

Mental Health Services

Children's Services (ages 0-18) (O)UTPATIENT; (I)NPATIENT; (H)OME

Child Guidance of Mid-Fairfield County (O).....	203-299-1315	Norwalk
Child Guidance of Southern CT (O).....	203-324-6127	Stamford
	203-983-5294	Greenwich
	203-662-9380	Darien
	203-324-6127	New Canaan
Community Health Center, Day Street Center (O).....	203-854-9292	Norwalk
CT Renaissance (O, H, IOP).....	203-866-2541	Various
Family and Children's Agency (O).....	203-855-8765	Norwalk
Family Centers, Inc. (O).....	203-324-3167	Stamford
	203-869-4848	Greenwich
	203-655-4693	Darien
Four Winds Hospital (I, O, IOP).....	800-528-6624	Katonah, NY
Jewish Family Services of Greenwich (O).....	203-622-1881	Greenwich
Schoke Jewish Family Services (O).....	203-921-4161	Stamford
Silver Hill Hospital (I, O) (ages 13+).....	866-542-4455	New Canaan
Stamford Counseling Center (O).....	203-323-8560	Stamford
St. Vincent's Behavioral Health Services (O, IOP).....	203-221-8899	Norwalk

Adult Services (ages 18 and up) (O)UTPATIENT; (I)NPATIENT; INTENSIVE (IOP)

Catholic Charities (O).....	203-750-9711	Norwalk
Center for Hope (grief counseling)(O).....	203-655-4693	Darien
Circle Care (O) (specializing in LGBTQ).....	203-852-9525	Norwalk
Community Health Center, Day Street Center (O).....	203-854-9292	Norwalk
Community Health Center, Franklin Street Center (O).....	203-969-0802	Stamford
CT Counseling Centers (O, IOP).....	203-838-6508	Norwalk
CT Renaissance, Inc (O, IOP).....	203-866-2541	Various
Family & Children's Agency (O).....	203-855-8765	Norwalk
Family Centers, Inc. (O).....	203-324-3167	Stamford
	203-869-4848	Greenwich
	203-655-4693	Darien
Four Winds Hospital (I, O, IOP).....	800-528-6624	Katonah, NY
F.S. Dubois Center - appointments (O).....	203-388-1600	Stamford
Greenwich Hospital Behavioral Health (O).....	203-863-3316	Greenwich
Jewish Family Services of Greenwich (O).....	203-622-1881	Greenwich
Norwalk Community Health Center, Connecticut Ave (O).....	203-899-1770	Norwalk
Norwalk Hospital psychiatry dept (I, O, IOP).....	203-852-2988	Norwalk
Optimus Behavioral Health (O).....	203-621-3751	Stamford
Positive Directions (O).....	203-227-7644	Westport
Schoke Jewish Family Services (O).....	203-921-4161	Stamford
Schoke Jewish Family Services (O).....	203-454-4992	Westport
Silver Hill Hospital (I, IOP) (Includes eating disorders).....	866-542-4455	New Canaan
Stamford Counseling Center (O).....	203-323-8560	Stamford
Stamford Hospital (I).....	203-276-7010	Stamford
St. Vincent's Behavioral Health Services (O, IOP).....	203-221-8899	Norwalk
St. Vincent's Behavioral Health Services (I).....	203-227-1251	Westport

Substance Abuse Services

(O)UTPATIENT; (I)NPATIENT; (D)ETOX; INTENSIVE (IOP)

Substance Use Access Line	800-563-4086	Statewide
Circle Care (O) (specializing in LGBTQ).....	203-852-9525	Norwalk
Community Health Center, Franklin Street Center (O).....	203-969-0802	Stamford
CT Counseling Centers, Inc (O, IOP).....	203-838-6508	Norwalk
	Opening March 1st	Stamford
CT Renaissance, Inc (O, IOP).....	203-866-2541	Various
Family & Children's Agency (Project Reward) (O,IOP).....	203-523-5790	Norwalk
Greenwich Hospital Addiction Recovery Center (I, O, IOP, D).....	203-863-4673	Greenwich
Liberation Programs, Inc.....		
Adult (I, O).....	203-851-2077	Regional
Youth & Family Resources (O).....	203-869-7279	Greenwich
Mountainside (O, IOP).....	860-717-3198	Wilton
Norwalk Hospital (I, O, D, IOP).....	203-852-2988	Norwalk
Positive Directions (O).....	203-227-7644	Westport
St. Vincent's Behavioral Health Services (I, O, D/Adults).....	203-221-8899	Norwalk
	203-227-1251	Westport
Silver Hill Hospital (I, O, D, IOP).....	866-542-4455	New Canaan
Stamford Counseling Center (O).....	203-323-8560	Stamford
Turning Point Regional Substance Use Program (O, teens).....	203-394-6529	Regional

Supportive Services

(H) HOUSING--(E) EMPLOYMENT--(R) PSYCHOSOCIAL REHABILITATION--(S) SHELTER (SS) SOCIAL SERVICES--(DV) DOMESTIC VIOLENCE--(V) VETERANS--(Ed) EDUCATION (T) TRANSPORTATION--(C) CASE COORDINATION/CONSERVATORSHIP--(J) JUSTICE

Ability Beyond (E).....	203-885-6872	Stmfd-Norwalk
Center for Sexual Assault (DV).....	203-348-9346	Stamford
Community Action Agency of Western CT (SS, C).....	203-602-8833	Various
Continuum Crisis & Respite Services (S, SS, R).....	475-282-4985	Regional
Domestic Violence Crisis Center (DV).....	203-588-9100	Stamford
Domestic Violence Crisis Center (DV).....	203-853-0418	Norwalk+area
Domestic Abuse Services of YWCA (DV).....	203-622-0003	Greenwich
Errera Homeless Outreach for Veterans (V, S).....	203-479-8000	Statewide
Family & Children's Agency - Senior Outreach (C) (seniors).....	203-831-2900	Norwalk
Family Centers, Inc. (E, V).....	203-324-3167	Grwch, Stmfd
Homes for the Brave (V, H, R, E) (homeless vets only).....	203-338-0669	Bridgeport
Homes with Hope (S, H, E).....	203-226-3426	Westport
Inspirica, Inc. (formerly St. Luke's) (H, S).....	203-388-0100	Stamford
Jewish Family Services (SS).....	203-622-1881	Greenwich
Keystone House, Inc. (H, R, E).....	203-855-7920	Norwalk
Kids in Crisis (S, SS).....	203-327-KIDS	Stamford
Know How To Go (T).....	www.knowhowtogooct.org	
Laurel House, Inc. (H, Ed, E, R).....	203-324-1816	Stamford
Mental Health CT (H, C).....	203-323-3337	Stamford
Mid-Fairfield AIDS Project (H, SS, needle exchange).....	203-855-9535	Norwalk
Open Door Shelter (S, E, H).....	203-866-1057	Norwalk
Pacific House (formerly Shelter for the Homeless) (S, V).....	203-348-2792	Stamford
Pathways (H, E, R).....	203-869-5656	Greenwich
Person-to-Person (C, basic needs, scholarships).....	203-939-1650	Norwalk
	203-655-0048	Darien
Project Return (females 18-21 only) (H, R).....	203-222-8129	Westport
St. Vincent's Community Residential (Hall-Brooke) (H, R).....	203-362-3920	Bridgeport
Veyo (T).....	855-478-7350	Statewide
Young Adult Space (Drop-in ages 18-25, Mon-Thu 1-6pm) (C).....	203-853-0600	Norwalk

Self-Help

Al-Anon, Alateen.....	888-825-2666	www.al-anon.org
Alcoholics Anonymous.....	866-783-7712	www.ct-aa.org
Cocaine Anonymous.....	800-347-8998	www.ca.org
CT Hearing Voices Network.....	860-995-9172	www.cthvn.org
Families Anonymous.....	800-736-9805	familiesanonymous.org
Narcotics Anonymous.....	800-627-3543	www.na.org
Overeaters Anonymous.....	505-891-2664	www.aa.org
Problem Gambling.....	888-789-7777	www.ccp.org

Support & Advocacy Groups

Advocacy Unlimited.....	800-573-6929	Statewide
American Foundation for Suicide Prevention.....	203-707-8589	Southern CT
Bridge House.....	203-335-5339	Bridgeport
C.A.R.E.S. Group.....	855-406-0246	Trumbull
Connecticut Legal Rights Project (CLRP).....	877-402-2299	Statewide
Courage to Speak Foundation (<i>substance abuse, parenting</i>).....	203-831-9700	Statewide
CT Commission on Human Rights.....	860-541-3400	Statewide
CT Community for Addiction Recovery (CCAR).....	800-708-9145	Statewide
CCAR Young Adult & Family Project.....	203-870-9132	Bridgeport
CT Juvenile Justice Alliance.....	203-579-2727	Statewide
CT Parent Advocacy Center (CPAC).....	860-739-3089	Statewide
Disability Rights Connecticut.....	800-842-7303	Statewide
FAVOR (Family Advocacy for Children's Mental Health).....	860-563-3232	Statewide
Keep the Promise (KTP).....	860-788-6180	Statewide
National Alliance for Mental Illness (NAMI).....	800-215-3021	Statewide
NAMI Southwest CT.....	203-388-1603	Local
Office of the Healthcare Advocate (OHA).....	866-466-4446	Statewide
Special Education Resource Center.....	860-632-1485	Statewide
Triangle Community Center (<i>LGBTQ</i>).....	203-853-0600	County
TurningPointCT.org (online peer support for CT young people).....	www.TurningPointCT.org	

Social Services by Town

Darien Human Services.....	203-656-7328	Darien
Greenwich Dept. of Human Services.....	203-622-3800	Greenwich
New Canaan Human Services.....	203-594-3076	New Canaan
Norwalk Youth Services.....	203-854-7911	Norwalk
Stamford Social Services.....	203-977-4050	Stamford
Weston Social Services.....	203-222-2663	Weston
Westport Human Services.....	203-341-1050	Westport
Wilton Social Services.....	203-834-6238	Wilton

1/30/2018

2018 Public & Nonprofit Resources Greenwich to Westport



Mental Health & Substance Use

Crisis Information

Crisis Intervention Services

*211 in Greenwich: 800-203-1234

Adult mobile psychiatric crisis (8am-4:30pm).....	800-586-9903
Child (<18yo) mobile psychiatric crisis (24/7).....	Call 211, press 1*
National Lifeline (AFSP).....	800-273-TALK (8255)
Veterans Crisis Line.....	800-273-8255, press 1
Crisis Text Line (CTL).....	Text CTL to 741741
Kids in Crisis 24 hour Hotline & face to face.....	203-327-KIDS

Warm Line (mental health peer support, 5-10pm daily)..... 800-921-0359

Young Adult Warmline (Mon-Sun 12-9pm)..... 855-6HOPENOW

Homeless Outreach Team (HOT)..... 203-579-7300

Center for Sexual Assault hotline (24/7)..... 203-329-2929

Domestic Violence Crisis Center hotline (24/7)..... 888-774-2900

General Information

Don't know how to start? Call 211* first! Option 1=crisis, Option 3=shelter, food, more

CT Behavioral Health Partnership (<i>for Medicaid population</i>).....	877-552-8247
CT Clearinghouse.....	ctclearinghouse.org
CT Latino Behavioral Health System.....	203-974-5805
Network of Care Behavioral Health.....	connecticut.networkofcare.org

Legal:

Immigrant Legal Advice Hotline.....	800-798-0671
Statewide Legal Services of CT.....	800-453-3320

State Agencies:

CT Works - Department of Labor.....	203-353-1702
Department of Children and Families (DCF).....	203-384-5300
Department of Developmental Services (DDS).....	866-737-0330
Department of Education (SDE).....	860-713-6543
Department of Mental Health & Addiction Services (DMHAS).....	800-446-7348
Department of Rehabilitation Services (DORS, BRS).....	203-251-9430

Regional Agencies:

Communities 4 Action (<i>formerly LFCRAC</i>).....	203-588-0457
FS Dubois Center (Southwest CT Mental Health System).....	203-388-1600
Mid-Fairfield Substance Abuse Coalition.....	203-849-1111
Southwestern CT Agency on Aging (SWCAA).....	203-333-9288
Southwest Regional Mental Health Board.....	203-840-1187

Guide courtesy of Healthy Minds CT, the Southwest Regional Mental Health Board;

call 203-840-1187 or download copies at HealthyMindsCT.org.