

Local Resources & Assistance:

Mary J. Sherlach Counseling Center

121 Old Mine Road

(203)452-5193

Offers marriage & family therapy on a sliding scale, a vaping cessation program for teens, and suicide loss support.

Trumbull Social Services

(203)452-5198

Food pantry, benefit screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered.

Trumbull Senior Services

(203)452-5199

Information, programs and services for older adults and caregivers.

Trumbull Health Department

(203)452-1030

Provides immunizations, health & wellness screenings, emergency response services, etc.

"The Town of Trumbull and TPAUD are pleased to provide the details of some of the Community Resources available to Trumbull residents. It is our hope that those looking for information or support will reach out for the help they need."

Vicki A. Tesoro

Vicki Tesoro

*First Selectman and
TPAUD Co-Chair*

Community WELLNESS

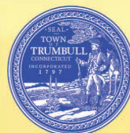
Services & Resources for Trumbull Residents



TPAUD, Trumbull's Prevention Partnership

tpaud.org

Community coalition dedicated to engaging and mobilizing youth, parents and guardians, and community partners to reduce youth alcohol and drug use, foster social/emotional health, and build a safe and healthy community.



Developed, in part, under award #NH28CE002944-06-04 from
the Office of National Drug Control Policy and the
Centers for Disease Control and Prevention

TPAUD
Trumbull's Prevention Partnership
tpaud.org

Substance Use/Misuse Resources:

SAMHSA's National Helpline
(800)662-HELP
samhsa.gov

For individuals/family members facing mental health/substance use disorders; Referrals to local treatment, support groups & community-based organizations

Department of Mental Health & Addiction Services
ct.gov/dmhas
CT state agency that promotes the overall health and wellness of those struggling with mental health

CT 24/7 Addiction Treatment Access Line
(800)563-4086

CT Quitline (Smoking/Nicotine Cessation)
(800)784-8669

Connecticut Community for Addiction Recovery (CCAR)
(866)205-9770
ccar.us
Centralized resource to support those in recovery or contemplating recovery

Partnership for Drug Free Kids
drugfree.org
Comprehensive resource for parents/guardians who suspect or are struggling with a child's substance use

Family Violence/Abuse Resources:

Center for Family Justice
centerforfamilyjustice.org
Local Agency providing services to victims of domestic assault, sexual assault, and child abuse

CT Domestic Violence Hotline
(888)774-2900
Non-Emergency Domestic Violence Calls
(203)384-9559

CT Sexual Assault Hotline
(203)333-2233
Vedas (Spanish)
(888)568-8332

CT Dept. of Children and Families
(800)842-2288

Protective Services for the Elderly
(888)385-4225



Mental/Behavioral Health Resources:

24-Hour Mental Health Crisis Intervention: Call 211 or text 741741

Young Adult (ages 18-29) Mental Health Warmline
(855)6-HopeNow, 12-9pm, Daily
turningpointct.org
Adult Mental Health Warmline
(877)552-8247

Kids in Crisis
24-Hour Hotline
(203)661-1911
kidsincrisis.org

Suicide Prevention Hotline
(800)273-8255
Nacional de Prevención del Suicidio
(888)628-9454

NAMI (National Alliance on Mental Illness)
Helpline: (800)950-NAMI

LGBTQ Suicide Prevention Hotline
(866)488-7386 or Text START to 678678

Triangle Community Center
(203)853-0600
ctpridecenter.org
Fairfield County's LGBTQ resource

CT Gambling Hotline
(888)789-7777

Support Groups:

The C.A.R.E.S. Group
(855)406-0246
thecaresgroup.org
Support group for families struggling with addiction

Glorious Recovery
gloriousrecovery.org
Organizes fun, drug & alcohol free events to unite and support people impacted by alcohol and drug addiction.

Smart Recovery
smartrecovery.org

Al-Anon/Al-Ateen
(888)825-2666
ctalanon.org

Narcotics Anonymous
(800)627-3543
ctna.org

Alcoholics Anonymous
(866)783-7712
ct-aa.org

Free Vaping Cessation - Mary J. Sherlach Counseling Center
(203)452-5193

Suicide Loss Support Group
Mary J. Sherlach Counseling Center
(203)452-5193

Gamblers Anonymous - (855)222-5542
gamblersanonymous.org

