

FACTS

Prevalent Health Problem

Mental health issues are the most prevalent health problems 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.*

State-funded Mental Health & Addiction Services for Adults

The CT Department of Mental Health and Addiction Services (DMHAS) funds mental health and substance abuse services. DMHAS funded services are provided locally by:



INTERCOMMUNITY, INC.
281 Main Street, East Hartford, CT 06118
Call **860-569-5900** to Access Services
www.intercommunityct.org
info@icmhg.org

Services Provided at InterCommunity:

- Outpatient Counseling
- Community Support Services
- Mobile Crisis Services
- Intensive Outpatient Program
- Homeless Outreach
- Medication Management
- Social & Rehabilitation Supports
- Vocational / Employment Supports
- Housing Programs and Supports
- Family and Parenting Support Groups

InterCommunity provides services for children and adults who have private insurance and no insurance.

Dept. of Mental Health & Addiction Services (DMHAS)
www.ct.gov/dmhas | www.ct.networkofcare.org

THE CITIZEN'S VOICE IN MENTAL HEALTH SERVICES
North Central Regional Mental Health Board is a grassroots community 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



Mental Health & Addiction SERVICES & RESOURCES

CAC 16: Residents of
East Hartford, Glastonbury,
Marlborough, Newington,
Rocky Hill and Wethersfield

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 Avenue, Suite 14A
Hartford, CT 06110

860.667.6388
www.ncrmhb.org

NON-EMERGENCY COMMUNITY SUPPORT SERVICES

GENERAL INFORMATION AND REFERRAL

Contact your town's Human/Social Services Dept. for more info
Connecticut Clearinghouse (Educational Materials) 800-232-4424
INFOLINE (Can Provide Additional Service Listings) 211
HelpLine (Wheeler Clinic Support Phone Service) 860-524-1182

ENTITLEMENTS / BENEFITS

Contact your town's Human/Social Service Dept. for more info
CT Dept. of Social Services, 3580 Main St (Main Tel) 800-842-1508
Medicare 800-633-4427
Social Security Administration 877-619-2851

FAMILY ORGANIZATIONS

AFCAMP - African Caribbean American Parents of Children w Disabilities 860-548-9959
Asian Family Services - Community Renewal Team 860-761-7960
FAVOR - Family Advocacy for Children's Mental & Behavioral Health 860-563-3232
NAMI Connecticut 800-215-3021 or 860-882-0236

FOOD ASSISTANCE / PANTRIES

East Hartford Combined Churches Food Bank 860-291-7226
Glastonbury Human Services 860-652-7638
Newington Human Services 860-665-8590
New Testament Baptist Church Food Pantry, E Hartford 860-290-6696
Rocky Hill Food Pantry 860-258-2799
Wethersfield Social & Youth Services 860-721-2977
Meals on Wheels - CW Resources 860-229-7700
Senior Community Café, 70 Canterbury St, E Hartford 860-568-4281

HIV/AIDS TESTING

Community Health Services, 500 Albany Avenue 860-249-9625
Hartford Gay/Lesbian Health Collective 860-278-4163
National AIDS HOTLINE/CDC 800-232-4636

HOUSING / SHELTER ASSISTANCE PROGRAMS

For all access call 211

HUMAN & SOCIAL SERVICES

East Hartford Health & Social Services 860-291-7295
Glastonbury Social Services 860-652-7638
Newington Human Services 860-665-8590
Rocky Hill Human Services 860-258-2799
Wethersfield Social & Youth Services 860-721-2977

LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299
Protection & Advocacy for Individuals w/Disabilities 860-297-4300
Statewide Legal Services of Connecticut 800-453-3320

NEEDLE EXCHANGE & REFERRALS

AIDS Project Hartford (call for information) 860-247-2437
Community Health Services, 500 Albany Ave, Hartford 860-249-9625
(Daily 11:00 am-1:00 pm Monday - Friday)
Corner of Hungerford & Park Streets, Hartford
(Daily 7:00 am-9:45 am & 2:00 -3:00 p.m., Mon-Friday)

TRANSPORTATION

Way To Go CT Mobility Manager (get help navigating travel) 860-667-6207
CT Transit (Handicapped or Discount Travel Passes) 860-525-9181
ADA Paratransit (call your town's Human/Soc Services Dept) 860-724-5340
Veyo 855-478-7350

NON-EMERGENCY MENTAL HEALTH & ADDICTION RECOVERY SERVICES

INFORMATION AND REFERRAL (*Beacon Health Options*)

DMHAS (Department of Mental Health and Addiction Services) 860-286-9333
DMHAS Substance Abuse Walk In: www.ct.gov/dmhas/walkins 860-418-7000
ERASE (East of the River Action for Substance Abuse Elimination) 860-568-4442
NCRMHB (North Central Regional Mental Health Board) 800-563-4086
SATEP (Substance Abuse Treatment Enhancement Project) 860-667-6388
Turning Point CT (Resource Map): map.TurningPointCT.org 800-563-4086

MENTAL HEALTH SERVICES (*Adult*)

Hartford Hospital - Outpatient Psychiatric Clinic 860-545-7330
InterCommunity 860-569-5900
Institute of Living - Assessment Center 860-545-7200
John Dempsey Hospital - Outpatient Counseling 860-679-6700
St. Francis Hospital - Behavioral Health Department 860-714-2747

MENTAL HEALTH SERVICES (*Children & Youth*)

Or call your town Human/Social Services Department
Department of Children & Families 860-550-6300
Institute for the Hispanic Family - Child Guidance 860-524-8974
InterCommunity, Inc. 860-569-5900
Klingberg Family Centers 860-224-9113
Village for Families 860-236-4511
Wheeler Clinic 860-241-0317

PEER-LED ADVOCACY

AU (Advocacy Unlimited) 860-505-7581
Toivo (Holistic Health) 860-296-2338
CCAR (CT Community for Addiction Recovery) 860-244-2227
HVN (Hearing Voices Network): <http://www.cthvn.org>
AA <http://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*)

Connecticut Valley Hospital/Blue Hills 860-293-6400
(Acute and Deaf/Hard of Hearing) 860-714-3700
InterCommunity 860-251-6474
Blue Hills 860-714-2470
St. Francis/Mt. Sinai 800-563-4086
DMHAS Access Line and Transportation

OUTPATIENT (*Partial Inpatient, Intensive, & Medication Assisted*)

First Choice Health Center (Counseling and family therapy) 860-528-1359
Hartford Dispensary/Hartford (Methodone) 860-525-2181
InterCommunity 860-569-5900
Rushford/Glastonbury (Suboxone) 860-657-8910
St. Francis/Glastonbury (Methodone) 860-714-4000
Wheeler Clinic/Hartford (Vivitrol) 860-793-3500

RESIDENTIAL TREATMENT

American Addiction Center (Glastonbury) 888-496-1610
InterCommunity 860-569-5900
Rushford 860-657-8910

RECOVERY HOUSING

CCAR (CT Community for Addiction Recovery) 860-244-2227
InterCommunity 860-569-5900

HELPLINES

CCAR Telephone Recovery Support 877-676-2227
Wheeler Clinic Helpline (Statewide) 860-524-1182
Young Adult Warmline (Statewide) 855-6467-3669

EMERGENCY SERVICES

IF IMMEDIATE DANGER

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

MENTAL HEALTH OR SUBSTANCE ABUSE CRISIS

InterCommunity (Crisis Line - Ext. 1) 860-569-5900
For emergency psychiatric or substance abuse crisis.

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Call 211 INFOLINE for direct statewide transfer 211
For any crisis involving children/youth ages birth to 17

CHILD ABUSE OR NEGLECT

800-842-2288

DOMESTIC VIOLENCE

Interval House Hotline 860-527-0550
Prudence Crandall Center, Inc 888-774-2900
24 hr. hotline: 860-225-6357

EMERGENCY ROOMS (*Calling ahead is not required*)

Connecticut Children's Medical Ctr. @ Hartford Hosp 860-545-9000
Hartford Hospital, 80 Seymour St, Hartford 860-545-5000
John Dempsey Hospital - UCONN, Farmington 860-679-2588
Manchester Memorial Hospital, 71 Haynes, Manchester 860-647-4777
Middlesex Hospital, 28 Crescent St, Middletown 860-358-8000
The Hospital of Central CT, 100 Grand St, New Britain 860-224-5671
Rockville General Hospital, 31 Union St, Rockville 860-872-5291
St. Francis Hospital, 231 Ashely St, Hartford 860-714-4001

POISON CONTROL CENTER

800-222-1222

PROTECTIVE SERVICES FOR ELDERLY (60 +)

(Open 5 days/week from 8:00 a.m. - 4:00 p.m.) 888-385-4225

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

Connecticut Valley Hospital/Blue Hills 860-293-6400
InterCommunity/Blue Hills 860-251-6474
St. Francis/Mt. Sinai 860-714-2470
Substance Abuse Treatment & Enhancement Project (SATEP) for Referrals & Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline (English) 800-273-8255
Suicide INFOLINE 211
Wheeler Clinic Helpline 860-747-3434



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