



WESTPORT
Together
For Youth & Families

SUPPORTS FOR WESTPORT RESIDENTS

Struggling with isolation, stress, depression, substance use or other issues? Help is here.

All Ages

- **Westport Department of Human Services:** Information & connections to supports such as food, mental health referrals, financial assistance. 203-341-1050
- **Westporttogether.org:** Subscribe to email list for youth & family resources.

Youth

- **Westport Youth Services Bureau:** Casework, referrals, mentoring. 203-341-1150
- **Teen Talk:** Free counseling provided by Kids in Crisis at school or through hotline. 203-341-1285 (school-based counselor) or 203-661-1911 (24/7 hotline)
- **Liberation Programs:** Free drug & alcohol counseling at Staples. 475-333-4131
- **Toquet Hall:** Student-run activities center. 203-341-1155 or toquethall.org

Older Adults

- **Westport Center for Senior Activities:** Programs & support. 203-341-5099
- **Aspetuck Health District:** Homebound visits, safety checks. 203-227-9571

Behavioral Health

- **Positive Directions-The Center for Prevention & Counseling:** Mental health & substance use counseling, prevention, recovery groups, peer support. 203-227-7644
- **TurningPointCT.org:** Online mental wellness resources created by young adults in CT for their peers. Statewide, based in Westport at Positive Directions.
- **NAMI:** Support groups and training programs by & for families with a loved one with mental illness. namisouthwestct.org
- **The Hub:** Regional resource lists for treatment and support groups. thehubct.org

