



New Canaan Public Schools

Mental Health and Financial Resources for Parents

We understand that these are challenging times, and families may need help with financial or mental health support. Please email your building principal, if you feel we can be of assistance in any way. If we are unable to provide the assistance, we will work to connect you to the appropriate resources. We want to be sure that all of our students and families are able to fully access their education, and we are here to support you. Please remember that our support staff (counselors, social workers, psychologists) are all here for you as well during school hours. Here are a list of other community supports that may be helpful:

Mental Health Support/ Resources

Dial [211](#) or [1-800-203-1234](#)- 24 hours a day for crisis mental health services and information/referral.

[Kids in Crisis](#) (203) 661-1911 - available 24 hours a day for confidential crisis counseling and advice for youth and families.

[“Talk it Out”](#) - a helpline available to provide parents support during stressful times- [1-833-258-5011](#). (M-F, 8:00-8:00; S-S 1:00-8:00)

[New Canaan Cares](#) - 203-966-7862, is another community resource that offers parents support and access to community resources to strengthen youth and families

[Domestic Violence Assistance](#): 1-888-774-2900, Connecticut Safe Connect offers a 24 hour helpline (call or text) and information and referral

Financial Resources/ Community Information

[New Canaan Youth and Family Services](#), 203-594-3081, are available for help with financial assistance, and information and referral to other community resources.

[Coronavirus Response Resources and Information](#): additional listing of local, state-wide and national resources.

Other helpful tips for parents:

[Strategies to assist with e-learning](#)

[Strategies for helping students manage anxiety](#)

Please reach out if we can help in any way!