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 (INFORMATION) Call 2-1-1

ALCOHOL AND DRUG RECOVERY CENTERS Access line for Referrals and Detoxification Center 860-714-3700

POISON CONTROL 1-800-222-1222 www.aapcc.org

SEXUAL ASSAULT CRISIS SERVICES English 888-999-5545 Spanish 888-568-8332

WHEELER COMMUNITY RESPONSE TEAM 860-747-8719

WHEELER HELPLINE 24/7 860-747-3434

Connecticut Resources

ACCESS HEALTH CT Health Insurance Marketplace 1-855-805-4325 TTY 1-855-789-2428 www.accesshealthct.com

ACCESS MENTAL HEALTH CT www.accessmhcct.com

BEACON HEALTH OPTIONS (CTBHP) 1-877-552-8247 TTY 1-866-218-0525 www.ctbhp.com

CT 2-1-1 Call 2-1-1 www.211ct.org

CT ALLIANCE TO END SEXUAL VIOLENCE 1-888-999-5545 www.endsexualviolencect.org

CT COALITION AGAINST DOMESTIC VIOLENCE 860-282-7899 www.ctadv.org 1-888-774-2900 (Crisis Line)

CT COALITION TO STOP UNDERAGE DRINKING 860-523-8042 www.preventionworksc.org/CCSUD.html

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

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

CT NETWORK OF CARE www.connecticutnetworkofcare.org

CT QUITLINE (Tobacco) 1-800-QUIT-NOW www.quitnow.net/connecticut

CT YOUTH SERVICES ASSOCIATION www.ctyouthservices.org/Find_A_YSB

CT COMMUNITY FOR ADDICTION RECOVERY 800-708-9145 https://ccar.us

CONNECTICUT CLEARINGHOUSE A library and resource center on alcohol, tobacco, other drugs, mental health and wellness 1-800-232-4424 www.ctclearinghouse.org

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

MOBILIZE AGAINST TOBACCO FOR CHILDREN’S HEALTH (MATCH) 860-525-9738

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT 860-882-0236 www.namict.org

Helpline 1-800-950-6264


PROTECTIVE SERVICES FOR THE ELDERLY 888-385-4225

TRUE COLORS (Sexual Minority Youth and Family Services) 860-232-0050 www.ourtruecolors.org

TURNING POINT CT website for youth and young adults www.turningpointct.org

Support Groups

AL-ANON/ALATEEN CT Information 1-888-825-2666 Anywhere, USA 1-800-344-2666 www.ctlanon.org


CO-DEPENDENTS ANONYMOUS 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 CT Hotline 1-855-222-5542 National Information 213-386-8789 www.gamblersanonymous.org

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

MENTAL HEALTH CONNECTICUT 800-842-1501 www.mhconn.org

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

NARCOtICS ANONYMOUS CT Region 1-800-627-3543 National Information 1-818-773-9999 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 505-891-2664 www.oa.org

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.

Wheels www.ctclearinghouse.org 860.793.9813 (fax) www.ctclearinghouse.org

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>AIDS NATIONAL HOTLINE</td>
<td>1-800-342-AIDS</td>
<td><a href="https://www.cdc.gov/hiv">www.cdc.gov/hiv</a></td>
</tr>
<tr>
<td>CENTERS FOR DISEASE CONTROL AND PREVENTION</td>
<td>1-800-232-4636</td>
<td><a href="https://www.cdc.gov">www.cdc.gov</a></td>
</tr>
<tr>
<td>MENTAL HEALTH AMERICA</td>
<td>1-800-969-6642</td>
<td><a href="https://www.nmha.org">www.nmha.org</a></td>
</tr>
<tr>
<td>NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS</td>
<td>1-888-55-4COAS</td>
<td><a href="https://www.nacoa.org">www.nacoa.org</a></td>
</tr>
<tr>
<td>NATIONAL EATING DISORDERS ASSOCIATION</td>
<td>800-931-2237</td>
<td><a href="https://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a></td>
</tr>
<tr>
<td>NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME</td>
<td>202-785-4585</td>
<td><a href="https://www.nofas.org">www.nofas.org</a></td>
</tr>
<tr>
<td>NATIONAL SUICIDE PREVENTION LIFELINE</td>
<td>1-800-273-TALK (8255)</td>
<td><a href="https://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION</td>
<td>1-877-726-4727</td>
<td><a href="https://www.samhsa.gov">www.samhsa.gov</a></td>
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</table>

### State Agencies

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<tr>
<th>Agency</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>CT DEPARTMENT OF CHILDREN AND FAMILIES</td>
<td>1-800-842-2288 Careline</td>
<td><a href="https://www.ct.gov/df">www.ct.gov/df</a></td>
</tr>
<tr>
<td>CT DEPARTMENT OF PUBLIC HEALTH</td>
<td>860-509-8000</td>
<td><a href="https://www.ct.gov/dph">www.ct.gov/dph</a></td>
</tr>
<tr>
<td>CT DEPARTMENT OF SOCIAL SERVICES</td>
<td>1-800-842-1508</td>
<td><a href="https://www.ct.gov/dss">www.ct.gov/dss</a></td>
</tr>
</tbody>
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### Signs and symptoms of substance use disorders

**Behavioral changes, such as:**
- Drop in attendance and performance at work or school
- Frequently getting into trouble (fights, accidents, illegal activities)
- Using substances in physically hazardous situations, such as while driving or operating a machine
- Engaging in secretive or suspicious behaviors
- Changes in appetite or sleep patterns
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation
- Appearing fearful, anxious, or paranoid, with no reason

**Physical changes, such as:**
- Bloodshot eyes and abnormally sized pupils
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

**Social changes, such as:**
- Sudden change in friends, favorite hangouts, and hobbies
- Legal problems related to substance use
- Unexplained need for money or financial problems
- Using substances even though it causes problems in relationships

### Early warning signs for mental health disorders

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or doing drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family or friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can’t get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Substance Abuse and Mental Health Services Administration [www.samhsa.gov/disorders](https://www.samhsa.gov/disorders)


U.S. Department of Health and Human Services [www.mentalandhealth.gov/basics/what-is-mental-health](https://www.mentalandhealth.gov/basics/what-is-mental-health)