

# 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.

## STATE-FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULTS

ANDOVER, BOLTON, ELLINGTON, HEBRON,  
MANCHESTER, SOUTH WINDSOR, TOLLAND  
AND VERNON

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



**COMMUNITY HEALTH RESOURCES (CHR)**  
444 Center St., Manchester, CT Tel: 860-646-3888  
*24 Hour Central Access and Triage Center*  
*Call Toll Free 1-877-884-3571*

### Services Provided at CHR:

- Outpatient Clinic / Counseling
- Intensive Outpatient
- Medication Management
- Assertive Community Treatment Team
- Community Support Program
- Child and Family Services
- Family Violence Education Program
- Housing Assistance
- Jail Diversion Program / Court Support Services
- Mobile Crisis Response Team
- Psychosocial Rehabilitation
- Respite
- Supported Employment Services
- Supported Housing Programs
- Warm Line / Peer Supports on Telephone

**CHR provides services for people who have private insurance and no insurance.**

**DEPARTMENT OF MENTAL HEALTH  
AND ADDICTION SERVICES**  
DMHAS information at: [www.ct.gov/dmhas](http://www.ct.gov/dmhas)  
Service information at: [www.ct.networkofcare.org](http://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](http://www.amplifyct.org)

# ANDOVER, BOLTON, ELLINGTON, HEBRON, MANCHESTER, SOUTH WINDSOR, TOLLAND AND VERNON



**CATCHMENT  
AREA  
COUNCIL  
15**

## 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 on line at  
[www.amplifyct.org](http://www.amplifyct.org)

**NON-EMERGENCY  
COMMUNITY SERVICES**

ANDOVER, BOLTON, ELLINGTON, HEBRON, MANCHESTER,  
SOUTH WINDSOR, TOLLAND & VERNON  
**ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED**

**GENERAL INFORMATION AND REFERRAL**

Connecticut Clearinghouse (Educational Materials) 800-232-4424  
INFOLINE (Can Provide Additional Service Listings) 211

**ENTITLEMENTS / BENEFITS**

CT Dept. of Social Services, Manchester 800-842-1508  
Medicare 800-633-4427  
Social Security Administration 877-619-2851

**FAMILY ORGANIZATIONS**

AFCAMP - African Caribbean American Parents of Children with Disabilities 548-9959  
Asian Family Services/Community Renewal Team 761-7900  
FAVOR - Family Advocacy for Children's Mental & Behavioral Health 563-3232  
NAMI Connecticut 800-215-3021

**FOOD ASSISTANCE / PANTRIES / SOUP KITCHEN**

Cornerstone Soup Kitchen, 15 Prospect St, Vernon 871-1823  
Ellington Human Services 870-3128  
Hockanum Valley Community Council, Vernon 872-9825  
MACC Food Pantry, 445 Main Street, Manchester 647-8003  
Meals on Wheels - Community Renewal Team 560-5848  
Salvation Army, 661 Main Street, Manchester 649-7787  
Senior Center, 549 E. Middle Turnpike, Manchester 647-3211  
Tolland Senior Center, 674 Tollard Stage Road 870-3730

**HUMAN & SOCIAL SERVICES**

Andover Social Services 798-6583  
Bolton Senior & Social Services, 104 Notch Road 647-9196  
Ellington Human Services 870-3128  
Hebron Social Services - Chatham Health District 365-0884  
Manchester Human Services 647-3092  
South Windsor Human Services 648-6361  
Tollard Human Services 871-3648  
Vernon Social Services, 14 Park Place 870-3661

**HIV/AIDS TESTING**

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

**HOUSING / SHELTER ASSISTANCE PROGRAMS**

For All Access call 211  
Then press 3, then 1 to speak with a housing specialist.

**LEGAL ASSISTANCE**

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

**TRANSPORTATION**

Way To Go CT Mobility Manager 667-6207  
CT Transit (Handicapped or Discount Travel Passes) 525-9181  
ADA Paratransit - Ellington, Manchester, Tollard, Vernon 870-7940  
Veyo (Non-Emergency Transportation for Medical Appointments) 855-478-7350

**HELPLINES**

CCAR Telephone Recovery Support 866-205-9770  
CHR - Reach Warmline 866-927-6225  
Turning Point CT <http://TurningPointCT.org>  
Wheeler Clinic Helpline (Statewide) 524-1182  
Young Adult Warmline (Statewide) 1-855-646-7669

**NON-EMERGENCY  
MENTAL HEALTH AND ADDICTION RECOVERY SERVICES**

ANDOVER, BOLTON, ELLINGTON, HEBRON, MANCHESTER,  
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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](http://www.ct.gov/dmhas/walkins)  
Healthy Lives CT [HealthyLivesCT.org](http://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) [TurningPointCT.org](http://TurningPointCT.org)

**MENTAL HEALTH SERVICES (Adult)**

Community Health Resources (CHR) Manchester 877-884-3571  
Hockanum Valley Community Council, Vernon 872-9825  
Institute of Living, Hartford 545-7000  
Manchester Memorial Hospital / ECHN 647-6800  
Value Options/Behavioral Health Partnership 877-552-8247

**MENTAL HEALTH SERVICES (Children/Adolescents)**

Department of Children & Families (Central Office) 550-6300  
Catholic Family Services 522-8241  
Community Child Guidance Clinic 643-2101  
Community Health Resources 877-884-3571  
Klingberg Family Centers 832-5503  
Hartford Behavioral Health 727-8703  
Hockanum Valley Community Council, Vernon 872-9825  
Institute for the Hispanic Family - Child Guidance 524-8974  
Manchester Memorial Hospital/Outpatient Behavioral Health 647-6827  
The Village for Families 236-4511  
Value Options/Behavioral Health Partnership 877-552-8247  
Wheeler Clinic Access Center (Hartford Site) 793-3588

**PEER-LED RECOVERY**

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

**ADDICTION RECOVERY SERVICES**

In Patient Detoxification  
Access Line And Transportation (DMHAS) 800-563-4086  
Blue Hills Treatment Center 293-6400  
CRMHC (Capitol Region Mental Health Center) 297-0800  
InterCommunity 569-5900 x515  
Manchester Memorial Hospital 533-3434  
Rushford 1-877-577-3233

Out Patient (includes partial hospital, intensive & medical assisted)

CHR - Manchester (Suboxone) 877-884-3571  
Hartford Dispensary (Methadone) 643-3210  
Hockanum Valley Community Council (Suboxone) 872-9825  
Manchester Memorial Hospital/ECHN (Suboxone) 533-3434  
Natchaug River East (Suboxone) 870-0119  
Rushford 1-877-577-3233

Residential Treatment

Rushford 1-877-577-3233

**EMERGENCY SERVICES**

ANDOVER, BOLTON, ELLINGTON, HEBRON, MANCHESTER,  
SOUTH WINDSOR, TOLLAND & VERNON  
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**IF IMMEDIATE CRISIS (Medical, Fire, Police or if person is dangerous to self or others.) 911**

**MENTAL HEALTH OR SUBSTANCE ABUSE ISSUES**

CHR  
Mobile Crisis Services 877-884-3571  
Substance Abuse Treatment & Enhancement Project - Access Line (SATEP) 800-563-4086

**CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES**

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

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

**DOMESTIC VIOLENCE**

Interval House Hotline 527-0550  
Interval House Spanish Line 844-831-9200  
Coalition for Women Crisis Line 225-6357

**EMERGENCY ROOMS (Calling ahead is not required)**

CT Children's Medical Center @ Hartford Hospital 545-9000  
Manchester Memorial Hospital, 71 Haynes St 647-4777  
Rockville General Hospital, 31 Union St., Vernon 872-5291  
Hartford Hospital ED, 80 Seymour St., Hartford 972-0000  
St. Francis Hospital, 114 Woodland St., Hartford 714-4001

**HELPLINE**

REACH Warmline/Community Health Resources 866-927-6225  
Wheeler Clinic Helpline 524-1182

**POISON CONTROL CENTER 800-222-1222**

**PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225**  
(Open 5 days/week from 8:00 a.m. - 4:00 p.m.)

**SEXUAL ASSAULT CRISIS SERVICES (SACS)**  
Connecticut Sexual Assault Crisis Svcs (English) 888-999-5545  
(Spanish) 888-568-8332

**SUBSTANCE ABUSE DETOXIFICATION TREATMENT**

Blue Hills Hospital, Hartford 293-6400  
Connecticut Valley Hospital 262-5000  
InterCommunity 569-5900 x515  
Substance Abuse Treatment & Enhancement Project (Access Line) for Referrals & Detoxification Center 800-563-4086

**SUICIDE**

National Suicide Prevention Lifeline 800-273-8255  
Suicide INFOLINE 211

Amplify, Inc.  
151 New Park Avenue  
Suite 14A  
Hartford CT 06106  
[www.amplifyct.org](http://www.amplifyct.org)



For more cards or information call 860-667-6388