



Mental Health and Support Resources

Below is a list of providers that have come recommended by other parents or department members that have had a good working experience with. You can also search Psychology Today for providers <https://www.psychologytoday.com/us/therapists> or contact your insurance company for a list of providers. This list is not in any specific order.

- 24-Hour Mobile Mental Health Crisis Intervention: Call infoline @ 211 or text 741741

Infoline is a free community service that provides information about resources and assistance in a crisis.

- Mary J. Sherlach Counseling Center 121 Old Mine Road (203)452-5193

Individual, family therapy

Youth Service Bureau through the Mary Sherlach counseling center

Juvenile Review Board through the Mary Sherlach counseling center

- Discovery mood and anxiety program- Intensive Out Placement
<https://discoverymood.com/treatment-programs/intensive-outpatient/>
1-877-283-5692 Southport
- REACH- Bridgeport Hospital 203-384-3377
<https://www.bridgeporthospital.org/locations/bridgeport-1558-barnum-ave>
- PCRC- Derby (203) 954-0543
<https://bhcare.org/locations/bhcare-pcrc/>
- High Focus (866) 935-4424
<https://highfocuscenters.pyramidhealthcarepa.com/locations/norwalk/>
- Coastal Counseling Center, Ffld/Westport line (203) 307-3030
<https://www.coastalconnecticutcounseling.com/>
- Child & Family Guidance Center's Feeling Smart: Make a SMART connection
Call or text 203-727-0642
<https://cfguidance.com/> 203-394-6529 several locations
- Lifebridge Counseling- Fairfield
<https://lifebridgect.org/> 203-368-4291
- Fairfield Counseling center, PLLC
<https://www.Fairfieldcounselingcenter.com>
203-581-0053, fairfieldcounselingcenter@gmail.com

- Dr. Ryan Loss <https://www.ctbehavioralhealth.com/school-refusal/>
- Carol Sampson, LCSW 203-984-0029 Southport, CT
- Ellen Lacko, Main St, Trumbull 203-733-5529
- Key Therapy Monroe 203-261-7090
- Pete Tolk, Ffld Ffld, 203-368-5250
- Michael Saad, LCSW Trumbull, doesn't take insurance 203-459-1666
- Jordyn Herman, LCSW Orange CT offers virtual, takes many insurance plans, (475) 250-1223
- Gail Melanson, Ph.D Shelton, near Trumbull line, 203-676-4839
- Abby Adis, LCSW Westport, 203-227-6464
- Rebecca Miller, LCSW 6525 Main St. Trumbull 203-403-6581
- Corey Racsko, LPC Monroe 268-8293
- Space treatment providers <https://www.spacetreatment.net/space-providers>
<https://drmichellealbright.com/>
- Fairfield County Family Group, Emily Longo, LMFT Corporate Dr, Trumbull
- Dru Cherry, LCSW In Milford & Stratford 203-380-1153
- AnneMarie Carson, LMFT The Family Room, Milford 203-522-4554
- Ashley O'Connor, LPC Elm St, Monroe (203) 513-0708
- Lauren Goldstein, LCSW Rte 111 , Monroe (203) 268-2219
- Bob Matefy, Ph.D North Ave, Bpt Works with child and family together, (203) 335-0345
- Nancy Arndt Ph.D. Westport 2-3-222-8263
- Hopewell Therapy, Milford (475) 549-0032
- Creative Healing Services, Milford (203) 600-8900
- Stokes Counseling Group, Naugatuck (203) 729-0341
- Camilla Schnaitmann <http://www.cmstherapygroup.com/>
- Jessica L. Bean, PhD, Glastonbury, CT, (860) 633-8155
- Linda Ludwig, PhD, Fairfield, CT, (203) 296-3145
- Susan Holms, LCSW, Newtown, CT, (475) 323-4440

Additional Community Resources:

Also see the attached flyer from TPAUD

https://www.tpaud.org/_files/ugd/d88c71_c298bd4e3efa4610bd136d018e7db0a0.pdf

How to support my child academically by age, the busy family's guide to school:

<https://www.ednavigator.org/guide>

Parent handout- pay attention to attendance, Keep your teen on track in Middle school and high school:

<https://portal.ct.gov/-/media/SDE/Chronic-Absence/Attendance-Awareness-Campaign-2021-22/LEAP-20-Print-Assets/2022-SECONDARY-Parent-Handout-English.pdf>

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