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)
1-888-626-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
www.suicidepreventionlifeline.org

SUICIDE HELPLINE (INFOLINE) Call 2-1-1

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

SURVIVAL 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

ACCESS MENTAL HEALTH CT
www.accessmhc.com

ADVOCACY UNLIMITED, INC.
1-800-573-6929 www.mindlink.org

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

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

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

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

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

CT NETWORK OF CARE www.connecticut.networkofcare.org

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

DRUG FREE CT.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-CTFADS www.ct.gov/fatherhood

GOVERNOR'S PREVENTION PARTNERSHIP 860-523-8042 www.preventionworksct.org

MATCH COALITION, INC. 860-525-9738 www.matchcoalitionct.org

MENTAL HEALTH CT 1-800-842-1501 www.mhconn.org

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

NATIONAL ALLIANCE ON MENTAL ILLNESS 800.215.3021 www.nami.org


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

WHEELE R CLINIC - NAVIGATION CENTER 1-888-793-3500 www.wheelerclic.org

Support Groups

AL ANON ALATEEN CT Information 1-888-825-2666 National Information 1-800-344-2666 www.ctalanon.org

ALCOHOLICS ANONYMOUS (AA)

CO-DEPENDENTS ANONYMOUS 1-888-444-2359 www.coda.org

FAMILIES ANONYMOUS 1-800-736-9805 www.familiesanonymou s.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

MARIJUANA 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 (NA)
CT Information 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
National Resources

AIDS NATIONAL HOTLINE
1-800-342-AIDS www.cdc.gov/hiv

CENTERS FOR DISEASE CONTROL AND PREVENTION
1-800-232-4636 www.cdc.gov

MENTAL HEALTH AMERICA
1-800-969-6642 www.nmha.org

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
1-888-55-4COAS www.nacoa.org

NATIONAL EATING DISORDERS ASSOCIATION
800-931-2237 www.nationaleatingdisorders.org

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME
202-785-4585 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

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)
1-877-726-4727 www.samhsa.gov

State Agencies

CT DEPARTMENT OF CHILDREN AND FAMILIES (DCF)
1-800-842-2288 Careline www.ct.gov/dcf

CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)
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

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.ryasap.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

Towns:

Region 3
Southeastern Regional Action Council (SERAC)
228 West Town St.
Norwich, CT 06360
860-848-2800 www.sectrac.org

Towns:

Region 4
North Central Regional Mental Health Board, Inc.
151 New Park Avenue Ste. 14A
Hartford CT 06106
860-667-6388 www.ncrmhb.org

Towns:

Region 5
Housatonic Valley Coalition Against Substance Abuse (HVCASA)
9 Stony Hill Road
Bethel, CT 06801
203-743-7741 www.hvcasa.org

Towns: