

SUPPORTS FOR FAIRFIELD RESIDENTS

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

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)
- **Kids in Crisis:** 203-661-1911
- **National Suicide Lifeline:** 800-273-8255 (starting July 2022, just dial 988)
- **The Trevor Project (LGBTQ):** Text 678678 or call 866-488-7386 (national)
- **Trans Lifeline:** 877-565=8860 (national)

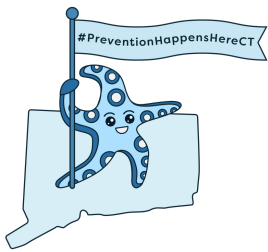
Town and School Services

- **Fairfield Department of Human & Social Services:** Information & connections to supports such as food, mental health referrals, financial assistance. 203-256-3169
- **In-School support through Fairfield Public Schools Counseling Services.**
- **Fairfield Health Department:** Education, blood pressure and cholesterol screenings, walk-in clinics, and routine & travel immunizations. 203-256-3020
- **Fairfield Counseling Services:** High quality mental health and substance abuse services to adults, youth, and families. 203-255-5777 x 15
- **Fairfield CARES and Fairfield CARES Youth Committee:** Designated local prevention council. Subscribe to email list for youth & family resources.
- **Fairfield PD Youth Bureau:** Casework, referrals, mentoring. 203-254-4835
- **Town Youth Council:** HS board led by the Recreation Department's Youth Services Coordinator. 203-256-3191
- **Bigelow Center for Senior Activities:** Programs & support. 203-256-3166
- **Senior Services:** Transportation 203-256-3168, Handyman Program 203-256-3120

Free Peer Support

- **NAMI-Fairfield:** Support groups for young adults & families, training programs by & for families with a loved one with mental illness. (203) 586-0826
- **Alcoholics Anonymous:** Meetings in English & Spanish. ct-aa.org
- **Alanon/Alateen:** Support for people affected by someone's substance use. al-anon.org
- **RIPPLE:** Late-night online support groups & 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 mental health community by & for teens and young adults in CT at TurningPointCT.org. One on one peer support with Ally: 203-858-1819.





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Nonprofit Treatment Agencies

- **Catholic Charities:** Mental health counseling, all ages. English & Spanish. 203-750-9711
- **CCAR Bridgeport:** Recovery-oriented sanctuary anchored in the heart of the community. 203-332-3303
- **Center for Discovery:** Eating Disorder Program offering free [Eating Disorder and Mental Health Support Groups](#). 866-482-3876
- **Child & Family Guidance:** Substance use treatment for teens ages 12- 24. English & Spanish. 203 394 6529
- **Child First Greater Bridgeport:** Mental health services ages 5-21, including home based. English & Spanish. 203-384-3298
- **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. 203-331-1503
- **High Focus Centers:** Intensive mental health & co-occurring for ages 10 through adult, including IOP and PHP. 877-670-5120
- **Liberation Programs:** Drug & alcohol counseling for middle school through adults. 855- 542-7764
- **LifeBridge Community Services** (Fairfield Counseling Services): Team of licensed social workers, professional counselors, marriage/family therapists, addiction counselors and Advanced Practice Registered Nurses provides you with the tools needed to help you cope, adapt, and overcome challenges. 203-368-4291
- **Operation Hope:** The Homeless Response Center (HRC) provides homeless outreach services, crisis intervention, case management, shelter diversion, clinical counseling, Coordinated Access Network (CAN) Navigation services, homeless prevention, and housing placement. 203-292-5588
- **Positive Directions:** Mental health & substance use treatment, prevention, recovery support, ages 13 through adult. Free time-limited 1:1 peer support for teens and young adults with Ally from TurningPointCT. English & Haitian Creole. 203-227-7644
- **Recovery Network of Programs:** Provide comprehensive care and expert recovery services to any individual or family on their journey to restore health, hope, and well-being. 203-929-1954
- **St. Vincent's:** Mental health & substance treatment, all ages, including IOP in Bridgeport and inpatient / detox in Bridgeport and Westport. 203-362-3900
- **The Hub CT:** Behavioral Health Action Organization for Southwestern CT - a division of the Regional Youth Adult Social Action Partnership (RYASAP) TheHubCT.org/treatment
- **Triangle Community Center:** LGBTQ+ center offering counseling (individuals, couples and families), case management, support groups, and education. 203-853-0600

