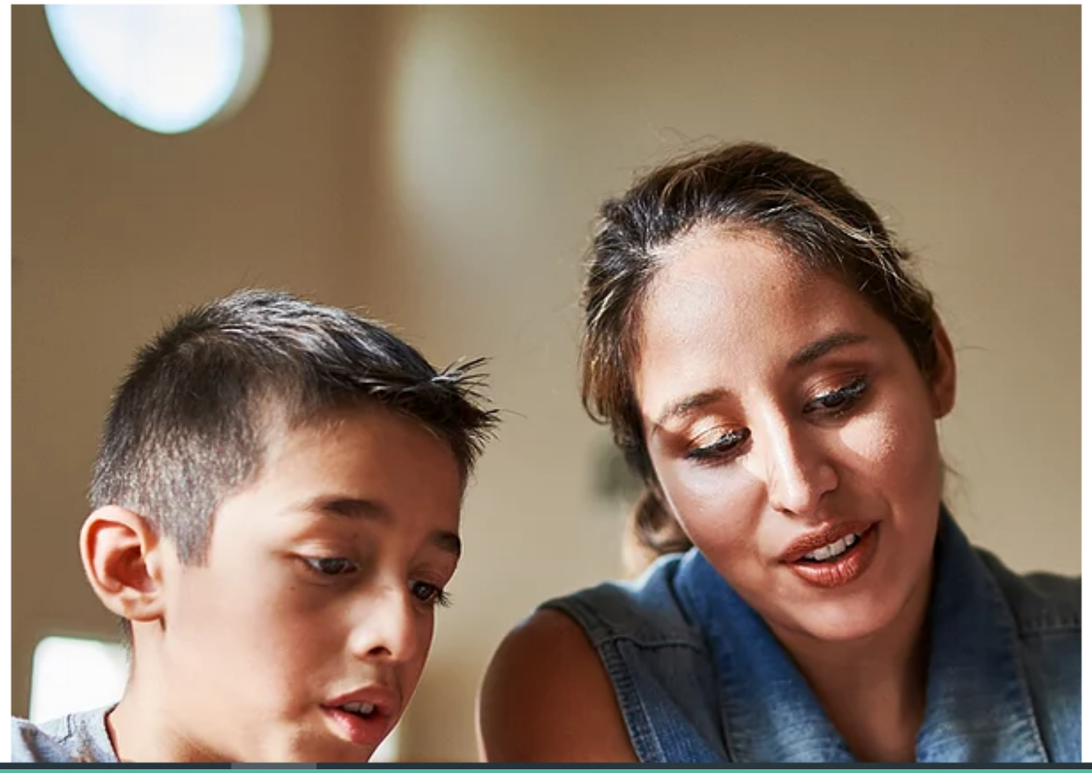
NORWALK NONPROFITS SERVING KIDS & FAMILIES

The Norwalk Partnership

PREVENTING SUBSTANCE MISUSE AMONG YOUTH AND YOUNG ADULTS

Home About Local Issues Our Approach Resources News EN ESPANOL EN KREYOL

Visit 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