

# Resource Guide for Behavioral Health

## Emergency Services

### FOR ADDICTION TREATMENT

call the 24/7 Access Line  
1-800-563-4086

**FIRE/POLICE/AMBULANCE** Call 9-1-1

### 988 SUICIDE & CRISIS LIFELINE

Call or text 988 TTY: Dial 711 then 988  
<https://988lifeline.org/>

### MOBILE CRISIS INTERVENTION SERVICES

Intervention service for children and youth  
Call 2-1-1 [www.mobilecrisisempst.org](http://www.mobilecrisisempst.org)

### CRISIS SERVICES - For adults 18 and older

Action Line Call 1-800-467-3135

### POISON CONTROL

Call 1-800-222-1222 [www.poison.org](http://www.poison.org)

### SEXUAL ASSAULT CRISIS SERVICES

English: Call 888-999-5545  
Spanish: Call 888-568-8332

### WALK-IN URGENT CRISIS CENTERS

For children and adolescents.  
Scan QR code for locations.



**WHEELER HELPLINE - 24/7**  
860-793-3500

## Support Groups

**AL-ANON/ALATEEN** [www.ctalanon.org](http://www.ctalanon.org)  
CT Information 1-888-825-2666  
National Information 1-800-344-2666

**ALCOHOLICS ANONYMOUS (AA)** [www.ct-aa.org](http://www.ct-aa.org)  
CT Information 1-866-783-7712  
National Information 1-800-344-2666

**CO-DEPENDENTS ANONYMOUS (CoDa)**  
Call 1-888-444-2359 [www.coda.org](http://www.coda.org)

**FAMILIES ANONYMOUS**  
Call 1-800-736-9805 [www.familiesanonymous.org](http://www.familiesanonymous.org)

**GAM-ANON FAMILY GROUPS** [www.gam-anon.org](http://www.gam-anon.org)  
CT Hotline 1-855-222-5542  
National Information 718-352-1671

**GAMBLERS ANONYMOUS (GA)**  
CT Hotline 1-855-222-5542  
National Information 909-931-9056  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

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.

## Connecticut Resources

### 2-1-1 Connecticut

Call 2-1-1

### ACCESS HEALTH CT

Health Insurance Marketplace  
Call 1-855-805-4325 TTY 1-855-789-2428  
[www.accesshealthct.com](http://www.accesshealthct.com)

### ACCESS MENTAL HEALTH CT

[www.accessmhct.com](http://www.accessmhct.com)

### ADVANCING CONNECTICUT TOGETHER

Call 760-247-2437  
[www.act-ct.org](http://www.act-ct.org)

### ADVOCACY UNLIMITED, INC.

Call 860-505-7581  
[www.advocacyunlimited.org](http://www.advocacyunlimited.org)

### CT BEHAVIORAL HEALTH PARTNERSHIP

Call 1-877-552-8247  
TTY 1-866-218-0525  
[www.ctbhp.com](http://www.ctbhp.com)

### CT ALLIANCE TO END SEXUAL VIOLENCE

Call 860-282-9881  
[www.endsexualviolencect.org](http://www.endsexualviolencect.org)

### COMMIT TO QUIT CT (Tobacco Quitline)

Call 1-800-QUIT-NOW  
[www.committoquitct.com](http://www.committoquitct.com)

### CONNECTICUT CLEARINGHOUSE - A library

and resource center on alcohol, tobacco, other drugs, mental health and wellness.  
CALL 1-800-232-4424  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org)

### CONNECTICUT FATHERHOOD INITIATIVE

Call 1-866-6-CTDADS  
[portal.ct.gov/fatherhood](http://portal.ct.gov/fatherhood)

### CT COALITION AGAINST DOMESTIC VIOLENCE

Call 860-282-7899  
Crisis Line 1-888-774-2900  
[www.ctcadv.org](http://www.ctcadv.org)

### CT COMMUNITY FOR ADDICTION RECOVERY

Call 800-708-9145  
[www.ccar.us](http://www.ccar.us)

### CT COUNCIL ON PROBLEM GAMBLING

Call 1-888-789-7777 (HELPLINE)  
[www.ccpbg.org](http://www.ccpbg.org)

### CT NETWORK OF CARE

[www.connecticut.networkofcare.org](http://www.connecticut.networkofcare.org)

### CT SUICIDE ADVISORY BOARD

[www.preventsuicidect.org/](http://www.preventsuicidect.org/)

**CT SUPPORT GROUP** - website for youth and young adults.

[www.ctsupportgroup.org](http://www.ctsupportgroup.org)

### CONNECTICUT YOUTH SERVICES ASSOCIATION

[www.ctyouthservices.org/Find\\_A\\_YSB/](http://www.ctyouthservices.org/Find_A_YSB/)

**DRUG FREE CT** - For prevention, treatment and recovery resources.

[www.drugfreect.org](http://www.drugfreect.org)

### GOVERNOR'S PREVENTION PARTNERSHIP

Call 860-523-8042  
[www.gppct.org](http://www.gppct.org)

### MENTAL HEALTH CT

Call 860-529-1970  
[www.mhconn.org](http://www.mhconn.org)

### MY LIFE, MY QUIT

Vaping and smoking cessation for teens.  
Text "Start My Quit" to 36072

### NAMI CT

Call 860-882-0236  
Helpline 1-800-950-6264  
[www.namict.org](http://www.namict.org)

### OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

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

### PROTECTIVE SERVICES FOR THE ELDERLY

Call 1-888-385-4225  
[www.ct.gov/DSS](http://www.ct.gov/DSS)

### RECOVERY FRIENDLY WORKPLACE

[www.recoveryworksct.org](http://www.recoveryworksct.org)

### WHEELER HEALTH - NAVIGATION CENTER

[www.wheelerhealth.org](http://www.wheelerhealth.org)

## Support Groups (Cont.)

### MARIJUANA ANONYMOUS

1-800-766-6779 [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

### NARCOTICS ANONYMOUS

[www.ctna.org](http://www.ctna.org)  
CT Information 1-800-627-3543  
National Information 1-800-447-6291

### NAR-ANON FAMILY GROUPS

[www.nar-anon.org](http://www.nar-anon.org)  
CT Information 1-800-477-6291

### NATIONAL ALLIANCE OF MENTAL ILLNESS

Call 1-800-215-3021 [www.nami.org](http://www.nami.org)

### NICOTINE ANONYMOUS

Call 1-877-879-6422 [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### OVEREATERS ANONYMOUS (OA)

[www.oa.org](http://www.oa.org)  
Call 505-891-2664

### YOUTH RECOVERY CT

[www.youthrecoveryct.org](http://www.youthrecoveryct.org)

## National Resources

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

[www.afsp.org](http://www.afsp.org)

### CENTERS FOR DISEASE CONTROL AND PREVENTION

HIV Health Information Hotline

1-888-232-4636 [www.cdc.gov](http://www.cdc.gov)

### CRISIS TEXTLINE

Text 741741

### MENTAL HEALTH AMERICA

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

### NATIONAL ASSOCIATION FOR CHILDREN OF

ALCOHOLICS 301-468-0985 <https://nacoa.org/>

### NATIONAL EATING DISORDERS ASSOCIATION

1-800-931-2237 [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES

ADMINISTRATION (SAMHSA) [www.samhsa.gov](http://www.samhsa.gov)

### SAMHSA FIND HELP

[www.samhsa.gov/find-help](http://www.samhsa.gov/find-help)

### TREVOR PROJECT HELPLINE

1-866-488-7386 [www.thetrevorproject.org](http://www.thetrevorproject.org)

## State Agencies

### CT DEPARTMENT OF CHILDREN & FAMILIES

Careline 1-800-842-2288 [www.ct.gov/DCF](http://www.ct.gov/DCF)

### CT DEPARTMENT OF MENTAL HEALTH &

ADDICTION SERVICES 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)

## Statewide Resource Links

### CONNECTICUT CLEARINGHOUSE

860-793-9791  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org)

### GOVERNOR'S PREVENTION PARTNERSHIP

860-523-8042  
[www.gppct.org](http://www.gppct.org)

### PREVENTION TRAINING AND TECHNICAL ASSISTANCE SERVICE CENTER

866-289-2580  
[www.preventiontrainingcenter.org](http://www.preventiontrainingcenter.org)

## DMHAS Regional Behavioral Health Action Organizations (RBHAO)

### Region 1 - Catalyst CT | The Hub: Behavioral Action Organization for Southwestern CT

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

[www.catalystct.org/the-hub/](http://www.catalystct.org/the-hub/)

#### 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](http://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](http://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](http://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](http://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



CONNECTICUT  
Mental Health & Addiction Services