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 (Crise Line)

CT COUNCIL ON PROBLEM GAMBLING
1-888-789-7777 (Helpline) www.ccpp.org

CT NETWORK OF CARE www.connecticutnetworkofcaren.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.namiet.org

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
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)
1-888-444-2559 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/
**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)

---

**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

**Towns:**

**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:**

**Region 4**

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

**Towns:**

**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:**