

Youth Mental Health Matters

Far too many young people in New Haven struggle with mental health concerns and do not get the support they need. In recent years, and especially since the COVID-19 pandemic, we have seen significant increases in depression, anxiety, and suicidal thoughts among young people.

What should you know?

- Mental health conditions are real, common, and treatable.
- Mental health conditions can be shaped by environmental factors, biological factors, and life experiences.

Recovery is possible!



The Office of Mental Health Initiatives envisions a city where individuals, families, and communities can heal from trauma, find meaningful recovery from mental illness, and develop resilience and well-being.

Contact

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 203-946-6759

 <https://www.facebook.com/NHVCommunityResilience/>



Mental Health

Resource Guide

For young people in New Haven

Hotlines and Warmlines

9-8-8 National Suicide Prevention Hotlines provides 24/7 free and confidential support for people in distress.

741741 Crisis Text Line available 24/7. Text AYUDA to connect to a spanish speaking crisis counselor.

866-488-7386 Trevor Project Hotline for LGBTQ+ young people experiencing a crisis or thinking about suicide.

877-565-8860 Trans Life Line offers peer support by trans people for their trans and questioning peers.

855-6-HOPENOW Statewide Young Adult Peer Support Warmline to connect to other young people with lived experience of mental health conditions. Available 12PM - 9PM everyday.

Peer Groups

JOINRISEBE is a peer-run initiative built by young people for young people to share lived experience and create spaces for other to feel comfortable in order to create positive change within our communities. Visit the website to connect with groups and events.

<https://joinrisebe.org/about/>

NAMI Young Adult Connection offers venues for young people experiencing mental health challenges to connect, hang out, and socialize. Virtual groups are held regularly. Visit the website to learn more about programs and resources.

<https://namict.org/support-and-education/support-groups/young-adult-connection-community/>

New Haven Pride Center Youth Affinity Spaces are intentionally designed spaces for LGBTQ+ teens and young people to connect, heal, and support each other. Visit the website to learn about current groups.

<https://www.newhavenpridecenter.org/youthspaces/>

Clinics & Programs

Clifford Beers Clinic provides mental health and support services for children, adolescents, young adults, and families via outpatient, in-home, and community-based services. **Call 203-772-1270.**

The PRIME Clinic is designed for persons ages 12 - 25 who are experiencing worrisome changes in their thoughts, experiences, and feelings. Clinic services aim to reduce early symptoms of serious mental illness through comprehensive treatment, evaluations, counseling, medication and more. **Call 203-974-7052.**

Yale New Haven Health Services for Transitional-Aged Youth provides services to young people ages 16 to 26 who are at risk for mental health challenges. **Call 203-688-3182.**

Youth Continuum ensures New Haven's most vulnerable young people have a safe bed, critical support services, and a path to independence; they offer a comprehensive array of services for youth experiencing homelessness. If you are under the age of 18 and need housing assistance, **call 203-508-5308.** You can also call 2-1-1.