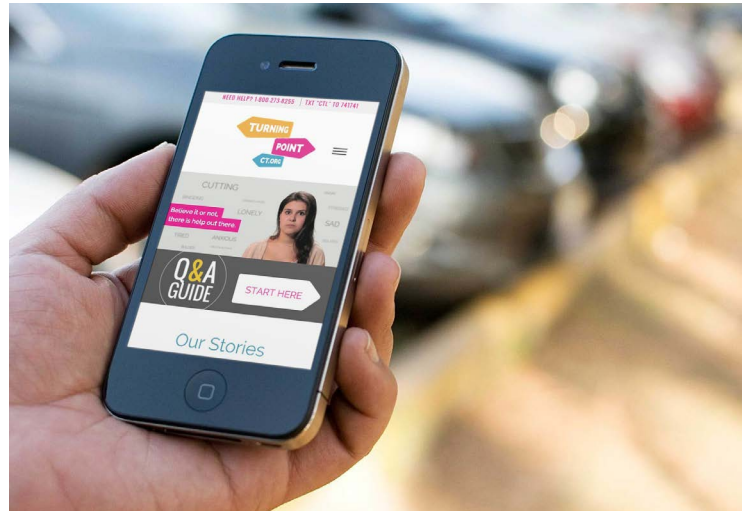


## Connecticut Department of Mental Health and Addiction Services

TurningPointCT.org was developed for young people in Connecticut who are in recovery from mental health and substance use issues. Our goal in developing the site was to provide information and support to help youth to choose the right path. TurningPointCT.org guides the search for mental wellness, empowering teens and young adults in their search for emotional and mental health. The website helps visitors understand their options and learn how to navigate the behavioral health system: specifically helping them learn about treatment models, local community supports, and state and national resources; as well as helping them connect with other teens and young adults who may be struggling with depression, anxiety, self-harm, thoughts of suicide, addiction, mood swings, eating disorders, substance abuse, or any form of emotional distress or mental illness.



The site includes an interactive decision module that helps young adults with serious questions navigate the state's mental health system. This was developed as an interactive and dynamic question and answer decision tree-style module.

The site contains a variety of personal stories of young adults, aged 16-25, who have mental health challenges and includes a form where visitors can upload their own stories, photos and videos.

