

Feeling Down? Struggling to Cope? We've Got Your Back.

TurningPointCT.org: Online resources & supports,
created by young people in CT for their peers



Q&A Guide

You can get better. We can help. Discover the people who can truly guide you, from peers to professionals.



Resource Map

Explore a map of social, recreational, and clinical resources for young people around the state.



Personal Stories

Check out stories from young people across the state. We've been there—and look how far we've come!



Media Room

Check out the latest podcasts and share your artwork, poems, or videos.



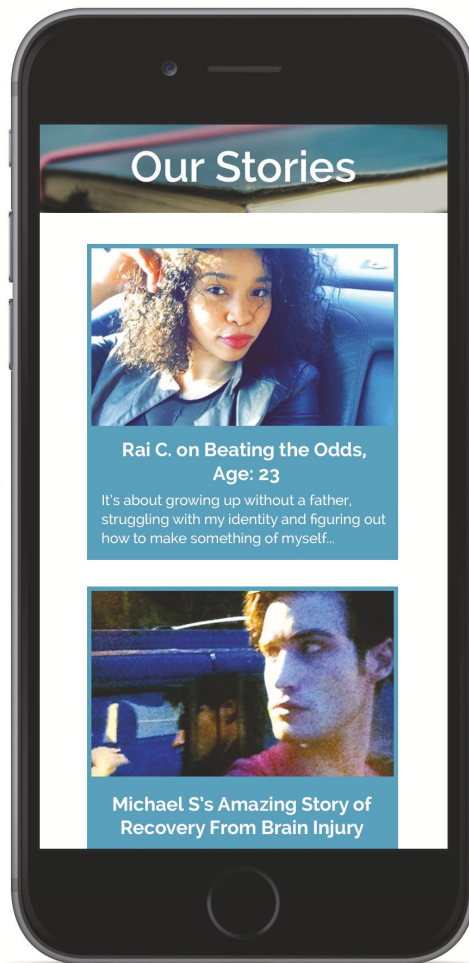
Social Platforms

Stay updated on the latest posts and resources by following us on FB, Twitter, Insta, YouTube, TikTok, etc.!



Facts & Resources

Mental health, mental illness, addiction and recovery: let us give you the lowdown.



TURNING

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CT.ORG

TurningPointCT.org was developed by young people in Connecticut who are in recovery from mental health and substance use issues.



Guiding the search
for mental wellness