

# Resource Guide for Behavioral Health

## Emergency Services

**FOR ADDICTION TREATMENT 24/7**  
call the Access Line  
**1-800-563-4086**  
(this includes detox and treatment for  
prescription opioids or heroin addiction)

**FIRE/POLICE/AMBULANCE** Call 9-1-1

## NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)  
1-888-628-9454 (Ayuda en Español)  
TTY: 1-800-799-4TTY (4889)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**SUICIDE HELPLINE** Call 2-1-1

**CRISIS TEXTLINE** Text 741-741

## MOBILE CRISIS INTERVENTION SERVICES

Call 2-1-1  
Intervention service for children and youth in  
crisis.  
[www.mobilecrisisempsc.org/](http://www.mobilecrisisempsc.org/)

## CRISIS SERVICES

**For adults 18 and older**  
[www.ct.gov/dmhas/cwp/view.asp?q=378578](http://www.ct.gov/dmhas/cwp/view.asp?q=378578)

## POISON CONTROL

1-800-222-1222 [www.aapcc.org](http://www.aapcc.org)

## SEXUAL ASSAULT CRISIS SERVICES

English 888-999-5545  
Spanish 888-568-8332

## WHEELER HELPLINE 24/7

860-747-3434

## Connecticut Resources

**2-1-1** Call 2-1-1 [www.211.org](http://www.211.org)

## ACCESS HEALTH CT

Health Insurance Marketplace  
1-855-805-4325 TTY 1-855-789-2428  
[www.accesshealthct.com](http://www.accesshealthct.com)

## ACCESS MENTAL HEALTH CT

[www.accessmhct.com](http://www.accessmhct.com)

## ADVOCACY UNLIMITED, INC.

1-800-573-6929 [www.mindlink.org](http://www.mindlink.org)

## BEACON HEALTH OPTIONS (CTBHP)

1-877-552-8247 TTY 1-866-218-0525  
[www.ctbhp.com](http://www.ctbhp.com)

## CT ALLIANCE TO END SEXUAL VIOLENCE

1-888-999-5545 [www.endsexualviolencect.org](http://www.endsexualviolencect.org)

## CT COALITION AGAINST DOMESTIC VIOLENCE

860-282-7899 [www.ctcadv.org](http://www.ctcadv.org)  
1-888-774-2900 (Crisis Line)

## CT COUNCIL ON PROBLEM GAMBLING

1-888-789-7777 (Helpline) [www.ccpq.org](http://www.ccpq.org)

## CT NETWORK OF CARE

[www.connecticut.networkofcare.org](http://www.connecticut.networkofcare.org)

## CT QUITLINE (Tobacco)

1-800-QUIT-NOW  
[www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)

## CT SUICIDE PREVENTION

Call 2-1-1 [www.preventsuicidect.org](http://www.preventsuicidect.org)

## CT YOUTH SERVICES ASSOCIATION

[www.ctyouthservices.org/Find\\_A\\_YSB](http://www.ctyouthservices.org/Find_A_YSB)

## CT COMMUNITY FOR ADDICTION RECOVERY

800-708-9145 <https://ccar.us>

Mental health and substance use disorders affect people from all walks of life and all age groups. These are common, recurrent and often serious, but they are treatable and many people do recover.

## CONNECTICUT CLEARINGHOUSE

A library and resource center on alcohol, tobacco, other drugs, mental health and wellness  
1-800-232-4424 [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

## DRUGFREECT.ORG

For prevention, treatment and recovery resources

## FATHERHOOD INITIATIVE OF CT

1-866-6-CTDADS [www.ct.gov/fatherhood](http://www.ct.gov/fatherhood)

## GOVERNOR'S PREVENTION PARTNERSHIP

860-523-8042 [www.preventionworksct.org](http://www.preventionworksct.org)

## MATCH COALITION, INC.

860-525-9738 [www.matchcoalitionct.org](http://www.matchcoalitionct.org)

## MENTAL HEALTH CT

1-800-842-1501 [www.mhconn.org](http://www.mhconn.org)

## NATIONAL ALLIANCE ON MENTAL ILLNESS

**NAMI CT**  
860-882-0236 [www.namict.org](http://www.namict.org)  
Helpline 1-800-950-6264

## OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

860-418-6993  
[www.ct.gov/dmhas/cwp/view.asp?q=509650](http://www.ct.gov/dmhas/cwp/view.asp?q=509650)

## PROTECTIVE SERVICES FOR THE ELDERLY

888-385-4225 [www.ct.gov/DSS](http://www.ct.gov/DSS)

## TRUE COLORS (Sexual Minority Youth and Family Services)

860-232-0050 [www.ourtruecolors.org](http://www.ourtruecolors.org)

## TURNING POINT

Website for youth and young adults  
[www.turningpointct.org](http://www.turningpointct.org)

## WHEELER CLINIC - NAVIGATION CENTER

1-888-793-3500 [www.wheelerclinic.org](http://www.wheelerclinic.org)

## Support Groups

### AL-ANON/ALATEEN

CT Information 1-888-825-2666  
National Information 1-800-344-2666  
[www.ctalanon.org](http://www.ctalanon.org)

### ALCOHOLICS ANONYMOUS (AA)

CT Information 1-866-783-7712  
National Information 1-800-344-2666  
[www.ct-aa.org](http://www.ct-aa.org)

### CO-DEPENDENTS ANONYMOUS (CoDA)

1-888-444-2359 [www.coda.org](http://www.coda.org)

### FAMILIES ANONYMOUS

1-800-736-9805 [www.familiesanonymous.org](http://www.familiesanonymous.org)

### GAM-ANON FAMILY GROUPS

CT Hotline 1-800-266-1908  
National Information 718-352-1671  
[www.gam-anon.org](http://www.gam-anon.org)

### GAMBLERS ANONYMOUS (GA)

CT Hotline 1-855-222-5542  
National Information 213-386-8789  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### MARIJUANA ANONYMOUS

1-800-766-6779 [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

### NAR-ANON

CT Information 1-800-477-6291  
[www.nar-anon.org](http://www.nar-anon.org)

### NARCOTICS ANONYMOUS (NA)

CT Information 1-800-627-3543  
National Information 1-800-447-6291  
[www.ctna.org](http://www.ctna.org)

### NATIONAL ALLIANCE ON MENTAL ILLNESS

800-215-3021 [www.nami.org](http://www.nami.org)

### NICOTINE ANONYMOUS

1-877-879-6422 [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### OVEREATERS ANONYMOUS (OA)

505-891-2664 [www.oa.org/](http://www.oa.org/)

### PREVENTION TRAINING AND TECHNICAL ASSISTANCE SERVICE CENTER

(866) 289-2580  
[www.preventiontrainingcenter.org](http://www.preventiontrainingcenter.org)



**CONNECTICUT Clearinghouse**

a program of the Connecticut Center  
for Prevention, Wellness and Recovery

**800.232.4424 (phone)**

**860.793.9813 (fax)**

**[www.ctclearinghouse.org](http://www.ctclearinghouse.org)**

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

## National Resources

**AIDS NATIONAL HOTLINE**  
1-800-342-AIDS [www.cdc.gov/hiv](http://www.cdc.gov/hiv)

**CENTERS FOR DISEASE CONTROL AND PREVENTION**  
1-800-232-4636 [www.cdc.gov](http://www.cdc.gov)

**CRISIS TEXTLINE** Text 741-741

**MENTAL HEALTH AMERICA**  
1-800-969-6642 [www.nmha.org](http://www.nmha.org)

**NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS**  
1-888-55-4-COAS [www.nacca.org](http://www.nacca.org)

**NATIONAL EATING DISORDERS ASSOCIATION**  
800-931-2237 [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME**  
202-785-4585 [www.nofas.org](http://www.nofas.org)

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
1-888-628-9454 (Ayuda en Español)  
TTY: 1-800-799-4TTY (4889)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## State Agencies

**CT DEPARTMENT OF CHILDREN & FAMILIES (DCF)**  
1-800-842-2288 Careline [www.ct.gov/DCF](http://www.ct.gov/DCF)

**CT DEPARTMENT OF MENTAL HEALTH & ADDICTION SERVICES (DMHAS)**  
860-418-7000 [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**CT DEPARTMENT OF PUBLIC HEALTH (DPH)**  
860-509-8000 [www.ct.gov/dph](http://www.ct.gov/dph)

**CT DEPARTMENT OF SOCIAL SERVICES (DSS)**  
1-800-842-1508 [www.ct.gov/dss](http://www.ct.gov/dss)

**CT DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)**  
860-418-6000 [www.ct.gov/dds](http://www.ct.gov/dds)

## Statewide Resource Links

**PREVENTION TRAINING AND TECHNICAL ASSISTANCE SERVICE CENTER**  
(866) 289-2580  
[www.preventiontrainingcenter.org](http://www.preventiontrainingcenter.org)

**GOVERNOR'S PREVENTION PARTNERSHIP**  
(860) 523-8042 [www.preventionworksct.org](http://www.preventionworksct.org)

**CONNECTICUT CLEARINGHOUSE**  
(860) 793-9791 [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

## DMHAS Regional Behavioral Health Action Organizations (RBHAO)

### Region 1

#### **The Hub: Behavioral Health Action Organization for Southwestern CT, A Program of RYASAP**

1 Park Street  
Norwalk, CT 06851  
203-840-1187 [www.thehubct.org](http://www.thehubct.org)

#### **Towns:**

Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, Wilton

### Region 2

#### **Alliance for Prevention & Wellness (APW), A Program of BHcare**

435 East Main Street  
Ansonia, CT 06401  
203-736-8566; Direct line 203-892-6418 [www.apw-ct.org](http://www.apw-ct.org)

#### **Towns:**

Ansonia, Bethany, Branford, Chester, Clinton, Cromwell, Deep River, Derby, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Killingworth, Lyme, Madison, Meriden, Middlefield, Middletown, Milford, New Haven, North Branford, North Haven, Old Lyme, Old Saybrook, Orange, Portland, Seymour, Shelton, Wallingford, Westbrook, West Haven, Woodbridge

### Region 3

#### **Southeastern Regional Action Council (SERAC)**

228 West Town Street  
Norwich, CT 06360  
860-848-2800 [www.sectrac.org](http://www.sectrac.org)

#### **Towns:**

Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, East Lyme, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Mansfield, Montville, New London, North Stonington, Norwich, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

### Region 4

#### **Amplify, Inc.**

151 New Park Avenue Ste. 14A  
Hartford, CT 06106  
860-667-6388 [www.ncrmhb.org](http://www.ncrmhb.org)

#### **Towns:**

Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Kensington, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks

### Region 5

#### **Western CT Coalition**

7 Old Sherman Tpke Ste. 106  
Danbury, CT 06810  
203-743-7741 [www.wctcoalition.org](http://www.wctcoalition.org)

#### **Towns:**

Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Hartland, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Oxford, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winchester, Winsted, Wolcott, Woodbury

