

LOOKING FOR SUPPORT IN CONNECTICUT?

MENTAL HEALTH RESOURCES FOR TEENS AND YOUNG ADULTS IN CT

Free statewide supports for young people:

- TurningPointCT.org/resources/map: Find peer-recommended programs and activities in towns or campuses near you--and add your own!
- NamiCT.org: Drop into online Young Adult support groups.
- SMARTrecoveryCT.org: Free teen & young adult support groups to learn self-management skills, cope with negative behaviors & make positive changes in your life.
- CCAR.us: Check out the Young Adult & Family program at CT Community for Addiction Recovery.

Looking for local mental health or substance use treatment near you? Contact your Regional Behavioral Health Action Organization:

- Southwest CT: thehubCT.org
- New Haven area: apw-ct.org
- Eastern CT: seracCT.org
- Hartford area: AmplifyCT.org
- Northwest CT: wctcoalition.org

Struggling emotionally and want to talk to another young person in CT who really gets it?

- Call the JoinRiseBe Young Adult Warmline, 12pm-9pm daily, at 1-855-6-HOPENOW.

