




# youth **mental health** resource guide

**don't carry it alone.**  
**WE'VE GOT YOU**

 **stamford youth  
mental health  
alliance**

[StamfordYouthMentalHealthAlliance.org](https://StamfordYouthMentalHealthAlliance.org)

There are many resources to support the mental health of children and adolescents in Stamford. This guide was created by the city's Department of Health & Human Services in conjunction with the Stamford Youth Mental Health Alliance (SYMHA) to provide a listing of organizations and services by category where each listing includes a key for the languages that are spoken there. The SYMHA strives to make resources available and increase access and eligibility to the entire community, so that families can identify support and get help as quickly as possible. In addition to the information in this guide, the SYMHA's website includes helpful resources such as a self-care student planner, sample questions to ask a therapist and more, which can be found at: [StamfordYouthMentalHealthAlliance.org/resources](https://StamfordYouthMentalHealthAlliance.org/resources)

### Language Key:

- e** Services in English
- s** Servicios o interpretación en Español
- hc** Sevis ou byen tradiksyon en Kreyòl
- u** послуги доступні українською мовою

## outpatient counseling & treatment

[Centro Bienestar](#) **e | s | hc**

203.883.8135

Mental health, parenting, eating disorder, and domestic violence services for individuals and families.

[Child Guidance Center of Southern CT](#) **e | s | hc | u**

203.324.6127

Mobile crisis services; individual, group, and family therapy; and medication management and care coordination for children and their families.

[Community Health Center, Inc.](#) **e | s | hc | u**

203.323.8160

Individual, group, family and couples counseling offered for adults and children. Psychiatric and therapeutic services offered in Spanish and other languages. In-person and remote sessions available. School-based services are also available.

[Family Centers, Inc.](#) **e | s | hc | u**

203.869.4848

Emergencies 24/7: 877.349.4689

Mental health, trauma, grief and social support services ranging from counseling to parenting classes. School-based services are also available.

[Greenwich Hospital – Department of Psychiatry and Behavioral Health](#) **e**

203.357.9430

Outpatient and intensive outpatient (IOP) programs for adolescents and adults.

### **Schoke Jewish Family Service of Fairfield County** [e](#)

203.921.4161

Individual, group, family and marital counseling for children and adults; medication management; grief therapy.

### **Optimus Health Care** [e](#) | [s](#)

203.621.3750

Individual, group, family and marital therapy; medication and case management; and employment support.

### **Silver Hill Hospital New Canaan** [e](#) | [s](#) | [hc](#)

866.542.4455

The Adolescent Intensive Outpatient program provides patients with psychological treatment and skill building to function effectively at home and in school.

## **addiction services**

### **CT Department of Mental Health and**

### **Addiction Services** [e](#) | [s](#) | [hc](#) | [u](#)

24/7 hotline: 1.800.563.4086

Provides resources for substance abuse treatment.

### **Connecticut Renaissance** [e](#)

203.336.5225

CARF-accredited organization offering substance abuse and mental health treatment to a diverse population across 11 Connecticut locations. Also provides case management, housing and life-skills training for individuals transitioning from incarceration back into the community.

### **Liberation Programs** [e](#) | [s](#) | [hc](#)

855.542.7764

Inpatient and outpatient treatment for substance use disorder recovery.

### **Recovery Network of Programs** [e](#) | [s](#)

Stamford Outpatient Behavioral Health (SOBH)

475.477.3082

Outpatient clinic offering individual therapy and intensive outpatient programs for co-occurring disorders, substance use and mental health.

### **Substance Abuse and Mental Health Services**

### **Administration (SAMHSA)** [e](#) | [s](#)

24/7 Hotline: 800.662.4357

Crisis counseling and support.

## **LGBTQ+ affirming resources**

### **Anchor Health** [e](#) | [s](#) | [hc](#) | [u](#)

203.903.8308

Healthcare center offering behavioral health, primary care, gender affirming care, sexual health care, case management and more.

**Child Guidance Center of Southern CT Gender Diversity & Resilience Program** [e](#) | [s](#) | [hc](#) | [u](#)

203.324.6127

Serves LGBTQ+ youth through age 18 and their families, providing a combination of group, individual and family therapy, as well as case management, psychiatry and gender affirming medical care.

**LGBT National Youth Talkline** [e](#)

800.246.7743

**Lighthouse (Kids In Crisis)** [e](#) | [s](#)

203.661.1911

A facilitated youth group for LGBTQ+ teens and allies in 6th-12th grade with games, art, topic discussions and dinner. Meets every Tuesday at First Presbyterian Church, 5-7 pm. [kidsincrisis.org/lighthouse](http://kidsincrisis.org/lighthouse).

**Stamford Pride** [e](#)

203.212.8929 / [hello@stamfordctpride.com](mailto:hello@stamfordctpride.com)

Ongoing social groups including monthly meetings for parents/caregivers (PFLAG Stamford), young adults, young professionals and LGBTQ+-affirming events including history, art and literary events and film screenings.

**Triangle Community Center** [e](#) | [s](#) | [hc](#) | [u](#)

203.853.0600

Community center in Norwalk with services for teen and adult mental health and substance use, social events, case management, referrals and counseling.

**Trans Lifeline** [e](#) | [s](#)

24/7 hotline: 877.565.8860

Peer support phone service run by trans people for trans and questioning people; Friends and family line operators for help with supporting trans loved ones.

**The Trevor Project** [e](#)

24/7 hotline: 1.866.488.7386

Text 'START' to 678678

Trained crisis intervention counselors to give immediate support to LGBTQ+ people. Live chat option available on website.

**eating disorders**

**Backcountry Wellness** [e](#)

203.992.1700

Located in Greenwich. Eating disorder treatment using family-based model.

**Center for Discovery** [e](#) | [s](#) | [hc](#)

888.676.1940

Located in Greenwich. Eating disorder and mental health treatment for all genders, ages 10+.

## **inpatient treatment**

**Silver Hill Hospital New Canaan** [e](#) | [s](#) | [hc](#)

866.542.4455

Adult and adolescent treatment. Inpatient, transitional living and intensive outpatient treatment for substance use and mental health disorders.

**Yale New Haven Child Urgent Crisis Center** [e](#) | [s](#)

203.688.3333

20 York Street, New Haven, CT 06510

Immediate access to resources during a behavioral health crisis for children up to 18 years old.

## **domestic violence/sexual assault**

**CT Safe Connect** [e](#) | [s](#) | [hc](#) | [u](#)

24/7 hotline: 888.774.2900 (call/text) Texting, web chat, and voice call options for survivors of domestic violence.

**Domestic Violence Crisis Center** [e](#) | [s](#) | [hc](#) | [u](#)

24/7 hotline: 203.588.9097

Outside service area call or text: 888.774.2900

**The Rowan Center** [e](#) | [s](#)

Call our 24/7 confidential hotline:

203.329.2929 (English) or 888.568.8332 (Spanish)

Text 888.999.5545 between 9 am and 5 pm.

## **crisis intervention**

**988 Suicide and Crisis Lifeline** [e](#) | [s](#) | [hc](#) | [u](#)

24/7 Call or Text: 988

**Crisis Text Line** [e](#) | [s](#)

24/7 Text HOME in English (or AYUDA in Spanish) to 741741

**Kids In Crisis** [e](#) | [s](#) | [hc](#)

24/7: 203.661.1911

Free counseling, temporary shelter, family reunification for children and youth 0-17 years old; And services for LGBTQ+ youth and allies.

**Mobile Crisis Intervention Services** [e](#) | [s](#) | [hc](#) | [u](#)

Trained Specialist 24/7: Call 211

Mobile program for children in the community under the age of 18 in the midst of a psychiatric or emotional crisis, with the goal of stabilizing and referring to treatment.

**Stamford Police**

Emergencies 911

Non-emergency 203.977.4444

**Stamford Police Behavioral Health Unit** [e](#) | [s](#) | [hc](#)

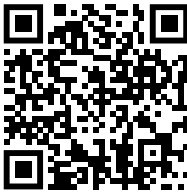
203.977.1730



The Stamford Youth Mental Health Alliance is a city-wide network of 35+ organizations working together to improve access to mental health services for children and adolescents. Our goal is to build a greater understanding of the importance of youth mental wellness, ensure care is accessible and inclusive, and facilitate a comprehensive system of intervention and support for families across our community.

We say, **don't carry it alone. WE'VE GOT YOU**, to remind kids and parents that you're not alone, our community cares about you and it's ok to ask for help.

For more information and a complete list of our partners, scan here:



[StamfordYouthMentalHealthAlliance.org](https://StamfordYouthMentalHealthAlliance.org)