

# 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](http://www.suicidepreventionlifeline.org)

**SUICIDE HELPLINE (INFOLINE)** Call 2-1-1

**POISON CONTROL**  
1-800-222-1222 [www.aapcc.org](http://www.aapcc.org)

## SEXUAL ASSAULT CRISIS SERVICES

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

**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](http://www.accesshealthct.com)

**ACCESS MENTAL HEALTH CT**  
[www.accessmhct.com](http://www.accessmhct.com)

**ADVOCACY UNLIMITED, INC.**  
1-800-573-6929 [www.mindlink.org](http://www.mindlink.org)

**BEACON HEALTH OPTIONS (CTBHP)**  
1-877-552-8247 TTY 1-866-218-0525  
[www.ctbhp.com](http://www.ctbhp.com)

**CT ALLIANCE TO END SEXUAL VIOLENCE**  
1-888-999-5545  
[www.endsexualviolencect.org](http://www.endsexualviolencect.org)

**CT COALITION AGAINST DOMESTIC  
VIOLENCE**  
860-282-7899 [www.ctcadv.org](http://www.ctcadv.org)  
1-888-774-2900 (Crisis Line)

**CT COUNCIL ON PROBLEM GAMBLING**  
1-888-789-7777 (Helpline) [www.ccpq.org](http://www.ccpq.org)

**CT INFOLINE** Call 2-1-1 [www.211ct.org](http://www.211ct.org)

**CT NETWORK OF CARE**  
[www.connecticut.networkofcare.org](http://www.connecticut.networkofcare.org)

**CT SUICIDE PREVENTION**  
Call 2-1-1 [www.preventsuicidect.org](http://www.preventsuicidect.org)

**CT QUITLINE (Tobacco)**  
1-800-QUIT-NOW  
[www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)

**CT YOUTH SERVICES ASSOCIATION**  
[www.ctyouthservices.org/Find\\_A\\_YSB](http://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](http://www.ctclearinghouse.org)

**DRUGFREECT.ORG**  
For prevention, treatment and recovery resources

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.

**FATHERHOOD INITIATIVE OF CT**  
1-866-6-CTDADS [www.ct.gov/fatherhood](http://www.ct.gov/fatherhood)

**GOVERNOR'S PREVENTION PARTNERSHIP**  
860-523-8042 [www.preventionworksct.org](http://www.preventionworksct.org)

**MATCH COALITION, INC.**  
860-525-9738 [www.matchcoalitionct.org](http://www.matchcoalitionct.org)

**MENTAL HEALTH CT**  
1-800-842-1501 [www.mhconn.org](http://www.mhconn.org)

**NATIONAL ALLIANCE ON MENTAL ILLNESS  
(NAMI) CT**  
860-882-0236 [www.namict.org](http://www.namict.org)  
Helpline 1-800-950-6264

**OPIOID OVERDOSE PREVENTION/  
NALOXONE (NARCAN) INITIATIVE**  
860-418-6993  
[www.ct.gov/dmhas/cwp/view.asp?q=509650](http://www.ct.gov/dmhas/cwp/view.asp?q=509650)

**PROTECTIVE SERVICES FOR THE ELDERLY**  
888-385-4225

**TRUE COLORS** (Sexual Minority Youth and  
Family Services)  
860-232-0050 [www.ourtruecolors.org](http://www.ourtruecolors.org)

**TURNING POINT CT**  
Website for youth and young adults  
[www.turningpointct.org](http://www.turningpointct.org)

**WHEELER CLINIC - NAVIGATION CENTER**  
1-888-793-3500 [www.wheelerclinic.org](http://www.wheelerclinic.org)

## Support Groups

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

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

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

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

**GAM-ANON FAMILY GROUPS**  
CT Hotline 1-800-266-1908  
National Information 718-352-1671  
[www.gam-anon.org](http://www.gam-anon.org)

**GAMBLERS ANONYMOUS**  
CT Hotline 1-855-222-5542  
National Information 213-386-8789  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

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

**MENTAL HEALTH CONNECTICUT**  
800-842-1501 [www.mhconn.org](http://www.mhconn.org)

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

**NARCOTICS ANONYMOUS (NA)**  
CT Information 1-800-627-3543  
National Information 1-818-773-9999  
[www.ctna.org](http://www.ctna.org)

**NATIONAL ALLIANCE ON MENTAL ILLNESS**  
800.215.3021 [www.nami.org](http://www.nami.org)

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

**OVEREATERS ANONYMOUS**  
505-891-2664 [www.oa.org](http://www.oa.org)



Wheeler

CONNECTICUT  
Clearinghouse

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

800.232.4424 (phone)

860.793.9813 (fax)

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

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

## National Resources

### **AIDS NATIONAL HOTLINE**

1-800-342-AIDS [www.cdc.gov/hiv](http://www.cdc.gov/hiv)

### **CENTERS FOR DISEASE CONTROL AND PREVENTION**

1-800-232-4636 [www.cdc.gov](http://www.cdc.gov)

### **MENTAL HEALTH AMERICA**

1-800-969-6642 [www.nmha.org](http://www.nmha.org)

### **NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS**

1-888-55-4COAS [www.nacoa.org](http://www.nacoa.org)

### **NATIONAL EATING DISORDERS ASSOCIATION**

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

### **NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME**

202-785-4585 [www.nofas.org](http://www.nofas.org)

### **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](http://www.suicidepreventionlifeline.org)

### **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)**

1-877-726-4727 [www.samhsa.gov](http://www.samhsa.gov)

## State Agencies

### **CT DEPARTMENT OF CHILDREN AND FAMILIES (DCF)**

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

### **CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)**

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)



**Fairfield  
CARES**

THE TOWN RESOURCE FOR HEALTHY CHOICES

## DMHAS Regional Behavioral Action Organizations (RBHAO)

### **Region 1**

#### **Regional Youth Adult Social Action Partnership (RYASAP)**

2470 Fairfield Avenue  
Bridgeport CT 06605  
203-579-2727

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

#### **Towns:**

Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, Wilton

### **Region 2**

#### **Alliance for Prevention & Wellness, 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 St.  
Norwich, CT 06360  
860-848-2800

[www.sectrac.org](http://www.sectrac.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**

#### **North Central Regional Mental Health Board, Inc.**

151 New Park Avenue Ste. 14A  
Hartford CT 06106  
860-667-6388

[www.ncrmhb.org](http://www.ncrmhb.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**

#### **Housatonic Valley Coalition Against Substance Abuse (HVCASA)**

9 Stony Hill Road  
Bethel, CT 06801  
203-743-7741

[www.hvcasa.org](http://www.hvcasa.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

