

CONNECTION IS THE KEY to a Healthy Summer

Summer break can be a fun and relaxing time. But for many kids, the change in routine, having less time with friends, and being away from school supports can feel really hard.

Staying connected is essential for a healthy and safe summer.



Connect with Family

Set aside time to spend together as a family to create memories and share adventures. Vacations are great, but everyday moments can be even more important. Eat dinner together, go for a walk, have a dance party, or watch a favorite movie. Prioritize togetherness — without the distraction of phones!



Connect with Community

Interacting with others is so important for developing social and interpersonal skills. Plan time for friends to come over, encourage summer employment, or explore activities offered in the community — parks and recreation departments, libraries, local **Youth Services Bureaus**, and community organizations are great places to look!



Connect with Support

A sudden change in your child's mood or behavior could be a sign that they are struggling. Talk to your child about how they are feeling and get them connected to help.

Visit www.ConnectingtoCareCT.org to find providers and supports in your area.

For immediate help, **call 211 or 988** to reach **Youth Mobile Crisis**, or visit one of Connecticut's **Urgent Crisis Centers**.

Youth who feel connected are more likely to thrive, now and in the future. Use this summer as an opportunity to build and strengthen your child's connections. Don't let them spend their summer alone!



YOUTH MENTAL HEALTH Supports

If you are worried about your child's mental health, immediate help is available!

Someone to Contact

988 Suicide and Crisis Lifeline

Call or text 988 to reach the free national Suicide and Crisis Lifeline and be connected with help.

Youth Mobile Crisis

Call 211 (option 1 and then 1 again) to reach trained, local clinicians who can provide immediate help over the phone for free.

Someone to Respond

Youth Mobile Crisis

By calling 211 (option 1 and then 1 again), you can request a youth mental health professional to come meet with you and your child to provide free in-person support.

A Safe Place for Help Urgent Crisis Centers

Urgent Crisis Centers provide walk-in support for adolescents 18 and under. Trained staff will de-escalate the crisis, complete an evaluation, and connect your child to services. The three UCC locations are:

The Village for Families and Children

1680 Albany Avenue
Hartford, CT
860-297-0520

Wellmore

141 East Main Street
Waterbury, CT
203-580-4298

Child & Family Agency

255 Hempstead Street
New London, CT
860-437-4550

Ongoing Support Connecting to Care CT

Visit CTConnectingtoCare.org to explore information to help you better understand, navigate, and find children's mental and behavioral health services near you.



Help is Available

Asking for support is never the wrong choice!



Connecticut State Department of Education
Connecticut Department of Children and Families

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