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.

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### 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)

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Phone Numbers</th>
</tr>
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<tbody>
<tr>
<td>Connecticut Clearinghouse (Educational Materials)</td>
<td>793-9791</td>
</tr>
<tr>
<td>INFOLINE (Can Provide Additional Service Listings)</td>
<td>211</td>
</tr>
<tr>
<td>HelpLine (Wheelchair Support Phone Service)</td>
<td>524-1182</td>
</tr>
</tbody>
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### 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

- AF-CAMP - 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 563-3322
- 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 Support 560-5625
- Meals on Wheels - CW Resources 229-7700
- Shilo Baptist Church Soup Kitchen, Food Pantry & Clothing Bank 247-3767
- Connecticut Bank 350 Albany Avenue

### 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 shelters 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 544-5350
- Somers Social Services 265-7551
- Stafford Social Services 684-7752
- Suffield Community Aid Association 665-1986
- 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 (Daily 11:00 am-1:00 pm, Monday – Friday) 249-9625
- Corner of Hungerford & Park Streets, Hartford (Daily 7:00 am-9:45 am & 2:00 -3:00 p.m., Mon-Fri) 855-487-7350

### 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 CENTER, ADDICTION RECOVERY SERVICES**

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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](http://www.ct.gov/dmhas/walkins)

### 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 684-2299
- Stafford Family Services 684-4239

### MENTAL HEALTH SERVICES (Children/Youth)

-黒LIVES MATTER: HEALTHY LIVES CT.org
-Department of Children & Families 550-6300
-Catholic Family Services 522-9241
-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 793-3588
-Wheeler Clinic 793-5588

### PEER-LED RECOVERY

- AA (Advocacy Unlimited) 505-7581
- CA Car (CT Community for Addiction Recovery) 244-2227
- Toivo (Center for Holistic Health) [http://www.cthvn.org](http://www.cthvn.org) 296-2338

### ADDICTION RECOVERY SERVICES

- Greater Hartford Harm Reduction 250-4146
- Inpatient Detoxification 800-563-4086
- Outpatient (Partial Inpatient, Intensive & Medication Assisted) 253-5020
- Community Health Resources 826-1358
- Community Mental Health Affiliates 253-5020
- 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](http://TurningPointCT.org)
- Wheeler Clinic Helpline (Statewide) 524-1182
- Young Adult Warmline (Statewide) 1-855-646-7669

### EMERGENCY SERVICES

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<td>911</td>
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### MENTAL HEALTH OR SUBSTANCE USE DISORDER ISSUES

- CHR - Community Health Resources 877-884-3571
- Mobile Crisis Services (Assessment Center)
  - 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

- 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+)

- (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
- InterCommunity, Hartford 569-5900 x515

### SUICIDE

- National Suicide Prevention Lifeline 800-273-8255
- Suicide INFOLINE 211
- Wheeler Clinic Helpline 747-3434

For more cards or information call 860-667-6388