

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

SUICIDE HELPLINE Call 2-1-1

CRISIS TEXTLINE Text 741-741

EMPS-MOBILE CRISIS INTERVENTION SERVICES Call 2-1-1
Intervention service for children and youth in crisis.
www.empsct.org

CRISIS SERVICES

For adults 18 and older
www.ct.gov/dmhas/cwp/view.asp?q=378578

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 Call 2-1-1 www.211.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.mindlink.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 COALITION AGAINST DOMESTIC VIOLENCE
860-282-7899 www.ctcadv.org
1-888-774-2900 (Crisis Line)

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

CT SUICIDE PREVENTION
Call 2-1-1 www.preventsuicidect.org

CT YOUTH SERVICES ASSOCIATION
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

DRUGFREECT.ORG
For prevention, treatment and recovery resources

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

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

MATCH COALITION, INC.
860-525-9738 www.matchcoalitionct.org

MENTAL HEALTH CT
1-800-842-1501 www.mhconn.org

NATIONAL ALLIANCE ON MENTAL ILLNESS NAMI CT
860-882-0236 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

PROTECTIVE SERVICES FOR THE ELDERLY
888-385-4225

TRUE COLORS (Sexual Minority Youth and Family Services)
860-232-0050 www.ourtruecolors.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 1-800-266-1908
National Information 718-352-1671
www.gam-anon.org

GAMBLERS ANONYMOUS (GA)
CT Hotline 1-855-222-5542
National Information 213-386-8789
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
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/



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 741-741

MENTAL HEALTH AMERICA

1-800-969-6642 www.nmha.org

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

1-888-55-4-COAS www.nacca.org

NATIONAL EATING DISORDERS ASSOCIATION

800-931-2237 www.nationaleatingdisorders.org

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME

202-785-4585 www.nofas.org

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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

DMHAS Regional Behavioral Action Organizations (RBHAO)

Region 1

Regional Youth Adult Social Action Partnership (RYASAP)

2470 Fairfield Avenue
Bridgeport, CT 06605
203-579-2727

www.ryasap.org

Towns:

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

Region 2

Alliance for Prevention & Wellness, 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.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

North Central Regional Mental Health Board, Inc.

151 New Park Avenue Ste. 14A
Hartford, CT 06106
860-667-6388

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

Housatonic Valley Coalition Against Substance Abuse (HVCASA)

69 Stony Hill Road
Bethel, CT 06801
203-743-7741

www.hvcasa.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

