

CT Children's Behavioral Health Plan

[This link](#) to an executive summary of the Children's Behavioral Health Plan for Connecticut, features an overview of the rationale for child mental health services, and includes a structured plan to execute services, address barriers, and connect CT children to care across the state.



Healthy Lives CT

[Healthy Lives Connecticut](#) provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues. The site also includes self-screening tools for mental health and addictions, all of which are anonymous and confidential.



How to Get the Best Help

[This resource](#) provides comprehensive information about child mental health in Connecticut, ranging from best practices to the streamlined ways to get the help parents and caregivers or families might need. Click [here](#) for specific mental health resources from FAVOR, a program that provides family-focused, advocacy-based, and culturally sensitive community services that improve outcomes and family well-being.

