

Helpful Resources

If you have an emergency, call 911. For all other service referrals, call 211.

Please visit <https://www.211ct.org> for additional resources

National Hotlines:

SAMHSA Disaster Distress Helpline - (800) 985-5990

National Suicide Prevention Lifeline - (800) 273-8255

National Suicide Prevention Lifeline (Spanish) - (888) 628-9454

National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing) - (800) 799-4889

Crisis Text Line - Text HELLO to 741741

National Domestic Violence Hotline - (800) 799-7233

Veterans Crisis Line - (800) 273-8255

National Graduate Student Crisis Hotline - (877) 472-3457

National Sexual Assault Hotline - (800) 656-4673

Child Abuse Hotline - (800) 422-4453

CDC National HIV and AIDS Hotline - (800) 342-2437

Alcoholics Anonymous - (202) 966-9155 Narcotics Anonymous - (800) 543-4670 Gamblers

Anonymous - (855) 222-5542

Connecticut Resource List

CT Department of Mental Health & Addiction Services (DMHAS)-

<https://www.ct.gov/dmhas/cwp/view.asp?a=2900&q=603942>

Phone Number: 860-418-7000

Emergency Department Recovery Coach Services-

<https://portal.ct.gov/DMHAS/Initiatives/DMHAS-Initiatives/Emergency-Department-Recovery-Coach-Services>

Mental Health and Addiction Services Bed Availability-

<https://www.ctmentalhealthservices.com>

Women's REACH Program- <https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-REACH-Program>

For additional questions please contact DMHAS Women's Services staff:

DMHAS Women's Services staff:

Shelly Nolan, MS, LPC Director | shelly.nolan@ct.gov or 860-262-6605

Rebecca Petersen, LCSW Program Manager rebecca.petersen@ct.gov or 860-262-5985

Siobhan Feliciano, LPC, LADC | Siobhan.Feliciano@ct.gov or (860) 262-5928

Connecticut Mental Health, Recovery, and Parenting Services by Geographical Location:

Bridgeport, Greenwich, Shelton, Westport, Stamford

Southwest CT Mental Health System

97 Middle Street

Bridgeport, CT 06604

PH: 203-579-7300 Fax: 203-579-6305

F.S. Dubois Center

1351 Washington Boulevard, 5th Floor

Stamford, CT 06905

PH: 1-800-586-9903 Fax: 203-388-2681

Greater Bridgeport Community Mental Health Center (state operated)

1635 Central Avenue

Bridgeport, CT 06110

PH: 203-551-7400

Crisis Programs

PH: 203-551-7507

Outpatient Services

97 Middle Street

Bridgeport, CT 06604

PH: 203-579-7300

Chemical Abuse Service Agency (CASA)

P.O. Box 2197

690 Arctic Street
Bridgeport, CT 06608
PH: 203-339-4112

Family Centers, Inc.
60 Palmer's Hill Road
Stamford, CT 06902
PH: 203-324-3167

LifeBridge Community Services, Inc.
475 Clinton Ave.
Bridgeport, CT 06605
PH: 203-368-5552

Mental Health Association of CT, Inc.
(Bridgeport/Stamford)
61 South Main Street, Suite 100
West Hartford, CT 06107
PH: 860-529-1970

Optimus Health Care, Inc.
982 East Main St. (Main Office)
Bridgeport, CT 06608
PH: 203-696-3260

Pathways, Inc.
175 Milbank Avenue
Greenwich, CT 06608
PH: 203-869-5656

Recovery Network of Programs, Inc. (RNP)
Administrative Offices
2 Trap Falls Road, Suite 405
Shelton, CT 06484
PH: 203-929-1954

St. Vincent's Behavioral Health Services, Inc.
47 Long Lots Road
Westport, CT 06880
PH: 203-227-1251

Parenting Support Services
Agency providing services: Boys and Girls Village
DCF Area Offices in Norwalk and Bridgeport
Email: brownny@bgvillage.org

East Hartford, West Hartford, Hartford, New Britain, Plainville, Windsor

Community Health Resources (CHR)

(private non-profit)

995 Day Hill Road

Windsor, CT 06095

PH: 860-731-5522 Fax: 860-731-5536

Assessment Center: 877-884-3571 (1-877.88.HELP1)

InterCommunity (IC)

281 Main Street

East Hartford, CT 06118

PH: 860-569-5900 FAX: 860-569-5614

Capitol Region Mental Health Center

500 Vine Street

Hartford, CT 06112

PH: 860-297-0800 FAX: 860-297-0914

24 Hour Crisis Service: 860-297-0999

Community Mental Health Affiliates (CMHA)

233 Main St 1st Floor

New Britain, CT 06051

(Admin.) PH: 860.826.1358 | (Outpatient Services) PH: 860.223.2778

FAX: 860.229.6575

Community Renewal Team (CRT), Inc.

555 Windsor Street

Hartford, CT 06120

PH: 860-560-5600

Hartford Behavioral Health, Inc.

Cole Treatment Center

2550 Main Street

Hartford, CT 06120

PH: 860-548-0101 FAX: 860-524-7781

Hartford Dispensary

345 Main Street

Hartford, CT 06106

PH: 860-525-2181 FAX: 860-525-7332

Hartford Hospital

80 Seymour Street

Hartford, CT 06102

PH: 860-545-5000

Mental Health CT

61 South Main Street, Suite 100
West Hartford, CT 06107
PH: 860-529-1970 FAX: 860-529-6833

The National Alliance on Mental Illness - Connecticut (NAMI of CT)

1030 New Britain Ave, Suite 201,
West Hartford, CT 06110
PH: 800-215-3021

Wheeler Clinic

91 Northwest Drive
Plainville, CT 06062
PH: 860-793-3500 FAX: 860-793-3520

YWCA of Hartford

135 Broad Street
Hartford, CT 06105
PH: 860-525-1163

Parenting Support Services

Agency providing services: St. Francis Hospital
DCF Area Offices in Hartford
Email: pberky@trinityhealthofne.org

Agency providing services: Catholic Charities
DCF Area Offices in New Britain
Email: Jraines-pusyey@ccaoh.org

Danbury, Litchfield, Waterbury, Torrington, New Milford

Western CT Mental Health Network - Danbury Area

78 Triangle Street, Bldg. I-4
Danbury, CT 06810
PH: 203-448-3200 FAX: 203-448-3199

Western CT Mental Health Network - Waterbury Area

95 Thomaston Ave.
Waterbury, CT 06702
PH: 203-805-5300 FAX: 203-805-5310

Charlotte Hungerford Hospital

540 Litchfield Street
Torrington, CT 06790
PH: 860-496-6350 FAX: 860-496-6783

CMHA Northwest Center for Adult, Child and Family Services

100 Commercial Blvd
Torrington, CT 06790
Tel 860-482-8561 Fax 860-489-5261

Danbury Hospital - Community Psychiatric Center

152 West Street
Danbury, CT 06810
PH: 203-207-5480

Mental Health CT(Danbury, Torrington, Waterbury)

61 South Main Street, Suite 100
West Hartford, CT 06107
PH: 860-529-1970 FAX: 860-529-6833

Midwestern CT Council on Alcoholism, Inc. (MCCA)

38 Old Ridgebury Rd.
Danbury, CT 06810
PH: 203-792-4515 Fax: 203-748-2604

New Milford Hospital

21 Elm Street
New Milford, CT 06776
PH: 203-355-2611

Waterbury Hospital Health Center

64 Robbins Street
Waterbury, CT 06721
PH: 203-573-6500 FAX: 203-573-7007

Wellmore Behavioral Health

402 East Main Street
Waterbury, CT 06702
PH: 203-755-1143 Fax: 203-755-1447

Parenting Support Services

Agency providing services: Community Mental Health Affiliates (CMHA)
DCF Area Offices in Danbury and Waterbury
Email: RLegereReardon@cmhacc.org

Agency providing services: McCall Center for Behavioral Health
DCF Area Offices in Torrington
Email: Leann.mitchell@mccallcenterct.org

Brandford, Meriden, Milford, Middletown, Old Saybrook, New Haven

BHcare

(formerly Birmingham Group Health Services) (private non-profit)
BHcare Valley
Offices 435 East
Main Street
Ansonia, CT 06401 PH: 203-736-2601 FAX: 203-736-2641

BHcare Shoreline Offices

(formerly Harbor Health Services) 14 Sycamore Way
Branford, CT 06405
PH: 203-483-2630 FAX: 203-483-2659

Bridges...A Community Support System, Inc.

949 Bridgeport, Ave
Milford, CT 06460
PH: 203-878-6365 FAX: 203-877-3088

Connecticut Mental Health Center

34 Park Street
New Haven, CT 06508
PH: 203-974-7300 FAX: 203-974-7637

Rushford Center

883 Paddock Ave.
Meriden, CT 06450
PH: 203-630-5280 FAX: 203-634-7040

River Valley Services

Leak Hall, P.O. Box 351
Middletown, CT 06457 PH: 860-262-5200 FAX: 860-262-5203

River Valley Services-Old Saybrook Office2 Center Road West

Old Saybrook, CT
06475 PH: 860 395-
5040

APT Foundation

1 Long Wharf Drive
New Haven, CT
06511
PH: 203-781-4600 FAX: 203-203-781-4624

Bridges...A Community Support System, Inc.

949 Bridgeport Ave.

Milford, CT 06460
PH: 203-878-6365 FAX: 203-877-3088

Community Health Center, Inc.
635 Main Street
Middletown, CT 06457
PH: 860-347-6971 FAX: 860-347-6659

The Connection
100 Roscommon Drive, Suite 203
Middletown, CT 06457
PH: 860-343-5500 FAX: 860-343-5517
Toll Free: 855-435-7955

Continuum of Care, Inc.
67 Trumbull Street
New Haven, CT
06510
PH: 203-562-2264 FAX: 203-789-1335

Family Centered Services of CT
131 Dwight Street
New Haven, CT 06511
PH: 203-624-2600 FAX: 203-562-6232

***Gilead Community Services,
Inc.*** 222 Main Street Extension
Middletown, CT 06457
PH: 860-343-5300 FAX: 860-343-5306

***Liberty Community Services,
Inc.*** 254 College Street, Suite
205 New Haven, CT 06510
PH: 203-495-7600 FAX: 203-495-7603

Middlesex Hospital
28 Crescent Street
Middletown, CT 06457
PH: 860-344-6000

Yale-New Haven Hospital
20 York Street
New Haven, CT 06504
PH: Main Hospital - 203-688-4242

Parenting Support Services
Agency providing services: Family Centered Services of CT

DCF Area Offices in New Haven
Email: iclementino@familyct.org

Agency providing services: McCall Center for Behavioral Health
DCF Area Offices in Torrington
Email: Leann.mitchell@mccallcenterct.org

Dayville, Mansfield, New London, Norwich

Southeastern Mental Health Authority
401 West Thames Street, Building 301
Norwich, CT 06360
PH: 860-859-4500 FAX: 860-859-4797

United Services, Inc.
1007 North Main Street
P.o. Box 839 Dayville, CT 06241
PH: 860-774-2020 FAX: 860-774-0826

Natchaug Hospital
189 Storrs Road
Mansfield Center, CT 06250
PH: 860-456-1311

Reliance Health
40 Broadway
Norwich, CT 06360
PH: 860-887-6536 FAX: 860-885-1970

Sound Community Services, Inc.
21 Montauk Ave.
New London, CT 06320
PH: 860-443-0036 FAX: 860-443-8940

William W. Backus Hospital
326 Washington St.
Norwich, CT 06360
PH: 860-889-8331

Parenting Support Services
Agency providing services: Community Health Resources
DCF Area Office in Norwich
Email: AManchester@chrhealth.org