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

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.ccpg.org

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

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

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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

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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/dss

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

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