

Supports for Wilton Residents

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

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

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 xxx-xxx-xxx (school-based counselor) 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
- **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](#) 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:

- **Positive Directions – The Center for Prevention & Counseling:** Mental health & substance abuse counseling, prevention, & support groups. Contact: 203-227-7644
 - **TurningPointCT.org:** Online options and peer support by & for teens and young adults in CT. Statewide, based in Westport at Positive Directions.
 - **NAMI:** Support groups & training programs by & for families with a loved one with mental illness. Contact: www.namisouthwestct.org
 - **The Hub: Behavioral Health Action Organization for Southwestern CT:** Regional resource list for treatment & support groups. Contact: thehubct.org
 - **211:** Connects callers, at no cost, to critical health & human services in the community.
 - **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>
-