

# YOUR HEALTH IS OUR PRIORITY

## Newtown Community Resources

A quick reference guide to trusted and confidential resources to help community members in need.

### 24-7 RESOURCES

(If you are having a medical emergency please dial 9-1-1)

#### CONNECTICUT - 2-1-1

2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, and 7 days a week 365 days a year. To contact 2-1-1 simply, dial 2-1-1 from any phone. Also on the web at: [www.211ct.org](http://www.211ct.org)

#### National Suicide Prevention Lifeline - 9-8-8

If you or someone you know is thinking about harming themselves or attempting suicide, tell someone who can help right away. Call or text 9-8-8 to connect with the 988 Suicide & Crisis Lifeline. The Lifeline provides 24-hour, confidential support to anyone in crisis or emotional distress. [www.988lifeline.org](http://www.988lifeline.org)

#### The Center for Empowerment & Education (CEE) - 203-731-5200

For victims of interpersonal violence, CEE provides support services in the form of counseling, advocacy, crisis intervention, and emergency shelter. Sexual Assault Hotline 203-731-5204, Domestic Violence Hotline 203-731-5206. Hotlines are available 24-7, 365 days a year. [www.thecenterct.org](http://www.thecenterct.org)

#### National Domestic Violence Hotline - 1-800-799-SAFE (7233)

Trained advocates are available 24-7, 365 to talk or chat online confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. [www.thehotline.org](http://www.thehotline.org)

## Newtown Department of Human Services

Supporting a high quality of life for the Newtown community through services, programs, and information that promote mental, physical, and social well-being. Offering personalized assistance identifying resources that meet your specific needs.

Social Service Programs 203-270-4330

Newtown Senior Center 203-270-4310

Behavioral Health Referral 203-270-4612

Offices are open M-F 8:00 am-4:00 pm



## ALCOHOL & DRUG ABUSE

### CT Parent Connection - 203-270-1600

NPC offers weekly Hope & Support meetings for families whose loved ones are abusing or addicted to drugs or alcohol. A monthly bereavement meeting is hosted for those who have lost a loved one to drugs or a catastrophic circumstance. Providing assistance in navigating a loved one into treatment, inpatient or outpatient. [www.ctparentconnection.org](http://www.ctparentconnection.org)

### Narcotics Anonymous - 800-627-3543

N.A. is a nonprofit fellowship of men and women for whom drugs have become a major problem. [www.ctna.org](http://www.ctna.org)

### Alcoholics Anonymous - 866-STEPS12 (866-783-7712)

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. A.A.'s primary purpose is to help alcoholics achieve sobriety. Members use the Twelve Steps to maintain sobriety. Groups use the Twelve Traditions to stay unified. For a listing of AA groups and information visit [www.ct-aa.org](http://www.ct-aa.org)

### Al-Anon/Alateen - 888-425-2666

a mutual support program for people whose lives have been affected by someone else's drinking. Alateen part of the Al-Anon Family Groups is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking. Visit [www.al-anon.org](http://www.al-anon.org)

### DMHAS CRISIS LINE - 800-563-4086

Substance abuse treatment and referral for detox.

## BEHAVIORAL HEALTH

### Newtown Youth & Family Services (NYFS)- 203-270-4335

NYFS is a non-profit youth service bureau and mental health clinic for children, teens, adults, and seniors. Specialized services include: outpatient individual, couples, and family counseling, substance abuse treatment, Autism and social skills programs, prevention initiatives and support groups. [www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org)

### National Alliance of Mental Illness (NAMI) - 800-950-NAMI (6264)

NAMI works to educate, support, advocate, listen, and lead to improving the lives of people with mental illness and their loved ones. Text "HelpLine" to 62640, email at [helpline@nami.org](mailto:helpline@nami.org), or visit [www.nami.org](http://www.nami.org)

### Crisis Intervention

Western CT/Danbury Hospital Crisis Line 203-739-7799 or dial 2-1-1 from any phone

## FOOD ASSISTANCE

### F.A.I.T.H. Food Pantry- 203-837-0816 or 203-426-5604

If you need food assistance F.A.I.T.H. (Food-Assistance-Immediate-Temporary-Help) can help, no questions asked. Every visitor is treated with kindness, respect, and compassion. You will be provided with one full week's worth of groceries per month. [www.newtownfoodpantry.org](http://www.newtownfoodpantry.org)

