



MENTAL HEALTH RESOURCES FOR TEENS

Struggling with isolation, stress, depression, or other mental health concerns? Help is here.

Teen Mental Health Services and Resources

NEED HELP IMMEDIATELY?

- National Suicide Prevention Lifeline: dial 988
- Trevor Project for LGBTQ support & Suicide Prevention: 1-866-488-7386 or text 'START' to 678-678
- Trans Lifeline for Trans Peer Support: 1-877-565-8860
- Crisis Text Line: text CTL to 741741
- Substance Abuse & Mental Health Services National Helpline: 1-800-622-HELP (4357)

Contacting Mobile Crisis: Mobile Crisis is a FREE, confidential service to help people having an emotional or behavioral crisis. You can talk with a therapist, or they can send someone to meet you wherever you are. In CT, call 211 – the Infoline, to reach Mobile Crisis, then dial 1 to speak directly to a Child Guidance Crisis Counselor if you are under 18. If you are 18 or older, ask them for the nearest adult mobile crisis team.

You can always call 911 and ask to speak with someone with Crisis Intervention Training.

LOCAL RESOURCES

Child & Family Guidance Center's Feeling SMART: Make a SMART Connection

Free Online Peer Support for Ages 13-18, every Wednesday at 4PM

Call or text (203) 394-6529

Develop self-management & coping skills to make positive changes in your life.

cfguidance.com - 180 Fairfield Ave.- Bridgeport CT 06604 - (203) 394-6529

Coastal Connecticut Counseling

coastalconnecticutcounseling.com - (203) 307-3030

2960 Post Rd, 3rd Floor, Southport CT 06890

Helping individuals, couples, children, and families build resilience and embrace growth.

Discovery Mood & Anxiety Program discoverymood.com/locations/southport

southport - toll-free: 866-421-0899 3530 Post Rd, Suite 306,

Southport, CT

(near Fetzer Tire) - Trauma, Anxiety, Depression, Self-Harm, among others

Fairfield Counseling Center, PLLC

fairfieldcounselingcenter.com - (203) 581-0053 - fairfieldcounselingcenter@gmail.com

765 Post Rd, 2nd Fl, Fairfield, CT

Lifebridge Counseling

lifebridgetct.org/behavioral-health-center - (203) 368-4291

125 Penfield Rd, Fairfield, CT

Adolescent Wellness: specialized pediatric behavioral health therapy for individuals and families.

NAMI (National Association for Mental Illness)

nami.org/Your-Journey/Kids-Teens-and-Young-Adults





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Resources for Finding Help; How to Talk to My Friends; How to Talk to My Parents/Guardian; Social Media & Mental Health; Your Mental Health & School

Positive Directions: The Center for Prevention and Counseling

positivedirections.org

(203) 227-7644; info@positivedirections.org 90

Post Rd West, Westport, CT

Counseling for Anxiety, Depression, Addiction, Grief, Problem Gambling and more.

Carol Sampson, LCSW: Psychotherapist

carolsampsonlcsw.com

(203) 984-0029

2551 Post Rd, Southport, CT

I offer a safe space, free from the demands of parents, teachers, and peers, where teens can talk freely about their concerns and engage in meaningful self-reflection and problem-solving.

Beth Segaloff, LCSW

<https://www.bethsegaloff.com/>

I offer support by embracing yourself through talk therapy to transform and health yourself with the support that will help your peace and a safe space to share your story.

Turningpointct.org

A website for young people by young people to provide peer support for those struggling and overcoming mental health & substance use issues.

The Waynik Group: Teen Group Therapy

grouptherapy.mystrikingly.com

(203) 386-0096

160 Hawley Lane, Trumbull, CT Meet

Fridays at 4-5PM

A weekly group therapy experience for teens led by a Licensed Clinical Social Worker

Youth Mental Health Project

ymhproject.org/take-action/students

info@ymhproject.org

12 Salt Box Lane, Darien, CT 06820

They do not provide counseling but provide resources. Simple fact sheets are available on youth depression, anxiety, stress, sleep, wellness, loneliness, self-care, peer pressure, exercise and much more.

