

Some Facts about Mental Health

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 ADULT RESIDENTS FROM THE CITY OF HARTFORD

DMHAS funded services are provided locally by:

CAPITOL REGION MENTAL HEALTH CENTER (CRMHC)

500 Vine Street, Hartford, CT 06112
Call 860-297-0800 to Access Services

Services Provided at CRMHC:

- Mobile Crisis Team/Intake/Brief Treatment
- Inpatient Treatment Unit
- HOPE Team (Homeless Services and Outreach)
- Forensic Services
- General Psychiatry Unit
- Co-occurring Disorders Unit
- Nursing Team/Medication Management
- Young Adult Services
- Deaf/Hard of Hearing Team
- Community Support Program
- Jail Diversion
- Medication Management
- Outpatient Counseling
- Shelter Plus Care
- DMHAS - Managed Services Division
- Entitlements/Housing Supports
- Peer Support Center
- Independence Program
- Warm Line / Peer Supports on Telephone
- Daily Living Skills Development
- Employment Supports
- Money Management

CRMHC provides services for people who have private insurance, Medicaid, Medicare, or no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)

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

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

CITY OF HARTFORD



CATCHMENT AREA COUNCIL 23

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
Hartford, CT 06106

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

**NON-EMERGENCY
COMMUNITY SERVICES
THE CITY OF HARTFORD**

ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

INFORMATION AND REFERRAL

Capitol Region Mental Health Center (CRMHC) 297-0800
 Access to State Mental Health & Addiction Services
 Connecticut Clearinghouse (Educational Materials) 800-232-4424
 INFOLINE (Can Provide Additional Service Listings) 211
 HELPLINE (Wheeler Clinic Phone Service) 523-9788
 WARMLINE (at TOIVO) 855-646-7669
 Peer Support Center (at CRMHC) 297-0844

ENTITLEMENTS / BENEFITS

CT Dept. of Social Services, 3580 Main St (Main Tel) 424-4908
 Medicare 800-633-4427
 Social Security Administration 877-619-2851

FAMILY SUPPORT ORGANIZATIONS

AFCAMP of Child with Disabilities 548-9959
 Asian Family Services - Community Renewal Team 761-7900
 NAMI Connecticut 800-215-3021
 Mi Casa Family Services and Educational Center 522-5222

FOOD ASSISTANCE / PANTRIES

Blackwell Memorial AME Zion Church Food Pantry 242-9859
 Cathedral of St Joseph Food Pantry Asylum Hill Residents 578-1434
 Hands on Hartford - MANNA 728-3201
 Glory Chapel Food Pantry 547-1561
 Meals on Wheels - Community Renewal Team 260-5848
 Meals on Wheels - CW Resources 229-7700
 Saint Augustine's Church Food Pantry 522-7128
 Shiloh Baptist Church Soup Kitchen, Food Pantry 247-3767 x3

HEALTH & HUMAN SERVICES

Charter Oak Health Center, 401 New Britain Ave, Hartford 550-7500
 21 Grand Street, Hartford 241-0712
 Community Health Services 249-9625
 Hartford Department of Health & Human Services 757-4700
 Hispanic Health Council 527-0856

HIV/AIDS TESTING

Hartford Gay/Lesbian Collective, 1841 Broad Street 278-4163
 National AIDS Hotline/CDC Info 800-232-4636

HOUSING / SHELTER ASSISTANCE PROGRAMS

For All Access Call 211

LEGAL ASSISTANCE

AIDS Legal Network 541-5027
 Connecticut Legal Rights Project 877-402-2299
 Protection & Advocacy: Individuals w/Mental Illness 297-4300
 Statewide Legal Services of Connecticut 800-453-3320

TRANSPORTATION

WayToGoCT.MobilityMgr 667-6207
 CT Transit (Handicapped or Discount Travel Passes) 525-9181
 ADA Paratransit 724-5340
 Veyo (Non-Emergency Transportation for Medical Appts) 855-478-7350

HELPLINES

CCAR Telephone Recovery Support 866-205-9770
 Turning Point CT <http://TurningPointCT.org>
 Wheeler Clinic Helpline (Statewide) 524-1182
 Young Adult Warmline (Statewide) 855-646-7669

**NON-EMERGENCY
MENTAL HEALTH AND ADDICTION RECOVERY SERVICES
THE CITY OF HARTFORD**

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INFORMATION AND REFERRAL SERVICES

Rushford Behavioral Health 877-577-3233
 DMHAS (Dept. 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) 800-563-4086
 Turning Point CT (Resource Map):
<http://map.TurningPointCT.org>

MENTAL HEALTH SERVICES (Adult)

Capitol Region Mental Health Center 297-0800
 Catholic Charities - Institute for the Hispanic Family 524-8974
 Catholic Family Services 522-8241
 Chrysalis Center 263-4400
 Center for Human Development / CT Outreach (CHD) 951-3325
 CRT - Behavioral Health Services 560-5600
 Hartford Behavioral Health 727-8703
 Institute of Outpatient Living -Outpatient 545-7330
 Institute of Living Assessment Center 545-7200
 John Dempsey Hospital—Outpatient Counseling 679-6700
 St. Francis Hospital - Behavioral Health Department 714-2747
 Value Options/Behavioral Health Partnership 877-552-8247
 Wheeler Clinic Access Center (Hartford Site) 951-8770

MENTAL HEALTH SERVICES (Children)

Catholic Family Services 522-8241
 Hartford Behavioral Health 727-8703
 Institute for the Hispanic Family - Child Guidance 524-8974
 Institute of Living 545-7200
 Klingberg Family Centers 224-9113
 The Village for Families 236-4511
 Wheeler Clinic Access Center (Hartford Site) 793-3588

PEER-LED RECOVERY

AU (Advocacy Unlimited) 505-7581
 Toivo 296-2338
 CCAR (CT Community for Addiction Recovery) 244-2227
 Hearing Voices Network: <http://www.cthvn.org>
 AA <https://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
 Blue Hills Treatment Center, Hartford 293-6400
 CRMHC (Capitol Region Mental Health Center) 297-0800
 InterCommunity, Hartford 569-5900
 UConn Health 679-6700

Outpatient Detoxification
 Catholic Charities Institute for the Hispanic Family 527-1124
 Community Health Services (Suboxone) 249-9625 x892
 CHR/ (Community Health Resources) 826-1358
 CRT (Community Renewal Team) 761-7900
 Community Substance Abuse Center (methadone) 247-8300
 Hartford Behavioral Health 548-0101 x354
 Root Center for Advanced Recovery (methadone) 527-5100
 Institute of Living 679-6700
 Inter-Community , Hartford 569-5900
 UConn Health 679-6700
 Wheeler Clinic/Hartford (Vivitol) 793-3500

Residential Treatment
 InterCommunity Recovery Center 569-5900
 x515

EMERGENCY SERVICES

CITY OF HARTFORD

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

**MENTAL HEALTH OR SUBSTANCE ABUSE CRISIS
NEEDING IMMEDIATE HELP**

Mobile Crisis (at Capitol Region Mental Health Center) 297-0999
 For emergency psychiatric or substance abuse crisis.

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

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

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

DOMESTIC VIOLENCE

Interval House Hotline 527-0550
 Meriden-Wallingford Chrysalis 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Connecticut Children's Medical Ctr, @ Hartford Hosp 545-9000
 Hartford Hospital Emergency Dept 85 Jefferson St, 972-0000
 St. Francis Hospital, 114 Woodland St, Hartford 714-4001

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

InterCommunity Health Care, Hartford 860-569-5000
 x515
 Blue Hills Hospital, Hartford 293-6400
 Substance Abuse Treatment & Enhancement Project
 (SATEP) for Referrals & Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline 800-273-8255
 Suicide INFOLINE 211
 Wheeler Clinic Helpline 524-1182

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



For more cards or information call 860-667-6388