

You're Not Alone.



Alone, stressed, worried, sad, angry?

Struggling with self-harm, drugs and alcohol, or other issues? Now you can connect with other teens and young adults.

Get information and support at

TurningPointCT.org

TURNING

POINT

CT.ORG

- **Q&A Guide**
- **Personal Stories**
- **Videos**
- **Discussion Forum**



Guiding the search for mental wellness