**Supports for Wilton Residents**

*Struggling with isolation, stress, depression, substance use or other issues? Help is here. If you do not know where to start please contact the Wilton Department of Social Services and Youth Services.*

# **All Ages:**

* **Wilton Department of Social Services:** Information & connections to key supports such as food, mental health referrals, financial assistance, & housing. Contact: 203-834-6238
* **Wilton Police Department:** Non-emergency contact: 203-834-6260
* **Domestic Violence Crisis Center:** Supporting individuals on their journey to safety. Providing effective services, support & education for the prevention and elimination of domestic violence. Contact: 203-588–9100
* **Wilton Library**: Visit the Wilton Library website for more information. Contact: <https://www.wiltonlibrary.org/> or 203-762-3950
* **211:** Connects callers, at no cost, to critical health & human services in the community.
* **988**: Connects callers, at no cost to trained crisis counselor who will assess needs and provide immediate crisis support for anyone experiencing suicidal, mental health, substance use or emotional crisis. (Works the same as the existing Suicide Lifeline – 1-800-273-8255).
* **Mental Health Hotline**: National hotline that connects callers, confidentially and at no cost 24/7 to hotlines staffed by trained mental health providers and as needed can connect to local state supports and support groups. Contact: 866-903-3787 or [National Mental Health Hotline | 866-903-3787](https://mentalhealthhotline.org/).

# **Youth:**

* **Wilton Youth Services:** Counseling referrals, case management, community outreach, & support. Contact: 203-834-6241
* **Teen Talk:** Free counseling support provided by Kids in Crisis (Greenwich) at school or through a hotline. Contact Wilton Teen talk counselor Cassandra by email lucien@wiltonps.org and by telephone at 203-762-0381 x 6278 or 203-661-1911 (24/7 hotline)
* **Trackside Teen Center:** Community hub for teens & pre-teens that promotes positive social skills, moral development, & enhances self-esteem in a supportive space. Contact: (203) 834-2888 or [www.trackside.org](http://www.trackside.org)
* **Wilton Youth Council**: Focus on parent education, youth, & community programs to promote the well-being of Wilton’s residents through personal empowerment. Provides general parenting support, support for parents of children with special needs, wellness during a pandemic, mental health and recovery, and substance use, addiction, and recovery. Contact: <https://www.wiltonyouth.org/>
* **Wilton Public Schools:** Provides educational supports and counseling supports for students. For COVID support: Visit the [Wilton Public Schools' Coronavirus information webpage](https://www.wiltonps.org/about/district-covid-19-information) which provides information for students and families including: medical resources, how to communicate with students about Coronavirus, mental/physical health resources, and videos. Contact:<https://www.wiltonps.org/about>
* **Wilton SPED\*NET (The Special Education Network):** Empowering parents & supporting families through educational resources and advocacy efforts for children with special needs in the Wilton school system. Contact: <https://spednetwilton.org/>

# **Older Adults:**

* **Wilton Senior Center:** Offering programs, socialization, and community support to older Wilton residents**.** Contact: 203-834-6240 or 203-834-6238 for Social Services
* **SWCAA (Southwestern Connecticut Agency on Aging):** Offers community education, information and referral in support of older persons, caregivers, & persons with disabilities. Contact: (203) 333-9288 or <https://www.swcaa.org/>

# **Behavioral Health:**

* **The Hub:** **Behavioral Health Action Organization for Southwestern CT:** Regional resource list for treatment & support groups. Contact: [thehubct.org](https://www.thehubct.org/)
* **NAMI:** Free support groups & training programs by & for families with a loved one with mental illness. Contact: [www.namisouthwestct.org](file:///C:\Users\thaswell\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\Z8T2POFG\www.namisouthwestct.org)
* **Positive Directions – The Center for Prevention & Counseling:** Non-profit serving Wilton with mental health & substance misuse counseling, prevention, & support groups. Offers TurningPointct.org, an online resources and mental wellness support page led by youth for youth. Contact: 203-227-7644
* **Mid-Fairfield Community Cares:** Non-profit providingcounseling services, in-home treatment, school-based or day treatment, and community-based enrichment programs. Offers training and consultation services to child-serving professionals. Contact: 203-299-1315.
* **The Child & Family Guidance Center:** Non-profit providing counseling services, substance misuse counseling, family support services, family therapy, and reunification services. Contact: (203) 394-6529
* **Family Centers:** Provides education, health and mental services to children, adults and families.Contact:Stamford, CT Phone: 203-324-3167 or<https://www.familycenters.org/>
* **Family & Children’s Agency (FCA):** Provides a variety of supportive services, behavioral health, and educational services for **youth to seniors** (Norwalk). FCA can help any resident needing support, at no cost, through a program called COACH. For more information on COACH, click

or contact Family and Children’s Agency directly at (203) 831-2900

Contact: <https://familyandchildrensagency.org/default.aspx>

# **LGBTQIA+ Resources:**

* **Triangle Community Center**: Provides clinical services (counseling, case management, service hotlines), various groups (peer support, recovery, wellness, youth), & training and resources throughout Fairfield County. Contact: <https://ctpridecenter.org/> or (203) 853-0600
* **Circle Care Center:** Primary care center in Norwalk that provides high-quality, inclusive healthcare services (medical care, testing, mental health care) & an on-site pharmacy. Contact: <https://www.circlecarecenter.org/> or (203) 852-9525
* **Anchor Health CT:** Provides medical services to everyone in the community with particular expertise in the area of HIV/AIDS, Hepatitis C, & Transgender medicine. Located in both Stamford and Hamden. Contact: <https://anchorhealthct.org/> or Phone: 203-903-8308, Pharmacy: 203-660-0010
* **The Trevor Project:** A non-profit suicide prevention and crisis intervention organization that provides 24/7/365 information and support to young people who are members of the LGBTQ community. Offers trained crisis counseling support via online chat, text, or phone. Contact: 1-866-488-7386 or <https://www.thetrevorproject.org/get-help/>.
* **Health Care Advocates International:** Provides primary care, HIV/AIDS services, an onsite pharmacy, youth and family programming, school programming, and assistance with basic needs such as food, clothing, light household items and housing insecurity. Located in Stratford with telehealth available for certain services. Contact: [Health Care Advocates International - LGBTQ+ Medical Services (hcaillc.com)](https://www.hcaillc.com/) or 203-345-0404.
* **The Hub: Behavioral Health Action Organization for Southwestern CT:** Maintains a regional resource list for LGBTQIA+ affirming counseling, medical treatment, advocacy, & support groups. Contact: <https://www.thehubct.org/lgbtqia-resources>