**Counseling Supports for Wilton’s Youth**

*Struggling with anxiety, 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.*

* **Wilton Social and Youth Services:** Counseling referrals, case management, community outreach, & support. Contact: 203-834-6241 or 203-834-6238 [Youth Services | Wilton CT](https://www.wiltonct.org/youth-services)
* **211:** Connects callers, at no cost, to critical health & human services in the community: Dial 211 on any phone [Mental Health | United Way 211](https://www.211.org/get-help/mental-health)
* **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. Dial 988 on any phone [Talk To Someone Now : Lifeline (988lifeline.org)](https://988lifeline.org/talk-to-someone-now/)
* **Teen Talk:** Free counseling support provided by Kids in Crisis at school or through a 24/7 hotline, 203-661-1911, or Wilton Public School’s Teen talk counselor Cassandra: lucien@wiltonps.org or by telephone at 203-762-0381 x 6278
* **Positive Directions – The Center for Prevention & Counseling:** Non-profit in Westport serving Wilton with mental health & substance misuse counseling, prevention, & support groups. Offers TurningPointct.org, an online resource and mental wellness support page led by youth for youth. Contact: 203-227-7644.  Wilton residents can receive free counseling by contacting Wilton Youth or Social Services for details on the Counseling Assistance Program: 203-834-6241 or 203-834-6238 [Counseling | Positive Directions-The Center for Prevention and](https://www.positivedirections.org/counseling)
* **Mid-Fairfield Community Cares:** Non-profit providingcounseling services, in-home treatment, school-based or day treatment, and community-based enrichment programs (Norwalk). Contact: 203-299-1315 [Mid-Fairfield Community Care Center | Mental Health Services (mfccc.org)](https://mfccc.org/)
* **The Child & Family Guidance Center:** Non-profit providing counseling services, substance misuse counseling, family support services, family therapy, and reunification services (Norwalk). Contact: (203) 394-6529 [Counseling Service - CFGC (cfguidance.com)](https://cfguidance.com/counseling-service/)
* **Family Centers:** Non-profit providing education, health and mental health services to children, adults and families (Stamford). Contact: 203-324-3167 [Family Centers - Early Care and Education](https://www.familycenters.org/Education-and-Human-Services)
* **Family & Children’s Agency (FCA):** Non-profit providing a variety of supportive services, behavioral health, and educational services in Norwalk. Contact: 203-831-2900 <https://familyandchildrensagency.org/behavioral-health/default.aspx>
* **Triangle Community Center**: Non-profit providing clinical services (counseling, case management, service hotlines), and various groups (peer support, recovery, wellness, youth) for the LGBTQ community. Contact: 203-853-0600 (Norwalk) <https://ctpridecenter.org/counseling/>

**General Mental Health Non-Profit Resources**

* **The Hub:** **Behavioral Health Action Organization for Southwestern CT:** Regional resource list for counseling, treatment & supportgroups. [thehubct.org](https://www.thehubct.org/)
* **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 [https://mentalhealthhotline.org/.](https://mentalhealthhotline.org/.%20%20)
* **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/>.
* **NAMI:** Free support groups & training programs by & for families with a loved one with mental illness. [www.namisouthwestct.org](file:///C%3A%5CUsers%5Cthaswell%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CZ8T2POFG%5Cwww.namisouthwestct.org)
* **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.