

Mental Health Resource Guide

Looking for help can be a confusing and overwhelming process. At EYS we want to help by creating a resource guide and are here to walk you through this process if needed.

If you would like addition help please contact us:

(860) 870-3130

kcondron@ellington-ct.gov

www.youth.ellington-ct.gov



Key Terms

MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

COUNSELING

A service provided by a trained professional that primarily uses forms of communication and interaction to assess, diagnose, and treat dysfunctional emotional reactions, ways of thinking, and behavior patterns.

PSYCHIATRIST

A physician who specializes in the diagnosis, treatment, prevention, and study of mental, behavioral, and personality disorders.

INPATIENT & OUTPATIENT TREATMENT

Diagnosis, treatment, or other service at a hospital, clinic, physician's office, or other health care facility with (inpatient) or without (outpatient) overnight admission.

TREATMENT CENTER

A place that offers short- or long-term therapeutic services for a physical or mental disorder.

SLIDING SCALE

A sliding scale is fees based on a person's income.

MENTAL HEALTH AGENCY

We define a mental health agency as a facility that offers a variety of services all under one company.

SCHOOL TRUANCY

The action of staying away from school without good reason; absenteeism.

Question Guide

Answer these questions before doing your research to help with the process.

Questions you may be asked by a provider:

What insurance do you have?

Do you or your child have any experience with therapy in the past?

What has worked in the past and what hasn't?

What are you or your child looking for in a therapist?

What does your mental health look like to you?

Questions to consider asking to know if it is a good fit:

How much do you charge? What are your sliding-scale options?

How long have you been practicing?

How many clients have you had with similar circumstances to my own?

Do you deal directly with my insurance plan or do I need to?

Are you willing to communicate with my other doctors and therapists to coordinate care?

Do you offer in-person or telehealth?

How many sessions will insurance cover?

What is your copay?

Mental Health Resources

Listed in no particular order.

LOCAL COUNSELING PROVIDERS

Ellington Youth Services

Diane Lasher-Penti, LMFT
31 Arbor Way, Ellington, CT 06029
Phone: 860-870-3130

West Meadow Counseling

100 West Road Suite 3
Ellington, Connecticut
Phone: 860-454-0520 Fax: 860-454-8469

Helen Fisher, LMFT

Oakland Rd Suite 403, South Windsor, CT 06074 06029
Phone: (860) 644-3222 225
Professional Family Therapy

Chris Dumas, LMFT

222 McKee Street, Manchester, CT
Phone: 860-643-1234

Change Counseling Services, LLC

6 Ledgebrook Drive Suite D, Mansfield, CT, 060250
Phone: 860-454-7454

Carolyn D. Frye, LCSW

867 Main Street, Manchester, CT 06040
Phone: 860-259-2247

LOCAL COUNSELING PROVIDERS

Kids Cooperate

*Aaron Weintraub, Ph.D.

167 Dockeral Rd. Tolland, CT 06084

Phone: (860) 576-9506

*offers Social Skills Groups and Social Skills Based Summer Camp,
does not take insurance

Therapeutic Connections

Jenn Gorman, LMFT

Beth Honey, LMFT

139 Hazard Avenue Building 2, Suite 8 Enfield, CT 06082

Phone: 860-265-2028

John Hintze, Ph.D.

1050 Sullivan Ave, 2nd Floor, Suite C-1 South Windsor, CT 06074

Phone: 860-947-4769

Paul Nash, LMFT

116 Stafford Road, Ellington, CT 06029

Phone: 860-375-4060

Katherine Burdick, LMFT

475 Buckland Road, South Windsor, CT 06074

Phone: 860-469-4089

Tavia Bascuine, LCSW

51 North Main Street Suite 2A, Southington, CT 06489

Phone: (860) 783-7781

LOCAL COUNSELING PROVIDERS

Nichole Mayweather-Banks, LCSW

Beehive Counseling & Wellness LLC

63 East Center Street Ste 2R Manchester, CT, 06040

Phone: (860) 512-7305

Gennie Bailey, MA, LMHC, LPC

Hampden, MA, 01036

Phone: (413) 595-2031

Robert C Santy, MSW, LCSW

585 Hazard Ave Enfield, CT 06082

Phone: 860-416-7422

Paul Kindell, LMFT

153 Hazard Avenue, Enfield, CT 06082

Phone: 860-253-5020

Tom Morris, LMFT

1750 Ellington Road, South Windsor, CT 06074

Phone: 860-772-0163

Crystal Colon, LMFT

99 Stafford Road Suite 1B, Ellington, CT 06029

Phone: 860-935-6569

LOCAL COUNSELING PROVIDERS

Diandra Barnes, LCSW

Vernon Rockville, CT 06066

Phone: 860-288-5150

Lori Caswell Rossitto, LCSW, MSW, MA

Tolland, CT 06084

Phone: 860-786-4553

PSYCHIATRIC PROVIDERS

Osman Qureshi, MD

Connecticut Mind Institute

152 Deming St, South Windsor CT 06074

Phone: 860-337-7818

Manpreet Kaur, MD

ECHN-Rockville Hospital 31 Union St, Vernon, CT 06066

Phone: 860-872-5257

Georgina Twumasi, APRN, MSN, PMHNP

357 East Center Street, Manchester, CT 06040

Phone: (860) 288-5571

Angela Olivia Roberts, APRN, PMHNP, BC

360 Bloomfield Avenue, Suite 301, Windsor, CT 06095

Phone: (959) 207-1951

PSYCHIATRIC PROVIDERS

Zoey Walker, MSN, PMHNP, BC

2701 Tamarack Avenue, South Windsor, CT 06074

Phone: (860) 362-3410

MENTAL HEALTH AGENCIES

The following mental health agencies have a variety of services offered, including: inpatient & out patient treatment, counseling, substance abuse treatment, and more. Further research into these sites for your specific needs may be needed. Please reach out to EYS if you would like guidance.

Community Child Guidance Clinic (CCGC)

317 N Main Street, Manchester, CT 06042

Phone: (860) 643-2101

Connecticut Junior Republic (CJR)

145 South Whiting Street, New Britain, CT 06051

Phone: (860) 357-4467

CCSN Behavioral Health Treatment Center

Outpatient Services

2300 Main Street, Glastonbury, CT 06033

Phone: (860) 266-1101

Wheeler Clinic

*91 Northwest Drive, Plainville, CT 06062

Phone: 860-793-3500

*this is their main location--they have many others across the state

MENTAL HEALTH AGENCIES

Manchester Memorial Hospital

71 Haynes Street Manchester, CT 06040

Phone: 860-647-6800

The Institute of Living (IOL)

200 Retreat Avenue, Hartford, CT 06114

Phone: 860-545-7000

Community Health Resources (CHR)

153 Hazard Avenue, Enfield, CT 06082

444 Center Street Manchester, CT 06040

Phone: 877-884-3571

NAFI Connecticut, INC.

20 Batterson Park Road, Farmington, CT 06032

Phone: 860-560-0558

The Department of Children and Families (DCF)

505 Hudson Street, Hartford, CT 06106

Phone: 860-550-6300

The Village for Children and Families

*1680 Albany Avenue, Hartford, CT 06105

Phone: (860) 236-4511

*this is their main location-they have others

TEEN DATING VIOLENCE

Sexual Assault Crisis Center

19 Franklin Square, New Britain, CT 06051

Hotline: 1-888-999-5545

Office Number: (860) 505-0469

SACS offers free, confidential service for victims of sexual assault, including: 24-hour English and Spanish hotlines, short-term, individual crisis counseling, accompaniment throughout medical, police, and court procedures, support groups, information and referrals, counseling in school settings, campus advocacy and training, & bilingual, male, LGBTQ, and Prison & Community Justice advocates available

Project Catch

93 Edwards Street, New Haven, CT

lvarelasarroyo@cliffordbeers.org

Project CATCH (Collaboration, Advocacy, and Treatment for Children) supports families recovering from violence or sexually related traumas. This program provides advocacy, case management, and support for children and their families who have suffered these types of traumas.

Prudence Crandall Center

New Britain

24/7 Helpline: (860) 225-6357 or 888-774-2900

All of our services are available to those who have experienced domestic violence – including women, men and members of the LGBTQ communities. Services are confidential, free of charge, and provided by certified domestic violence counselors.

TEEN DATING VIOLENCE

The Network

Enfield

24/7 Hotline: (860) 763-4542

The Network offers short-term counseling, and support groups to victims dealing with the effects of domestic violence.

Interval House

Hartford

24/7 Hotline: 888-774-2900

Offers free and confidential services including: counseling, emergency housing, & court advocacy, to help victims of domestic violence.

GREIF SUPPORT

Mary's Place

6 Poquonock Avenue, Windsor, CT 06095

(860) 688-9621

Mary's Place provides peer grief support groups for Children ages 3-12 who have experienced the death of a parent or sibling; Teens ages 13-18 who have experienced the death of a parent, sibling or significant person; and for Young Widows and Widowers. All groups are ongoing and meet throughout the year. All programs are offered at no cost to families. Mary's Place is a resource to the Connecticut and Southwestern Massachusetts community.

EATING DISORDER TREATMENT SERVICES

Walden Behavioral Care

2400 Tamarack Avenue, Suite 203 South Windsor, CT 06074

Phone: 860-533-4672

Walden Behavioral Care provides multilevel treatment services including inpatient, residential, partial hospitalization, and intensive outpatient programs for adults, adolescents, males, and females with eating disorders.

SCHOOL TRUANCY

Ellington Youth Services Bureau

31 Arbor Way, Ellington CT 06029

Phone: 860-870-3130

If a student is struggling with regular school attendance, CSDE recommends that schools and families work with the community's Youth Service Bureau (YSB) to access community-based services.

The Department of Children and Families (DCF)

Voluntary Services Program

Phone: 800-842-2288

A referral to The Voluntary Services program can support efforts by the family and school system to help individuals return to school.

Emergency Mobile Psychiatric Service (EMPS)-Dial 211

EMPS Mobile Crisis Intervention Services offers an immediate response to children and youth, ages 3 - 17, or 18 if still enrolled in school, experiencing behavioral health emergencies in the home, school and other community or hospital settings.

This response helps to maintain youth safely in the community and often eliminates unnecessary emergency department visits or subsequent inpatient admissions. Call 24 hours per day, 7 days per week.

WEBSITE RESOURCES

To find more resources visit:

www.PsychologyToday.com

Psychology Today is a great tool to use to search local therapists, psychiatrists, teletherapy, treatment centers, and support groups. You can add filters such as: insurance, gender, specialties, types of therapy and more.

www.211.org

Using the 211 website, you can search for local mental health agencies, substance abuse treatment, inpatient & outpatient treatment, and more. You can add filters such as: target population, age group, and.

**Reminder that if you would like assistance with your research EYS
would be happy to help!**

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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