

Some Facts about Mental Health

Prevalent Health Problem

Mental health issues are the most prevalent health problem in America. They are more common than cancer, lung, and heart disease combined.

Hope for Recovery

If you or someone you know is experiencing difficulty, there is hope for recovery with proper treatment and supports. New developments have led to successes not experienced in the past.

Early Intervention

As with many medical disorders, early identification and treatment increases the prospects for recovery and reduces the harm and suffering of a longer course of illness.

Treatable Medical Disorders

Anxiety Disorders, Chronic Depression, Bipolar Disorder, and Schizophrenia are treatable medical disorders. They are not reflective of a person's character, intelligence, or "will power".

Search for Recovery

Many treatments are available. If one treatment does not work for you, don't lose hope. Try another therapy or therapist. Peer-supports and recovery-oriented initiatives have also helped many individuals. Other supports are available from private and state service providers.

When to Seek Help

The American Psychiatric Association identifies when to seek help:

- Marked personality change
- Excessive anxieties
- Extreme highs & lows
- Prolonged depression and apathy
- Marked changes in eating or sleeping
- Inability to cope with problems & daily activity
- Abuse of alcohol or drugs
- Strange or grandiose ideas
- Excessive anger, hostility, or violent behavior
- Seek immediate help if thinking or talking about suicide or homicide.

Avon, Canton, Farmington, Simsbury & West Hartford



Emergency & Non-Emergency Telephone Directory for Mental Health, Substance Abuse, and Other Services

This card does not include all the services available, but we hope that this brief list will help you begin your search for support.

Information provided by



**NORTH CENTRAL REGIONAL
MENTAL HEALTH BOARD, INC.**
151 New Park Ave., Suite 14A
Hartford, CT 06106

For more cards or information call
860-667-6388
Access cards online at
WWW.NCRMHB.ORG

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STATE FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULTS

DMHAS funded services are provided locally by:

CAPITOL REGION MENTAL HEALTH CENTER (CRMHC)

500 Vine Street, Hartford, CT 06112
Call 860-297-0800 to Access Services

Services Provided at CRMHC:

- Mobile Crisis Team/Intake/Brief Treatment
- Acute Care Unit
- HOPE Team (Homeless Services and Outreach)
- Forensic Services
- General Psychiatry Unit
- Co-occurring Disorders Unit
- Nursing Team/Medication Management
- Young Adult Services
- Deaf/Hard of Hearing Team
- Case Management / Service Coordinator
- Jail Diversion
- Medication Management
- Outpatient Counseling
- Shelter Plus Care
- DMHAS-Funded Mental Health Services Provider Relations
- Entitlements/Housing Supports
- Peer Support Center
- Independence Program
- Warm Line / Peer Supports on Telephone
- Daily Living Skills Development
- Employment Supports
- Money Management

CRMHC provides services for people who have private insurance, Medicaid, Medicare, or no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)

DMHAS information at: www.ct.gov/dmhas
Service information at: www.ct.networkofcare.org

THE CITIZEN'S VOICE IN MENTAL HEALTH SERVICES

North Central Regional Mental Health Board is a grassroots citizen's advisory board to DMHAS. Members evaluate state services and promote development of needed services. For information call **860-667-6388**. Website at www.ncrmhb.org.

**NON-EMERGENCY
COMMUNITY SERVICES**

AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

INFORMATION AND REFERRAL

Capitol Region Mental Health Center (CRMHC) 297-0800
Access to State Mental Health & Substance Abuse Svc
Connecticut Clearinghouse (Educational Materials) 800-232-4424
INFOLINE (Can Provide Additional Service Listings) 211
HelpLine (Wheeler Clinic Support Phone Service) 524-1182
Warmline (at Toivo) 855-646-7369
Peer Support Center (at CRMHC) 297-0844

ENTITLEMENTS / BENEFITS

CT Dept. of Social Services, 3580 Main St (Main Tel) 800-842-1508
Medicare 800-633-4427
Social Security Administration 877-619-2851

FAMILY SUPPORT ORGANIZATIONS

African Caribbean American Parents of Children with Disabilities (AFCAMP) 548-9959 or 297-4358
Asian Family Services 951-8770 x232
Families United for Children's Mental Health 563-3232
PADRES Abriendo Puertas 297-4391
National Alliance on Mental Illness - CT (NAMI-CT) 800-215-3021
CHD Adult Mental Health Hartford 951-3325

FOOD ASSISTANCE / PANTRIES

Avon Department of Social Services 409-4346
Canton Senior & Social Services 693-5811
Farmington Food Pantry 674-8694
Meals on Wheels - Community Renewal Team 560-5828
Meals on Wheels - CW Resources 229-7700
Simsbury Department of Social Services 658-3283
West Hartford Department of Human Services 561-7561

HEALTH & HUMAN SERVICES

Avon Dept. of Social Services 409-4346
Town of Canton Senior & Social Services 693-5811
Town of Farmington Community Services 675-2390
Simsbury Department of Social Services 658-3283
West Hartford Department of Human Services 561-7561

HIV/AIDS TESTING

National AIDS Hotline/CDC info 800-232-4636

HOUSING / SHELTER ASSISTANCE PROGRAMS

For all access call 211

LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299
Protection & Advocacy for Persons w/Disabilities 800-842-7303
Statewide Legal Services of Connecticut 800-453-3320

TRANSPORTATION

Way To Go CT Mobility Manager 667-6207
CT Transit (Handicapped or Discount Travel Passes) 525-9181
ADA Paratransit 724-5340
Logisticare 1-888-248-9895

HELPLINES

CCAR Telephone Recovery Support 877-676-2227
Community Health Resources - Reach Warmline 866-927-6225
Turning Point CT <http://TurningPointCT.org>
Wheeler Clinic Helpline (Statewide) 524-1182
Young Adult Warmline (Statewide) 1-855-6467-3669

NON-EMERGENCY

MENTAL HEALTH AND ADDICTION RECOVERY SERVICES
AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
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INFORMATION AND REFERRAL SERVICES

Rushford Behavioral Health 877-577-3233
CASAC (Capitol Area Substance Abuse Council) 286-9333
DMHAS (Depart. of Mental Health and Addiction Services) 877-577-3233
DMHAS Substance Abuse Walk In:
www.ct.gov/dmhas/walkins 568-4442
NCRMHB (North Central Regional Mental Health Board) 667-6388
SATEP (Substance Abuse Treatment Enhancement Project) 1-800-563-4086
Turning Point CT (Resource Map):
<http://map.TurningPointCT.org>

MENTAL HEALTH SERVICES (Adult)

Capitol Region Mental Health Center 297-0800
Charlotte Hungerford 496-6666
Chrysalis Center (Hartford) 263-4400
CRT - Behavioral Health Services 560-5600
Hartford Hospital - Outpatient Psychiatric Clinic 545-7330
Institute of Living - Assessment Center 545-7200
John Dempsey Hospital - Outpatient Counseling 679-6700
The Hospital of Central CT - Counseling Center 224-5804
St. Francis Hospital - Outpatient Counseling Ctr 714-2750
Wheeler Clinic Access Center (Hartford Site) 793-3588

MENTAL HEALTH SERVICES (Children/Youth)

The Bridge Family Center 521-8035
Catholic Family Services 524-8974
Canton Youth Services Bureau 693-5811
CRT (Adolescents with HIV / AIDS) 714-2996
Klingberg Family Centers 224-9113
The Village for Families 236-4511
Wheeler Clinic Access Center (Hartford Site) 793-3588

PEER-LED RECOVERY

AU (Advocacy Unlimited) 505-7581
Toivo 296-2238
CCAR (CT Community for Addiction Recovery) 244-2227
Hearing Voices Network: <http://www.cthvn.org>
AA <https://www.ct-aa.org/find-a-meeting>
NA <http://ctna.org/find-a-meeting.php>
GA (Gamblers' Anonymous):
http://www.ctwmaga.org/Meeting_Directory.html

ADDICTION RECOVERY SERVICES

Inpatient Detoxification
CRMHC/Blue Hills (Capitol Region Mental Health Center) 297-0800
St. Francis/InterCommunity 251-6474
UConn Health 679-6700

Outpatient (Partial inpatient, Intensive & Medication Assisted)

The Hartford Dispensary (Methadone) 527-5100
Inter Community 569-5900
CHR/Bloomfield (Suboxone) 826-1358
UConn Health 679-6700
UConn Dual Diagnosis Intensive Outpatient (IOP) 679-2553
Wheeler Clinic/Hartford (Vivitol) 793-3500

Residential Treatment

Inter Community 569-5900
Rushford (Glastonbury) 657-8910
Rushford (Meriden) 203-630-5280

Recovery Housing

CCAR (CT Community for Addiction Recovery) 244-2227
Inter Community 569-5900

EMERGENCY SERVICES

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IF IMMEDIATE DANGER (Medical, Fire, Police or if person is dangerous to self or others.) 911

MENTAL HEALTH OR ADDICTION CRISIS

Mobile Crisis (at Capitol Region Mental Health Ctr) 297-0999
For emergency psychiatric or substance abuse crisis.

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Wheeler Clinic 866-261-0893
For any crisis involving children/youth ages birth to 17

CHILD ABUSE/NEGLECT - TO REPORT CALL 800-842-2288

DOMESTIC VIOLENCE

Interval House Hotline 658-7227
Statewide Domestic Violence Centers 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Bristol Hospital, Bristol 585-3273
Connecticut Children's Medical Ctr, @ Hartford Hosp 545-9000
Charlotte Hungerford Hospital, Torrington 496-6650
John Dempsey Hospital - UCONN, Farmington 679-2588
Hartford Hospital, 85 Jefferson St, Hartford 545-2515
Hospital of Central CT, 100 Grand St, New Britain 224-5671
St. Francis Hospital, 114 Woodland St, Hartford 714-4001
Charlotte Hungerford 496-6666

POISON CONTROL CENTER - CONNECTICUT 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8 - 4)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

CT Sexual Assault Crisis Svcs (English) 888-999-5545
(Spanish) 888-568-8332

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

Alcohol & Drug Recovery Centers (ADRC), Hartford 714-3700
Blue Hills Hospital, Hartford 293-6400
Substance Abuse Treatment & Enhancement Project (SATEP) for Referrals & Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline (English) 800-273-8255
(Spanish) 800-628-9454
Suicide INFOLINE 211
Wheeler Clinic Helpline 524-1182



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