For Immediate Release
August 9, 2021

It's Ok To Not Be Ok: When & How To Get Help in Wilton

Wilton Social Services, Wilton Youth Services, and Wilton Police Department together with Kids in Crisis and Positive Directions will be hosting a discussion on mental health on Wednesday, August 18th at 12:00-12:30 pm via Zoom (https://tinyurl.com/WiltonGetHelp).

According to discussion organizers, COVID has taken a toll on everyone with depression, anxiety and substance use increasing over the past year. The discussion will focus on how to recognize the signs that help is needed, demystify the process of seeking help and share local resources.

Sarah Heath, Director of Wilton Social Services said: "The Town of Wilton's Social Services Department is happy to help any resident in need, and this includes mental health. It can be confusing to navigate and we have professionals ready and willing to help you. We hope anyone interested in learning how to access help will attend, whether you are interested in helping yourself or a loved one."

Please RSVP to Positive Directions at www.positivedirections.org/upcoming-events.

For more information on the event, please contact Sarah Heath at sarah.heath@wiltonct.org or (203) 834-6238.

Press Contact:

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Office of the First Selectwoman
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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

kids in crisis

pd positivedirections
THE CENTER FOR PREVENTION AND COUNSELING

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