



MENTAL HEALTH • SUBSTANCE USE • PARENTING SUPPORT

If You Need Help Right Now

If you or someone you know is in immediate distress:
 Call or Text 988 – Suicide & Crisis Lifeline (24/7 support)
 Text HOME to 741741 – Crisis Text Line (24/7 text support)
 Find Treatment: findtreatment.gov
 SAMHSA Helpline: 1-800-662-HELP (4357)

Mental Health Support

NAMI (National Alliance on Mental Illness)

nami.org

Education, support groups, and family resources.

CDC Mental Health Resources

cdc.gov/mentalhealth

Tools and information on stress, anxiety, and youth mental health.

Substance Use & Prevention

SAMHSA

samhsa.gov

Prevention tools, treatment locator, and family support resources.

Find Treatment Services

findtreatment.gov

Search for local mental health and substance use treatment options.

Talk. They Hear You. (SAMHSA)

samhsa.gov/talk-they-hear-you

Guidance for parents/caregivers on talking with youth about alcohol and drugs.

Talking With Your Child/Teen

CDC Parent Resources

cdc.gov/mentalhealth/tools-resources

Conversation tools for talking with youth about mental health and substance use.

SAMHSA Family Resources

samhsa.gov/families/parent-caregiver-resources

Tips for communication, warning signs, and support strategies.

Local Support In The Northwest Corner

Housatonic Youth Service Bureau (HYSB)

hysb.org

Provides youth and family services including counseling, prevention programming, youth development opportunities, and support for emotional and behavioral health needs at no cost.

McCall Behavioral Health Network

mccallbhn.org

Offers substance use treatment, recovery support, outpatient counseling, prevention services, and mental health care across the region.

Northwest Corner Prevention Network

ncpncoalition.org/resources/

Offers Narcan distribution, medication lockboxes, Detera drug deactivation kits, quit kits, prevention resources, QPR (suicide prevention) trainings, and outreach at community events across the region.

Northwest Community Health Services

nwchs.org

Provides community-based healthcare including behavioral health services, primary care, and support for individuals and families seeking accessible health and wellness resources

Mountainside Treatment Center

mountainside.com

Specializes in substance use treatment and recovery services, including detox, inpatient and outpatient programs, recovery coaching, and family support services.

Local school-based counseling services

Available through area school districts and provide accessible mental health support, counseling, and student wellness services.

SUPPORT IS ALWAYS AVAILABLE. EARLY CONVERSATIONS AND CONNECTION CAN MAKE A LASTING DIFFERENCE.