



Mental Health & Substance Use Resources

Substance Use Disorder:

A substance use disorder (SUD) is a treatable disorder that affects an individual's ability to control their use of substances such as alcohol or drugs.



Mental Health Condition:

Mental health conditions involve changes in thinking, emotions, and behavior.





Substance Use Resources

SAMHSA's National Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

[1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357))

The Brave App

You Don't Have to Use Alone

The Brave App will connect you to a caring supporter, wherever and whenever you use drugs so you don't have to use alone.
Person-to-person connection - Community-based rescue options -
Must opt-in for 911 - No judgment. - Just love.

Download The Brave App on your Apple or Android device.



Substance Use Resources

Partnership to End Addiction

Get one-on-one help to address your loved one's substance abuse. Call **1.855.378.4373** to schedule a call time with a specialist or visit scheduler.drugfree.org

Amplify

Promoting best practices in behavioral health prevention, treatment, and recovery across the lifespan.

860-AMP-LIFY (860-267-5439)

<https://amplifyct.org/>





Substance Use Resources

2-1-1 of Connecticut - Syringe Distribution Services

2-1-1 is a free, confidential information and referral services that connects people to health and human services 24 hours a day, 7 days a week online and over the phone. 2-1-1 offers an interactive map on their website of syringe distribution services.

[https://www.211ct.org/search?
terms=syringe%20services%20program&page=1&location=ct&service_
area=connecticut](https://www.211ct.org/search?terms=syringe%20services%20program&page=1&location=ct&service_area=connecticut)





Substance Use Resources

Naloxone Pharmacies in Connecticut

The below link brings you to an interactive map showing you which pharmacies in the state of Connecticut you can find Naloxone as well as a pharmacist with the ability to issue a prescription for it.

It is recommended that you call ahead of going to ensure they have Naloxone in stock.

https://portal.ct.gov/dcp/drug-control-division/drug-control/naloxone-pharmacies?language=en_US

NORA

NORA is a free app from the Connecticut Department of Public Health.

NORA can be used to prevent, treat, and report opioid overdose.

<https://egov.ct.gov/norasaves/#/HomePage>



Mental Health Resources

988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

988 Lifelines offers text and chat services in English & Spanish.

Call or Text **988**

Chat online at <https://988lifeline.org/>

ACTION Line

(Adult Crisis Telephone Intervention and Options Network).

For adults in distress who are 18 years of age or older.

Available 24/7, 365 days a year

1-800-HOPE-135 (1-800.467.3135)



Mental Health Resources

The Village Urgent Crisis Center

Urgent response for children's mental health crises.

The Village's walk-in Urgent Crisis Center is a community-based outpatient level of care providing: crisis stabilization, comprehensive mental health assessments, crisis medication services, collaborative safety planning, coordination of services for youth and family.

1680 Albany Avenue, Hartford, CT 06105

830-297-0520

thevillage.org/UCC





Mental Health Resources

Kids in Crisis

Prevention, counseling, and crisis services available 24/7 for youth.

203-661-1911

<https://www.kidsincrisis.org/>

Young Adult Warmline

One-on-one peer support for young adults

12pm-9pm daily

1-855-646-7366





More Resources

For more information, please check these resources or call the Health District at 860-561-7900

<https://www.ctclearinghouse.org/topics/fact-sheets/>

<https://portal.ct.gov/dmhas>

<https://mentalhealth.networkofcare.org/connecticut>

<https://www.211ct.org/>