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.
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-ASCO  https://naco.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:**

**Region 3**
Southeastern Regional Action Council (SERAC)
228 West Town Street
Norwich, CT 06360
860-848-2800  www.seracct.org

**Towns:**

**Region 4**
Amplify, Inc.
178 Oakwood Drive
Glastonbury, CT 06033
860-267-5439  www.amplifyct.org

**Towns:**

**Region 5**
Western CT Coalition
7 Old Sherman Tpke Ste. 106
Danbury, CT 06810
203-743-7741  www.wctcoalition.org

**Towns:**

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