**MENTAL HEALTH RESOURCES FOR TEENS**

A Gathering Place for the Entire Community

**C CAR**

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

**SOUTHWEST COMMUNITY HEALTH CENTER**

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 & FAMILY GUIDANCE CENTER**

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

**TAKING CARE OF MYSELF DOESN'T MEAN "ME FIRST". IT MEANS "ME TOO". ~L. R. KNOST**

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

**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.

**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)
suicidepreventionlifeline.org

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

**SAMHSA**

Substance Abuse and Mental Health Services Administration

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

**National Institute of Mental Health**

Transforming the understanding and treatment of mental illness.

nimh.nih.gov

**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**


webmd.com

Visit bportlibrary.org for library resources & events.