

## RIDGEFIELD YOUTH COMMISSION WEBINAR RESOURCE LIST

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### [Kids in Crisis](#)

Provides emergency shelter, crisis counseling, and community education programs for children of all ages and families facing crisis.

**TeenTalk**: An in-school program of Kids In Crisis

**Helpline**: **Call 203-661-1911** for free, 24/7 confidential phone and face-to-face intervention, counseling, and referrals.

### [Say Something](#)

An anonymous reporting system for reporting safety concerns to help prevent violence and tragedies.

### [988 Suicide & Crisis Lifeline](#)

**Call, text, or chat 988** to connect with a trained crisis counselor.

### [2-1-1](#)

Free, confidential information and referral to essential health and human services.

### Urgent Crisis Centers:

Walk-in mental health UCC for children and adolescents.

- [Wellmore Behavioral Health](#) - Waterbury, CT
- [The Village](#) - Hartford, CT
- [Child and Family Agency of Southern Connecticut](#) - New London, CT
- [Yale New Haven Health Children's Hospital](#) - New Haven, CT

### [Ridgefield High School](#)

School Counseling/Mental Health/Community Resources

### READING:

- [The Anxious Generation](#) by Jonathan Haidt
- [Never Enough](#) by Jennifer Wallace
- [The Everything Parent's Guide to Executive Functions](#)  
by Dr. Rebecca Branstetter
- [Late, Lost, and Unprepared](#) by Joyce Cooper-Kahn and Laurie Dietzel
- [Smart but Scattered, Smart but Scattered Teens](#)  
by Peg Dawson and Richard Guare