

Some Facts about Mental Health Issues

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.

MENTAL HEALTH & ADDICTION SERVICES FOR ADULTS

Residents of Berlin, Bristol,
Burlington, New Britain,
Plainville, Plymouth, & Southington

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



Community Mental Health Affiliates, Inc.
233 Main Street , New Britain, CT 06051
Call 860-826-1358 to Access Services
Website: www.cmhacc.org

Services Provided at CMHA

- 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
- Residential Programming
- Intensive Services
- Child & Family Services

CMHA provides services for children and adults who have private & state insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

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

Also see town websites for local services.

THE CITIZEN'S VOICE IN MENTAL HEALTH SERVICES
Amplify, Inc. 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.amplifyct.org

BERLIN, BRISTOL, BURLINGTON, NEW BRITAIN, PLAINVILLE, PLYMOUTH & SOUTHINGTON



**Catchment
Area
Council
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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
Amplify, Inc.
151 New Park Ave., Suite 14A
Newington, CT 06106*

For more cards or information call
860-667-6388
Access cards on line at
www.amplifyct.org

NON-EMERGENCY COMMUNITY SERVICES

BERLIN, BRISTOL, BURLINGTON, NEW BRITAIN, PLAINVILLE,
PLYMOUTH, & SOUTHLINGTON
ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

GENERAL INFORMATION AND REFERRAL

Community Mental Health Affiliates 826-1358
Connecticut Clearinghouse-Educational Materials 800-232-4424
INFOLINE (Can Provide Additional Service Listings) 211
HelpLine (Wheeler Clinic Support Phone Service) 747-3434
Team Time Warm Line 681-5555

ENTITLEMENTS / BENEFITS

CT Dept. of Social Services, 3580 Main St, Hartford 723-1002
Social Security Administration 877-619-2851

FAMILY ORGANIZATIONS

African Caribbean American Parents of Children
with Disabilities (AFCAMP) 297-4358
Asian Family Services - Community Renewal Team 860-761-7900
NAMI Connecticut 800-215-3021

FOOD ASSISTANCE / PANTRIES / SOUP KITCHEN

Berlin Social Services, 240 Kensington Avenue, Berlin 828-7007
Bread for Life Soup Kitchen, 145 Main St, Southington 276-8389
Bristol Food Pantry, 43 Prospect St, Bristol 589-0662
Plymouth Community Food Pantry, 244 Main, Plymouth 584-1750
Salvation Army - Bristol Corps, 19 Stearns St, Bristol 583-4651
Town of Burlington, 200 Spielman Hwy, Burlington 673-6789
The Blessed Pantry, 739 Terryville Ave, Bristol 585-9742
The CFC Storehouse, 43 Prospect St, Bristol 589-0662
Zion Lutheran Church, 27 Judd St, Bristol 589-7744

HEALTH & HUMAN SERVICES

Bristol-Burlington Health District 584-7682
Bristol Human Resources Agen 584-2725
Burlington Social Services (ext. 5) 673-6789
Berlin Community Services 828-7007
New Britain Health Department 612-2771
Plainville Social Services (ext. 294) 793-0221
Plymouth Human Services 585-4028
Southington Social Services 628-3761

HIV/AIDS TESTING

Hartford Gay/Lesbian Collective, 1841 Broad Street 278-4163
New Britain Health Dept- HIV Office (by appointment) 826-3464
Waterbury Health Dept, 95 Scovill St, Waterbury 203-574-6883
National AIDS Hotline/CDC Info 800-232-4636

TRANSPORTATION

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

NON-EMERGENCY

MENTAL HEALTH AND ADDICTION RECOVERY SERVICES
BERLIN, BRISTOL, BURLINGTON, NEW BRITAIN, PLAINVILLE,
PLYMOUTH, & SOUTHLINGTON
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INFORMATION AND REFERRAL

Rushford Behavioral Health 877-577-3233
DMHAS (Department of Mental Health and Addiction Services) 418-7000
DMHAS Substance Abuse Walk In: www.ct.gov/dmhas/walkins 568-4442
Healthy Lives CT HealthyLivesCT.org
AMPLIFY (North Central Regional Mental Health Board) 667-6388
SATEP (Substance Abuse Treatment Enhancement Project) 1-800-563-4086
Turning Point CT (Resource Map): map.TurningPointCT.org

MENTAL HEALTH SERVICES (Adult)

Bristol Hospital Counseling Center—Outpatient 583-5858
Charlotte Hungerford Hospital (Torrington) 496-6350
Community Mental Health Affiliates (CMHA) 823-1358
The Hospital of Central Connecticut 224-5804
Value Options® CT Behavioral Health Partnership 263-2000
Wheeler Clinic Access Center 793-3588

MENTAL HEALTH SERVICES (Children & Youth)

Or call your town Human/Social Services Department (see listings on left)
Community Mental Health Affiliates Family Svcs 223-2778
Klingberg Family Centers 224-9113
Wheeler Clinic Access Center (Hartford Site) 793-3588

PEER-LED ADVOCACY

AU (Advocacy Unlimited) 505-7581
Toivo (holistic health) 296-2338
CCAR (CT Community for Addiction Recovery) 244-2227
HVN (Hearing Voices Network): <http://www.cthvn.org>
Higher Ground 203-888-9974
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
Access Line and Transportation (DMHAS) 800-563-4086
CRMHC (Capital Region Mental Health Center) 297-0800
Outpatient (Partial Inpatient, Intensive, & Medication Assisted)
Bristol Hospital (Suboxone) 314-2052
CMHA (Suboxone) 224-8192
Hartford Dispensary/Bristol (Methodone) 589-6433
Hospital of Central CT (Suboxone) 224-5804
Wheeler Clinic: Bristol, New Britain, Plainville (Vivitrol) 793-3500

Residential Treatment

American Treatment Center (Meriden) 785-2909
Rushford (Meriden) 203-630-5280
Ferrell Treatment Center 596-6010

Recovery Housing

For a list of certified providers, call CCAR
(CT Community for Addiction Recovery) 244-2227

HELPLINES

CCAR Telephone Recovery Support 866-205-9770
Turning Point CT <http://TurningPointCT.org>
Wheeler Clinic Helpline (Statewide) 524-1182

EMERGENCY SERVICES

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**IF IMMEDIATE CRISIS (Medical, Fire, Police
or Person is dangerous to self or others.) 911**

MENTAL HEALTH OR SUBSTANCE ABUSE ISSUES NEEDING IMMEDIATE HELP

CMHA Crisis Team 860-224-3331
For psychiatric or substance abuse evaluations in the
community for adult individuals in crisis.

Substance Abuse Treatment & Enhancement
Project - Access Line (SATEP) 800-563-4086

CHILD/ADOLESCENT CRISIS

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

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

DOMESTIC VIOLENCE

Interval House Hotline 527-0550
Prudence Crandall Center, Inc (888) 774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Bradley Memorial Hospital, 81 Meriden Ave, Southington 276-5208
Bristol Hospital, Brewster St, Bristol 585-3273
Charlotte Hungerford Hosp, 650 Litchfield St, Torrington 496-6650
John Dempsey Hospital—UCONN Health Center 679-2588
263 Farmington Ave, Farmington
The Hospital of Central CT, 100 Grand St, New Britain 224-5671
Waterbury Hospital, 64 Robbins St, Waterbury 203-573-6290

HELPLINE

Wheeler Helpline 524-1182

POISON CONTROL CENTER - CONNECTICUT 800-222-1222

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

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

Alcohol & Drug Recovery Centers (ADRC) 714-3700
Access Line for Referrals and Detoxification Center
Substance Abuse Treatment & Enhancement Project (SATEP)
Access Line for Referrals and Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline (English) 800-273-8255
(Spanish) 800-628-9454

Suicide INFOLINE 211

Amplify, Inc.
151 New Park Avenue
Suite 14A
Hartford, CT 06106



For more cards or information call 860-667-6388