

# 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

The CT Department of Mental Health and Addiction Services (DMHAS) funds mental health & substance use 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 and 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.**

### 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)

**EAST HARTFORD,  
GLASTONBURY,  
MARLBOROUGH,  
NEWINGTON, ROCKY HILL  
AND WETHERSFIELD**



**CATCHMENT  
AREA  
COUNCIL  
16**

**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 SUPPORT SERVICES

### GENERAL INFORMATION AND REFERRAL

Connecticut Clearinghouse (Educational Materials) 800-232-4424  
 INFOLINE (Can Provide Additional Service Listings) 211  
 HELPLINE (Wheeler Clinic Support Phone Services) 524-1182

### ENTITLEMENTS / BENEFITS

CT Dept. of Social Services 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  
 Central Connecticut Health District Support Group  
 (Friends and Family of those with opioid use disorder) www.ccthd.org

### FOOD ASSISTANCE / PANTRIES / SOUP KITCHEN

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

### HUMAN & SOCIAL SERVICES

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

### HIV/AIDS TESTING

Community Health Services (CHR) 249-9625  
 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 Disability Right for Persons w/Disabilities 297-4300  
 Statewide Legal Services of Connecticut 800-453-3320

### Needle Exchange and Referrals

AIDS Project, Hartford 247-2437  
 Community Health Services, 500 Albany Ave, Hartford 249-9625

### TRANSPORTATION

Way To Go CT Mobility Manager 667-6207  
 CT Transit (Handicapped or Discount Travel Passes) 525-9181  
 ADA Paratransit— 724-4350  
 Veyo (Non-Emergency Transportation for Medical Appointments) 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) 1-855-646-7669

## NON-EMERGENCY MENTAL HEALTH AND ADDICTION RECOVERY SERVICES

East Hartford, Glastonbury, Marlborough, Newington,  
 Rocky Hill and Wethersfield

**ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED**

### INFORMATION AND REFERRAL

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  
 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

### MENTAL HEALTH SERVICES (Adult)

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

### MENTAL HEALTH SERVICES (Children/Adolescents)

Or call your town Human/Social Services Department  
 Department of Children & Families (Central Office) 550-6300  
 Institute for the Hispanic Family-Child Guidance 524-8974  
 InterCommunity, Inc 569-5900  
 Klingberg Family Centers 224-9113  
 The Village for Families 236-4511  
 Wheeler Clinic Access Center (Hartford Site) 241-0317

### PEER-LED RECOVERY

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

### ADDICTION RECOVERY SERVICES

#### In Patient Detoxification

Access Line—Bed and Transportation (DMHAS) 800-563-4086  
 CT Valley Hospital/Blue Hills (Acute & Deaf) 293-6400  
 InterCommunity 714-3700  
 Blue Hills 251-6474  
 St Francis/Mt. Sinai 714-2470

#### Out Patient (includes partial inpatient, intensive & medication assisted)

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

#### Residential Treatment

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

#### Recovery Housing

InterCommunity 569-5900

## EMERGENCY SERVICES

EAST HARTFORD, GLASTONBURY, MARLBOROUGH, NEWINGTON,  
 ROCKY HILL AND WETHERSFIELD

**ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED**

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

### MENTAL HEALTH OR SUBSTANCE ABUSE ISSUES

InterCommunity (Crisis Line-Ext.1) 569-5900  
 For emergency psychiatric or substance abuse crisis  
 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  
 Prudence Crandall Center, Inc 774-2900  
 24 hour hotline: 225-6357

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

CT Children's Medical Center @ Hartford Hospital 545-9000  
 Hartford Hospital ED, 80 Seymour St., Hartford 545-5000  
 John Dempsey Hospital (UConn, Farmington) 679-2588  
 Manchester Memorial Hospital, 71 Haynes St 647-4777  
 Middlesex Hospital, Middletown 358-8000  
 Rockville General Hospital, 31 Union St., Vernon 872-5291  
 St. Francis Hospital, 114 Woodland St., Hartford 714-4001  
 The Hospital of Central Connecticut, New Britain 224-5671

**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 Services (English) 888-999-5545  
 (Spanish) 888-568-8332

### SUBSTANCE ABUSE DETOXIFICATION TREATMENT

Connecticut Valley Hospital/Blue Hills 293-6400  
 InterCommunity 714-3700  
 St Francis/Mt Sinai 714-2470  
 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  
 Wheeler Clinic Lifeline 747-3434

**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