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## Counseling Resources for Wilton Youth and Families

**Town of Wilton, Department of Social Services**  
<https://www.wiltonct.org/social-services-department>  
Sarah Heath, Director: 203-834-6238

For any assistance, please call and speak to one of our staff members in the Social Services Department. We are here to help you.

### Nonprofit Counseling Resources:

This list includes some of the non-profit counseling resources for our area. This list includes providers that specialize in domestic violence services. There are also many private practice therapists available in our local area. You can check with your pediatrician, doctor, or health insurance provider for additional suggestions and coverage.

Positive Directions  
<https://www.positivedirections.org/>  
203-227-7644

Family and Children's Agency  
<https://familyandchildrensagency.org/>  
203-855-8765

Child Guidance Center of Southern Connecticut (Darien, New Canaan, Stamford, and Greenwich)  
<http://childguidancect.org>  
203-324-6127

Child Guidance Center of Mid Fairfield County (Norwalk, Westport, Weston, Wilton, Darien, New Canaan, and Stamford) <http://www.childguidancemfct.org/>  
203-299-1315

Family Centers  
<https://www.familycenters.org>  
203-629-2822

Domestic Violence Crisis Center  
<https://www.dvccct.org/>  
203-588-9100

CT Coalition Against Domestic Violence  
<http://www.ctcadv.org/>

### Crisis Services:

Dial 2-1-1 (24 hours) for Emergency Mobile Psychiatric Services for children under 18  
<https://uwc.211ct.org/mental-health-crisis-intervention-services-connecticut/>  
For an emergency, dial 9-1-1

Kids in Crisis  
<https://www.kidsincrisis.org/>  
24-hour Helpline – 203-661-1911