



## Youth and Young Adult Resources

**Categories :** [Children and Families](#), [Youth and Young Adults](#)

This 2-1-1 topical paper contains links to information which may be useful to young adults in everyday situations, including where to go for help in a crisis, how to find support and what to do for fun. There is help available from a multitude of Connecticut programs and services, and other resources provided by national agencies.

### Mental Health Resources

Currently in a crisis and need to talk to someone right way, Dial 2-1-1, or Just want to talk or sit down with someone, the Connecticut Department of Mental Health and Addiction Services (CT DMHAS) Access Centers, can assist:

- Youth Continuum – 924 Grand Avenue, New Haven, CT 06511, (203-562-3396)
- Bridges – 949 Bridgeport Avenue, Milford, CT 06460, (203-878-6365)
- Sound Community Services – 21 Montauk Avenue, New London, CT 06320, (860-439-6400)

Having a tough time, and just want to chat, text someone:

\*\*Crisis Text Line: Text CT to 741-741

### 2-1-1 Youth page links to resources on:

- Basic needs – Obtaining food, clothes
- Employment – How to find jobs, training, or summer employment, student financial aid
- Education – How can I find tutoring, homework help, mentoring services
- Mental health help – Crisis hotlines, talklines, textline, Child abuse Careline, counseling services, substance abuse counseling
- LGBT resources available
- How to obtain new or lost documents
- Recreation, arts and youth enrichment – Youth enrichment, leadership development, arts instruction, physical fitness

For these and other targeted resources for youth, link here, <http://uwc.211ct.org/categorysearch/youth/>

For the 2-1-1 general database, which includes additional health and human service resources for Connecticut residents, visit: [www.211ct.org](http://www.211ct.org)

In addition, the following 2-1-1 eLibrary topical papers specifically targeted to youth and young adults on a wide variety of subjects, including, tips for getting a job, summer youth employment, bullying, teen dating violence, to name a few, can be found here: <http://uwc.211ct.org/youthandyoungadults/>

To view the over 400 additional eLibrary topical papers on a variety of topics, visit: <http://uwc.211ct.org/get-help/informationlibrary/>

### OTHER RESOURCES AVAILABLE TO YOUTH AND YOUNG ADULTS

**True Colors** – LGBT mentoring program provides trainings and seminars – <http://www.ourtruecolors.org/>



**Turning Point CT** – Provides mental health and wellness treatment options, hotline links, shared stories, and much more – <http://turningpointct.org/>

**Child Development Infoline** – Teen pregnancy questions or parenting assistance – helps individuals with supports from pregnancy to promoting children’s healthy growth and development – <http://cdi.211ct.org/>

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SOURCE: Connecticut Department of Mental Health and Addiction Services (CT DMHAS); United Way of Connecticut; SafePlace; True Colors; Turning Point CT

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