

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 ADULTS

BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY, SOMERS, STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

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



Community Health Resources (CHR)
153 Hazard Avenue, Enfield, CT 06082 (860) 253-5020
www.chrhealth.org/contact-us/enfield

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 regardless of 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

**BLOOMFIELD, EAST GRANBY,
EAST WINDSOR, ENFIELD,
GRANBY, SOMERS,
STAFFORD, SUFFIELD,
WINDSOR &
WINDSOR LOCKS**



**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

**NON-EMERGENCY
COMMUNITY SERVICES**

BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY, SOMERS,
STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

GENERAL INFORMATION AND REFERRAL

(Or call your town's Human/Social Services Dept. below)

Connecticut Clearinghouse (Educational Materials) 793-9791
INFOLINE (Can Provide Additional Service Listings) 211
HelpLine (Wheeler Clinic Support Phone Service) 524-1182

ENTITLEMENTS / BENEFITS

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 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

Foodshare, Bloomfield 286-9999
Glory Chapel Food Pantry, 224 Greenfield Street 547-1561
Meals on Wheels - Community Renewal Team 560-5825
Meals on Wheels - CW Resources 229-7700
Shiloh Baptist Church Soup Kitchen, Food Pantry & Clothing Bank 350 Albany Avenue 247-3767

HIV/AIDS TESTING

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

HOUSING / SHELTER ASSISTANCE

For access to any shelter please call 211

HUMAN & SOCIAL SERVICES

Bloomfield Social & Youth Services 242-1895
East Granby Social Services 413-3328
East Windsor Human Services 623-2430
Enfield Social Services 253-6395
Granby Social Services 844-5350
Somers Social Services 265-7551
Stafford Social Services 684-7752
Suffield Community Aid Association 668-1986
Windsor Social Services 285-1839
Windsor Locks Social Services 627-1446

LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299
Disabilities Rights Connecticut 297-4300
Statewide Legal Services of Connecticut 800-453-3320

NEEDLE EXCHANGE

AIDS CT-Needles Exchange Project (call for information) 922-3173
AIDS Connecticut 247-2437
Community Health Services, 500 Albany Ave, Hartford 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-Fri)

TRANSPORTATION

Way To Go CT Mobility Manager 667-6207
CT Transit (Handicapped or Discount Travel Passes) 525-9181
ADA Paratransit 724-5340
Veyo 855-478-7350

NON-EMERGENCY

MENTAL HEALTH AND ADDICTION RECOVERY SERVICES

BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY, SOMERS,
STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

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INFORMATION AND REFERRAL

Rushford Behavioral Health (Admission Center) 877-577-3233
DMHAS (Department of Mental Health and Addiction Services) 418-7000
DMHAS Substance Use Disorder Walk In:
www.ct.gov/dmhas/walkins

DMHAS Mental Health Bed Availability
www.ctmentalhealthservices.org

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
CHR - Community Health Resources, Enfield 253-5020
Institute of Living (Assessment Center) 545-7200
Johnson Memorial Hospital, Stafford Springs 684-8290
Stafford Family Services 684-4239

MENTAL HEALTH SERVICES (Children/Youth)

Or call your town Human/Social Services Department (see listing on left)
Department of Children & Families 550-6300
Catholic Family Services 522-8241
CHR - Community Health Resources 253-5020
Klingberg Family Centers 832-5503
Hartford Behavioral Health 727-8703
Institute for the Hispanic Family - Catholic Charities 524-8974
Institute of Living 545-7000
Stafford Family Services 684-4239
The Village for Families 236-4511
Wheeler Clinic 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
Windsor Recovery Club 285-0016
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

Greater Hartford Harm Reduction 250-4146
Inpatient Detoxification
Access Line and Transportation (DMHAS) 800-563-4086
Blue Hills Treatment Center, Hartford 293-6400
Connecticut Valley Hospital 262-5000
(Acute and Deaf/Hard of Hearing)
InterCommunity, Hartford 569-5900 x515

Outpatient (Partial Inpatient, Intensive & Medication Assisted)
Community Health Resources 253-5020
Community Mental Health Affiliates 826-1358
Stafford Family Services 684-4239
ROOT Center (formerly Hartford Disp.-Access Line) 800-862-2181

HELPLINES

Community Health Resources - Reach Warmline 866-927-6225
CCAR Telephone Recovery Support 866-205-9770
Turning Point CT <http://TurningPointCT.org>
Wheeler Clinic Helpline (Statewide) 24 hour-crisis line 524-1182
Young Adult Warmline (Statewide) 1-855-646-7669

EMERGENCY SERVICES

BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY,
SOMERS, STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

*The following services are available 24 hours/day,
7 days/week unless noted otherwise.*

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

MENTAL HEALTH OR SUBSTANCE USE DISORDER ISSUES

CHR - Community Health Resources
Mobile Crisis Services (Assessment Center) 877-884-3571
On-site hours (M-F 9am-9pm/Weekends + holidays 10am-8pm)

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

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

ACTION LINE - ADULT CRISIS 800-HOPE-135 or 211

CHILD ABUSE OR NEGLECT 800-842-2288

DOMESTIC VIOLENCE

Interval House Hotline 527-0550
Interval House-Spanish Line 844-831-9200
Statewide Domestic Violence Centers 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Johnson Memorial Hospital 684-8111
CT Children's Hospital, @ Hartford Hospital 545-9200
Hartford Hospital ED, 80 Seymour St 972-0000
St. Francis Hospital, 231 Ashley St 714-4001

POISON CONTROL CENTER UCONN Health 800-222-1222

PROTECTIVE SERVICES FOR ELDERLY (60+) 888-385-4225

(Open 5 days/week from 8:00 a.m. - 4:00 p.m.)
(Weekends call 211)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE USE DISORDER DETOXIFICATION TREATMENT

Blue Hills, Hartford 293-6400
Connecticut Valley Hospital 262-5000
Inter-Community Recovery Center (ICRC) 569-5900 x515
Substance Use Disorder 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 Helpline 747-3434

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



For more cards or information call 860-667-6388