



# MENTAL HEALTH RESOURCES FOR TEENS

*Struggling with isolation, stress, depression, or other mental health concerns? Help is here.*

## Teen Mental Health Services and Resources

### NEED HELP IMMEDIATELY?

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) (starting July 16, 2022, just dial 988)
- Trevor Project for LGBTQ support & Suicide Prevention: 1-866-488-7386
- Trans Lifeline for Trans Peer Support: 1-877-565-8860
- Crisis Text Line: text CTL to 741741
- Substance Abuse & Mental Health Services National Helpline: 1-800-622-HELP(4357)

Contacting Mobile Crisis: Mobile Crisis is a FREE, confidential service to help people having an emotional or behavioral crisis. You can talk with a therapist, or they can send someone to you wherever you are. In CT, call 211 – the Infoline, to reach Mobile Crisis, then dial 1 to speak directly to a Child Guidance Crisis Counselor if you are under 18. If you are 18 or older, ask them for the nearest adult mobile crisis team. You can always call 911 and ask to speak with someone with Crisis Intervention Training.

### LOCAL RESOURCES

#### Child & Family Guidance Center's Feeling SMART: Make a SMART Connection

Free Online Peer Support for Ages 13-18, every Wednesday at 4PM

Call or text (203) 727-0642

Develop self-management & coping skills to make positive changes in your life.

cfguidance.com - 180 Fairfield Ave.- Bridgeport CT 06604 - (203) 394-6529

#### Coastal Connecticut Counseling

coastalconnecticutcounseling.com - (203) 307-3030

2960 Post Rd, 3rd Floor, Southport CT 06890

Helping individuals, couples, children and families build resilience and embrace growth.

#### Discovery Mood & Anxiety Program

discoverymood.com/locations/southport - toll-free: 877-283-5692

3530 Post Rd, Suite 306, Southport, CT

(near Fetzer Tire) - Trauma, Anxiety, Depression, Self-Harm, among others

#### Fairfield Counseling Center, PLLC

fairfieldcounselingcenter.com - (203) 581-0053 - fairfieldcounselingcenter@gmail.com

765 Post Rd, 2nd Fl, Fairfield, CT

#### Lifebridge Counseling

lifebridgect.org/behavioral-health-center - (203) 368-4291

125 Penfield Rd, Fairfield, CT

Adolescent Wellness: specialized pediatric behavioral health therapy for individuals and families.

#### NAMI (National Association for Mental Illness)

nami.org/Your-Journey/Kids-Teens-and-Young-Adults





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## Resources for Finding Help; How to Talk to My Friends; How to Talk to My Parents/Guardian; Social Media & Mental Health; Your Mental Health & School

### **Positive Directions: The Center for Prevention and Counseling**

[positivedirections.org](http://positivedirections.org)

(203) 227-7644; [info@positivedirections.org](mailto:info@positivedirections.org)

90 Post Rd West, Westport, CT

Counseling for Anxiety, Depression, Addiction, Grief, Problem Gambling and more.

### **Carol Sampson, LCSW: Psychotherapist**

[carolsampsonlcsw.com](http://carolsampsonlcsw.com)

(203) 984-0029

2551 Post Rd, Southport, CT

I offer a safe space, free from the demands of parents, teachers and peers, where teens can talk freely about their concerns and engage in meaningful self-reflection and problem-solving.

### **Turningpointct.org**

A website for young people by young people to provide peer support for those struggling and overcoming mental health & substance use issues.

### **The Waynik Group: Teen Group Therapy**

[grouptherapy.mystrikingly.com](http://grouptherapy.mystrikingly.com)

(203) 386-0096

160 Hawley Lane, Trumbull, CT

Meet Fridays at 4PM

A weekly group therapy experience for teens led by a Licensed Clinical Social Worker who is an expert in adolescent psychology.

### **Youth Mental Health Project**

[ymhproject.org/take-action/students](http://ymhproject.org/take-action/students)

[info@ymhproject.org](mailto:info@ymhproject.org)

12 Salt Box Lane, Darien, CT 06820

They do not provide counseling but provide resources. Simple fact sheets are available on youth depression, anxiety, stress, sleep, wellness, loneliness, self-care, peer pressure, exercise and much more.

