

BRIDGEPORT RESOURCES



Connecticut Community for Addiction Recovery services include providing recovery coaches, coffee lounge chats, and virtual support meetings.
ccar.us



Southwest Community Health Center provides mental health services to individuals and families in Southwest Bridgeport, especially those without insurance. Southwest also provides medical and dental services.
swchc.org



The Child and Family Guidance Center provides mental health care that is culturally-informed and complementary, no matter what one's ability to pay is.
cfguidance.com

LOCATIONS

**BURROUGHS-SADEN
MEMORIAL**
925 Broad Street
Bridgeport, CT 06604
(203) 576-7400

BLACK ROCK BRANCH
2705 Fairfield Avenue
Bridgeport, CT 06605
(203) 576-7025

EAST SIDE BRANCH
1174 East Main Street
Bridgeport, CT 06608
(203) 576-7634

NORTH BRANCH
3455 Madison Avenue
Bridgeport, CT 06606
(203) 576-7003

NEWFIELD LIBRARY
755 Central Avenue
Bridgeport, CT 06607
OPENING SOON!

FOLLOW US:



For more information, contact
the Teen Room
(203) 576-7400, ext. 444

Updated 8/21

BRIDGEPORT LIBRARY

A Gathering Place for the Entire Community

MENTAL HEALTH RESOURCES

FOR TEENS



Taking care of myself doesn't mean
"me first".
It means
"me too".
~L.R. Knost



WWW.BPORTLIBRARY.ORG

VISIT BPORTLIBRARY.ORG FOR LIBRARY RESOURCES & EVENTS.

HOTLINES

If you or someone you know is having a medical emergency, **CALL 911.**



AVAILABLE ANYTIME: call 1-800-273-8255 or chat with a member of Lifeline at suicidepreventionlifeline.org.

2-1-1 of Connecticut

Call 2-1-1 or go to 211ct.org if you are in a crisis, need shelter, food, or basic needs, or want services related to mental health, substance abuse, and services for young adults.

2-1-1 also provides assistance related to legal services, healthcare services, income services, transportation, and more.

MENTAL HEALTH RESOURCES



Get the KnowBullying App!

This app helps parents, caregivers, educators, and teachers talk to children about bullying.

store.samhsa.gov/product/knowbullying

GET SMART ABOUT DRUGS

A DEA RESOURCE FOR PARENTS, EDUCATORS & CAREGIVERS


getsmartaboutdrugs.gov




Access Bridgeport Public Library's website to access this & other databases.
bportlibrary.org

MORE MENTAL HEALTH RESOURCES


Search these sites for more information about mental illnesses, their treatment, and other psychological topics.

 National Institute of Mental Health: Transforming the understanding and treatment of mental illness.


nimh.nih.gov

 MAYO CLINIC Mayo Clinic: Patient Care and Health Information

mayoclinic.org/patient-care-and-health-information

 SAMHSA: Substance Abuse and Mental Health Services Administration

samhsa.gov

 WebMD: Better Information. Better Health.

webmd.com