

# Resources to Support Mental Health & Wellness

Ellington Youth Services is here to start or walk through a referral process with you. **Please contact EYS at (860) 870-3130 or [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov) for support.**

A referral will lead to treatment options like: psychiatric, inpatient & outpatient, in-home & community based support. Treatment referrals are meant to benefit anyone affected by: eating disorder, substance abuse, domestic violence, sexual assault, & other mental health disorders.

## Hotlines

**911-Emergency**  
**211-Crisis Infoline**

**National Suicide Prevention Lifeline**  
**1-800-273-8255**

**CT Sexual Assault Crisis Service**  
**1-888-999-5545**

**National Domestic Violence Hotline**  
**1-800-799-7233 or text START to 88788**

**Teen Dating Violence**  
**1-866-331-9474 or text LOVEIS to 22522**

**Crisis Text Line**  
**Text HOME to 741741**

**LGBTQ+ Support Line**  
**1-866-488-7386 or text START to 678678**

**Human Trafficking**  
**1-888-373-7888 or text HELP to 233733**

**Substance Abuse Helpline**  
**1-800-662-4357**



## Local Counseling Agencies

**Family Resource Services, LLC**  
**(860) 375-4060**

**Institute of Living** (860) 545-7200

**Community Health Resources (CHR)**  
**1-877-844-3571**

**Stafford Family Services**  
**(860) 684-4239**

**Child and Adolescent Behavior Health Services, ECHN**  
**(860) 647-6827**

**The Village for Families and Children**  
**(860) 236-4511**

**Community Child Guidance Clinic**  
**(860) 643-2101**

**Mary's Place-A Center for Grieving Children**  
**(860) 688-9621**

**The Bridge Family Center**  
**860-870-2543**

**West Meadow Counseling Center**  
**860-454-0520**

**Walden Behavioral Care**  
**860-533-4672**

Visit our website at [youth.ellington-ct.gov](http://youth.ellington-ct.gov) for more resources!