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

FATHERHOOD INITIATIVE OF CT
1-866-6-CTDADS www.ct.gov/fatherhood

MOBILIZE AGAINST TOBACCO FOR CHILDREN'S HEALTH (MATCH)
860-402-1554

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT
860-882-0236 www.namict.org
Helpline 1-800-950-6264

OPIOID OVERDOSE PREVENTION/NALOXONE (NARCAN) INITIATIVE

PROTECTIVE SERVICES FOR THE ELDERLY
888-385-4225

TRUE COLORS (Sexual Minority Youth and Family Services)
860-232-0050 www.ourtruecolors.org

TURNING POINT
CT website for youth and young adults www.turningpointct.org

AL-ANON/ALATEEN
CT Information 1-888-825-2666
Anywhere, USA 1-800-344-2666 www.ctalanon.org

ALCOHOLICS ANONYMOUS (AA)
Connecticut 1-866-783-7712
Anywhere, USA 1-800-344-2666 www.ct-aa.org

CO-DEPENDENTS ANONYMOUS
1-888-444-2359 www.coda.org

FAMILIES ANONYMOUS
1-800-736-9805 www.familiesanonymous.org

GAM-ANON FAMILY GROUPS
CT Hotline 1-800-266-1908
National Information 718-352-1617 www.gam-anon.org

GAMBLERS ANONYMOUS
CT Hotline 1-855-222-5542
National Information 213-386-8789 www.gamblersanonymous.org

MARIJUANA ANONYMOUS
1-800-766-6779 www.marijuana-anonymous.org

MENTAL HEALTH CONNECTICUT
800-842-1501 www.mhconn.org

NAR-ANON
CT Information 1-800-477-6291
www.naranon.org

NARCOTICS ANONYMOUS
CT Region
CT Information 1-800-627-3543
National Information 1-800-447-6291 www.ctna.org

NATIONAL ALLIANCE ON MENTAL ILLNESS
800.215.3021 www.nami.org

NICOTINE ANONYMOUS
1-877-879-6422 www.nicotine-anonymous.org

OVEREATERS ANONYMOUS
505-891-2664 www.oa.org
## 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)

### 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.nacoa.org](http://www.nacoa.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)

### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION
1-877-726-4727 [www.samhsa.gov](http://www.samhsa.gov)

## State Agencies

### CT DEPARTMENT OF CHILDREN AND FAMILIES
1-800-842-2288 Careline [www.ct.gov/dfc](http://www.ct.gov/dfc)

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

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

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

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

## Regional Mental Health Boards

### NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD
860-667-6388 [www.ncrmhb.org](http://www.ncrmhb.org)

### NORTHWEST REGIONAL MENTAL HEALTH BOARD
203-757-9603 [www.nwrmhb.org](http://www.nwrmhb.org)

### SOUTH CENTRAL MENTAL HEALTH BOARD
860-262-5027 [www.southcentralhealth.org](http://www.southcentralhealth.org)

### SOUTHWEST REGIONAL MENTAL HEALTH BOARD
203-840-1187 [www.healthymindsct.org](http://www.healthymindsct.org)

## Signs and symptoms of substance use disorders

### Behavioral changes, such as:
- Drop in attendance and performance at work or school
- Frequently getting into trouble (fights, accidents, illegal activities)
- Using substances in physically hazardous situations, such as while driving or operating a machine
- Engaging in secretive or suspicious behaviors
- Changes in appetite or sleep patterns
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation
- Appearing fearful, anxious, or paranoid, with no reason

### Physical changes, such as:
- Bloodshot eyes and abnormally sized pupils
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

### Social changes, such as:
- Sudden change in friends, favorite hangouts, and hobbies
- Legal problems related to substance use
- Unexplained need for money or financial problems
- Using substances even though it causes problems in relationships

## Early warning signs for mental health disorders

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or doing drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family or friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can’t get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

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Substance Abuse and Mental Health Services Administration [www.samhsa.gov/disorders](http://www.samhsa.gov/disorders)


U.S. Department of Health and Human Services [www.mentalhealth.gov/basics/what-is-mental-health/](http://www.mentalhealth.gov/basics/what-is-mental-health/)