



Resource Guide

Emergency Services

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

HELPLINE (MOBILE CRISIS)

Call 2-1-1

POISON CONTROL

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

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

SEXUAL ASSAULT CRISIS SERVICES

English 888-999-5545

Spanish 888-568-8332

SUBSTANCE ABUSE TREATMENT AND ENHANCEMENT PROJECT - Access Line for Referrals and Detoxification Center
800-563-4086

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.accessmhct.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 1-888-774-2900 (Crisis Line)

www.ctcadv.org

CT COALITION TO STOP UNDERAGE DRINKING

860-523-8042

www.preventionworksct.org/CCSUD.html

CT COUNCIL ON PROBLEM GAMBLING

1-888-789-7777 (Helpline) www.ccp.org

CT SUICIDE PREVENTION

Call 2-1-1 www.preventsuicidect.org

CT NETWORK OF CARE

www.connecticut.networkofcare.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

MENTAL HEALTH CONNECTICUT

800-842-1501 Referral Line www.mhconn.org

MOBILIZE AGAINST TOBACCO FOR CHILDREN'S HEALTH (MATCH)

860-402-1554



Resource Guide

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT

860-882-0236 Helpline 1-800-950-6264

www.namict.org

OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

860-418-6993

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

TURNING POINT

CT website for youth and young adults

www.turningpointct.org

WHEELER CLINIC

888-793-3500

WHEELER COMMUNITY RESPONSE TEAM

860-747-8719

WHEELER HELPLINE 24/7

860-747-3434

Wellmore Behavioral Health

203-756-7287, 1-855- 938-5667

Support Groups

AL-ANON/ALATEEN

CT Information 1-888-825-2666 Anywhere, USA 1-800-344-2666

www.ctalanon.org

ALCOHOLICS ANONYMOUS (AA) Connecticut

1-866-783-7712

Anywhere, USA 1-800-344-2666 www.ct-aa.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 718-352-1617 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

NAR-ANON

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

NARCOTICS ANONYMOUS

CT Region CT Information

1-800-627-3543 National Information 1-800-447-6291

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



Resource Guide

National Resources

AIDS National Hotline	800-342-AIDS www.cdc.gov/hiv
Centers For Disease Control and Prevention	800-232-4636 www.cdc.gov
Mental Health America	800-969-6642 www.nmha.org
National Association For Children of Alcoholics	888-55-4-COAS 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	800-273-8255 / 888-628-9454 TTY www.suicidepreventionlifeline.org
Substance Abuse And Mental Health Services Administration	877-726-4727 www.samhsa.gov

State Agencies

CT Department of Children and Families	800-842-2288 (Careline) www.ct.gov/dcf
CT Department of Mental Health and Addiction Services	860-418-7000 www.ct.gov/dmhas
CT Department of Public Health	860-509-8000 www.ct.gov/dph
CT Department of Social Services	800-842-1508 www.ct.gov/dss
CT Department of Developmental Services	860-418-6000 www.ct.gov/dds

Regional Behavioral Health Action Organizations Resources

Capital Region Mental Health Center (Hartford)	860-297-0800
Connecticut Mental Health Center (New Haven)	203-974-7300 / 203-974-7295 (TDD)
Greater Bridgeport Community Mental Health Center	203-551-7400
Southeastern Mental Health Authority (Norwich)	860-859-4500
United Services, Inc. (Dayville)	860-774-2020
Western CT Mental Health Network (Danbury)	203-448-3200
Western CT Mental Health Network (Torrington)	860-496-3700
Western CT Mental Health Network (Waterbury)	203-805-5300

Regional Behavioral Health Action Organization Boards

North Central Regional Mental Health Board	860-667-6388 www.ncrmhb.org
Northwest Regional Mental Health Board	203-757-9603 www.nwrmhb.org
South Central Mental Health Board	860-262-5027 www.southcentralhealth.org
Southwest Regional Mental Health Board	203-840-1187 www.healthymindsct.org

US Helplines

Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Text Line	Text HOME to 741741
Domestic & Teen Dating Violence	800-992-2600
National Child Abuse Hotline – Support & Information	800-424-4453
National Domestic Violence Hotline	800-799-SAFE / 800-787-3224 (TDD)
National Youth Crisis Hotline	800-448-4663
NDMD Depression Hotline – Support Groups	800-826-3632
Parental Stress Hotline – Help for Parents	800-632-8188
Runaway Hotline (All calls are confidential)	800-231-6946
Sexual Assault Hotline (24/7)	800-223-5001
Suicide & Depression Hotline – Covenant House	800-999-9999
Suicide Prevention Services Crisis Hotline	800-784-2433
Suicide Prevention Services Depression Hotline	630-482-9696