

Local Resources & Assistance:

Mary J. Sherlach Counseling Center

121 Old Mine Road
(203)452-5193

Offers marriage & family therapy on a sliding scale, a vaping cessation program for teens, and suicide loss support.

Trumbull Social Services

(203)452-5198

Food pantry, benefit screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered.

Trumbull Senior Services

(203)452-5199

Information, programs and services for older adults and caregivers.

Trumbull Health Department

(203)452-1030

Provides immunizations, health & wellness screenings, emergency response services, etc.

"The Town of Trumbull and TPAUD are pleased to provide the details of some of the Community Resources available to Trumbull residents.

It is our hope that those looking for information or support will reach out for the help they need."

Vicki A. Tesoro

Vicki Tesoro

*First Selectman and
TPAUD Co-Chair*

Community WELLNESS

Services & Resources for Trumbull Residents



TPAUD, Trumbull's Prevention Partnership
tpaud.org

Community coalition dedicated to engaging and mobilizing youth, parents and guardians, and community partners to reduce youth alcohol and drug use, foster social/emotional health, and build a safe and healthy community.



CHANGE
the SCRIPT

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TPAUD
Trumbull's Prevention Partnership
tpaud.org

Substance Use/Misuse Resources:

SAMHSA's National Helpline

(800)662-HELP

samhsa.gov

For individuals/family members facing mental health/ substance use disorders; Referrals to local treatment, support groups & community-based organizations

Department of Mental Health & Addiction Services

ct.gov/dmhas

CT state agency that promotes the health and wellness of those struggling with mental health, substance use

CT 24/7 Addiction Treatment Access Line

(800)563-4086

CT Quitline (Smoking/Vaping Cessation)

(800)784-8669

Connecticut Community for Addiction Recovery (CCAR)

(866)205-9770

ccar.us

Centralized resource to support those in recovery or contemplating recovery

Partnership for Drug Free Kids

drugfree.org

Comprehensive resource for parents/guardians who suspect or are struggling with a child's substance use

Family Violence/Abuse Resources:

Center for Family Justice

centerforfamilyjustice.org

Local Agency providing services to victims of domestic assault, sexual assault, and child abuse

CT Domestic Violence Hotline

(888)774-2900

Non-Emergency Domestic Violence Calls

(203)384-9559

CT Sexual Assault Hotline

(203)333-2233

Vedas (Spanish)

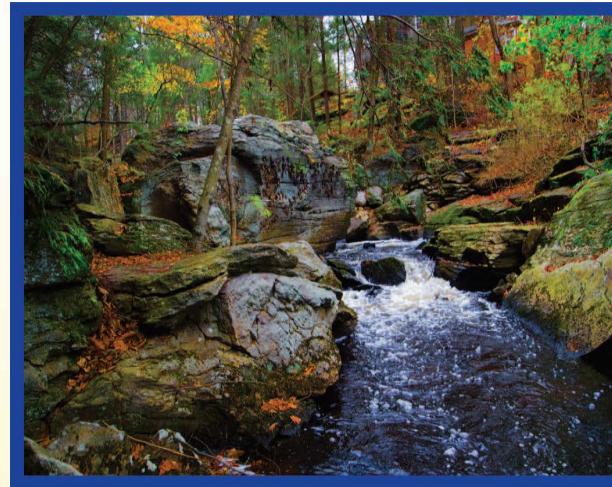
(888)568-8332

CT Dept.of Children and Families

(800)842-2288

Protective Services for the Elderly

(888)385-4225



Support Groups:

The C.A.R.E.S. Group

(855)406-0246

thecaresgroup.org

Support group for families struggling with addiction

Glorious Recovery

gloriousrecovery.org

Organizes fun, drug & alcohol-free events to unite and support people impacted by alcohol and drug addiction.

Smart Recovery

smartrecovery.org

Al-Anon/Al-Ateen

(888)825-2666

ctalanon.org

Narcotics Anonymous

(800)627-3543

ctna.org

Alcoholics Anonymous

(866)783-7712

ct-aa.org

Free Vaping Cessation - Mary J. Sherlach Counseling Center

(203)452-5193

Suicide Loss Support Group

Mary J. Sherlach Counseling Center

(203)452-5193

Gamblers Anonymous - (855)222-5542

gamblersanonymous.org

