

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

988 SUICIDE & CRISIS LIFELINE

Call or text 988

1-888-628-9454 (Ayuda en Español)

TTY: Dial 711 then 988

<https://988lifeline.org>

MOBILE CRISIS INTERVENTION SERVICES

Call 2-1-1

Intervention service for children and youth in
crisis. www.mobilecrisisempsc.org/

CRISIS SERVICES

For adults 18 and older

Action Line Call 1-800-467-3135

www.ct.gov/dmhas/CrisisServices

POISON CONTROL

1-800-222-1222

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 Connecticut Call 2-1-1 www.211ct.org

ACCESS HEALTH CT

Health Insurance Marketplace

1-855-805-4325 TTY 1-855-789-2428

www.accesshealthct.com

ACCESS MENTAL HEALTH CT

www.accessmhct.com

ADVOCACY UNLIMITED, INC.

1-800-573-6929 www.advocacyunlimited.org

BEACON HEALTH OPTIONS (CTBHP)

1-877-552-8247 TTY 1-866-218-0525

www.ctbhp.com

CT ALLIANCE TO END SEXUAL VIOLENCE

1-888-999-5545 www.endsexualviolencect.org

CT CENTER FOR HARM REDUCTION

<https://harmreduction-ct.org/>

CONNECTICUT CLEARINGHOUSE

A library and resource center on alcohol, tobacco,
other drugs, mental health and wellness
1-800-232-4424 www.ctclearinghouse.org

CT COALITION AGAINST DOMESTIC VIOLENCE

860-282-7899

www.ctcadv.org

Crisis Line: 1-888-774-2900

CT COMMUNITY FOR ADDICTION RECOVERY

1-800-708-9145

<https://ccar.us>

CT COUNCIL ON PROBLEM GAMBLING

1-888-789-7777 (Helpline)

www.ccpq.org

CT NETWORK OF CARE

www.connecticut.networkofcare.org

CT QUITLINE (Tobacco)

1-800-QUIT-NOW

www.quitnow.net/connecticut

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

CT SUICIDE ADVISORY BOARD

www.preventsuicidect.org

CT YOUTH SERVICES ASSOCIATION

www.ctyouthservices.org/Find_A_YSB

DRUG FREE CT

For prevention, treatment and recovery resources

www.drugfreect.org

FATHERHOOD INITIATIVE OF CT

1-866-6-CTDADS

www.ct.gov/fatherhood

GOVERNOR'S PREVENTION PARTNERSHIP

860-523-8042

www.preventionworksct.org

LIVE LOUD

1-800-563-4068

<https://liveloud.org>

MATCH COALITION, INC.

860-525-9738

www.matchcoalitionct.org

MENTAL HEALTH CT

1-800-842-1501

www.mhconn.org

NAMI CT

860-882-0236

www.namict.org

Helpline 1-800-950-6264

OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

860-418-6993 [https://portal.ct.gov/DMHAS/
Programs-and-Services/Opioid-Treatment/
Naloxone](https://portal.ct.gov/DMHAS/Programs-and-Services/Opioid-Treatment/Naloxone)

PROTECTIVE SERVICES FOR THE ELDERLY

1-888-385-4225

www.ct.gov/DSS

RECOVERY FRIENDLY WORKPLACE

www.recoveryworksct.org

TURNING POINT

Website for youth and young adults

www.turningpointct.org

WHEELER CLINIC - NAVIGATION CENTER

1-888-793-3500

www.wheelerclinic.org

Support Groups

AL-ANON/ALATEEN

CT Information 1-888-825-2666

National Information 1-800-344-2666

www.ctalanon.org

ALCOHOLICS ANONYMOUS (AA)

CT Information 1-866-783-7712

National Information 1-800-344-2666

www.ct-aa.org

CO-DEPENDENTS ANONYMOUS (CoDA)

1-888-444-2359

www.coda.org

FAMILIES ANONYMOUS

1-800-736-9805

www.familiesanonymous.org

GAM-ANON FAMILY GROUPS

CT Hotline

1-855-222-5542

National Information

718-352-1671

www.gam-anon.org

GAMBLERS ANONYMOUS (GA)

CT Hotline

1-855-222-5542

National Information

909-931-9056

www.gamblersanonymous.org

MARIJUANA ANONYMOUS

1-800-766-6779

www.marijuana-anonymous.org

NAR-ANON

CT Information

1-800-477-6291

www.nar-anon.org

NARCOTICS ANONYMOUS (NA)

CT Information

1-800-627-3543

National Information

1-800-447-6291

www.ctna.org

NATIONAL ALLIANCE ON MENTAL ILLNESS

1-800-215-3021

www.nami.org

NICOTINE ANONYMOUS

1-877-879-6422

www.nicotine-anonymous.org

OVEREATERS ANONYMOUS (OA)

505-891-2664

www.oa.org/

YOUTH RECOVERY CT

www.youthrecoveryct.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

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

CENTERS FOR DISEASE CONTROL AND PREVENTION
1-800-232-4636 www.cdc.gov

CRISIS TEXTLINE Text 741741

MENTAL HEALTH AMERICA
1-800-969-6642 <https://mhanational.org/>

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
1-888-55-4-COAS <https://nacoa.org>

NATIONAL EATING DISORDERS ASSOCIATION
1-800-931-2237 www.nationaleatingdisorders.org

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME
202-785-4585 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

SAMHSA TREATMENT LOCATORS
www.samhsa.gov/find-treatment

TREVOR PROJECT HELPLINE
1-866-488-7386 www.thetrevorproject.org

State Agencies

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

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

CT DEPARTMENT OF PUBLIC HEALTH (DPH)
860-509-8000 www.ct.gov/dph

CT DEPARTMENT OF SOCIAL SERVICES (DSS)
1-800-842-1508 www.ct.gov/dss

CT DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)
860-418-6000 www.ct.gov/dds

Statewide Resource Links

CONNECTICUT CLEARINGHOUSE
(860) 793-9791 www.ctclearinghouse.org

GOVERNOR'S PREVENTION PARTNERSHIP
(860) 523-8042 www.preventionworksct.org

PREVENTION TRAINING AND TECHNICAL ASSISTANCE SERVICE CENTER
(866) 289-2580
www.preventiontrainingcenter.org

DMHAS Regional Behavioral Health Action Organizations (RBHAO)

Region 1

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

2470 Fairfield Avenue
Bridgeport, CT 06605
203-840-1187 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

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.seracct.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.

178 Oakwood Drive
Glastonbury, CT 06033
860-267-5439 www.amplifyct.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

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

