

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

CRISIS SERVICES - For adults 18 and older

Action Line Call 1-800-467-3135

POISON CONTROL

Call 1-800-222-1222 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
CT Information 1-888-825-2666
National Information 1-800-344-2666

ALCOHOLICS ANONYMOUS (AA) 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

FAMILIES ANONYMOUS
Call 1-800-736-9805 www.familiesanonymous.org

GAM-ANON FAMILY GROUPS 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

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

ACCESS MENTAL HEALTH CT

www.accessmhct.com

ADVANCING CONNECTICUT TOGETHER

Call 760-247-2437
www.act-ct.org

ADVOCACY UNLIMITED, INC.

Call 860-505-7581
www.advocacyunlimited.org

CT BEHAVIORAL HEALTH PARTNERSHIP

Call 1-877-552-8247
TTY 1-866-218-0525
www.ctbhp.com

CT ALLIANCE TO END SEXUAL VIOLENCE

Call 860-282-9881
www.endsexualviolencect.org

COMMIT TO QUIT CT (Tobacco Quitline)

Call 1-800-QUIT-NOW
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

CONNECTICUT FATHERHOOD INITIATIVE

Call 1-866-6-CTDADS
portal.ct.gov/fatherhood

CT COALITION AGAINST DOMESTIC VIOLENCE

Call 860-282-7899
Crisis Line 1-888-774-2900
www.ctcadv.org

CT COMMUNITY FOR ADDICTION RECOVERY

Call 800-708-9145
www.ccar.us

CT COUNCIL ON PROBLEM GAMBLING

Call 1-888-789-7777 (HELPLINE)
www.ccpbg.org

CT NETWORK OF CARE

www.connecticut.networkofcare.org

CT SUICIDE ADVISORY BOARD

www.preventsuicidect.org/

CT SUPPORT GROUP - website for youth and young adults.

www.ctsupportgroup.org

CONNECTICUT YOUTH SERVICES ASSOCIATION

www.ctyouthservices.org/Find_A_YSB/

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

www.drugfreect.org

GOVERNOR'S PREVENTION PARTNERSHIP

Call 860-523-8042
www.gppct.org

MENTAL HEALTH CT

Call 860-529-1970
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

OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

CALL 860-418-6993
portal.ct.gov/DMHAS/Programs-and-Services/Opioid-Treatment/Naloxone

PROTECTIVE SERVICES FOR THE ELDERLY

Call 1-888-385-4225
www.ct.gov/DSS

RECOVERY FRIENDLY WORKPLACE

www.recoveryworksct.org

WHEELER HEALTH - NAVIGATION CENTER

www.wheelerhealth.org



CONNECTICUT Clearinghouse
a program of the Connecticut Center
for Prevention, Wellness and Recovery

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

800.232.4424 (phone)
www.ctclearinghouse.org

Support Groups (Cont.)

MARIJUANA ANONYMOUS

1-800-766-6779 www.marijuana-anonymous.org

NARCOTICS ANONYMOUS

www.ctna.org
CT Information 1-800-627-3543
National Information 1-800-447-6291

NAR-ANON FAMILY GROUPS

www.nar-anon.org
CT Information 1-800-477-6291

NATIONAL ALLIANCE OF MENTAL ILLNESS

Call 1-800-215-3021 www.nami.org

NICOTINE ANONYMOUS

Call 1-877-879-6422 www.nicotine-anonymous.org

OVEREATERS ANONYMOUS (OA)

www.oa.org
Call 505-891-2664

YOUTH RECOVERY CT

www.youthrecoveryct.org

National Resources

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

www.afsp.org

CENTERS FOR DISEASE CONTROL AND PREVENTION

HIV Health Information Hotline

1-888-232-4636 www.cdc.gov

CRISIS TEXTLINE

Text 741741

MENTAL HEALTH AMERICA

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

NATIONAL ASSOCIATION FOR CHILDREN OF

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

NATIONAL EATING DISORDERS ASSOCIATION

1-800-931-2237 www.nationaleatingdisorders.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES

ADMINISTRATION (SAMHSA) www.samhsa.gov

SAMHSA FIND HELP

www.samhsa.gov/find-help

TREVOR PROJECT HELPLINE

1-866-488-7386 www.thetrevorproject.org

State Agencies

CT DEPARTMENT OF CHILDREN & FAMILIES

Careline 1-800-842-2288 www.ct.gov/DCF

CT DEPARTMENT OF MENTAL HEALTH &

ADDICTION SERVICES 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.gppct.org

PREVENTION TRAINING AND TECHNICAL ASSISTANCE SERVICE CENTER

866-289-2580
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/

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

Central Office: 127 Washington Avenue, 3rd Floor East Side, North Haven, CT 06473
Vallet Office: 435 East Main Street, 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

27 Siemon Company Dr, Watertown, CT 06795
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



CONNECTICUT
Mental Health & Addiction Services