

Behavioral Health Resources

We are lucky to have great resources in our own backyard, and the Foundation is fortunate to partner with so many. Here are a just a few...

New Canaan Urgent Assessment Program

Based at Silver Hill Hospital, access a free and confidential assessment of your or a loved one's behavioral health need. Be seen within 24- to 48-hours and be matched directly with tailored referral.
1-866-542-4455

Resources to Recover

A free online service that helps people connect with expert treatment and support.
www.rtor.org

Laurel House

Programs that provide support specific to students (high school or college), support for managing during employment, and tools for adults and young adults broadly.
www.laurelhouse.net

New Canaan Parent Support Group

A confidential, facilitated support group for New Canaan and local parents with loved ones affected by addiction.
www.ncparentsupportgroup.org

Child Guidance Center of Southern CT

Outpatient services for children, youth, and families, with offices in Stamford and Greenwich.
www.childguidancect.org



NEW CANAAN
COMMUNITY
FOUNDATION

Mid-Fairfield Community Care Center

Outpatient services for children, youth, and families, with an office in Norwalk.
www.mfcc.org

Positive Directions

Outpatient services for adolescents and adults.
www.positivedirections.org

New Canaan CARES

Youth programs and parenting resources.
www.newcanaancares.org

Kids in Crisis

24-hour helpline for kids and families facing crisis:
203-661-1911
www.kidsincrisis.org

Domestic Violence Crisis Center

Access support for you or a loved one.
203-588-9097

If you are in immediate crisis, please dial 211 for mobile crisis

or

911 for your local first responders.

The National Suicide Prevention Lifeline is available at 988.