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

February 2021
NON-EMERGENCY COMMUNITY SERVICES
THE CITY OF HARTFORD
ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

INFORMATION AND REFERRAL SERVICES

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
DMHAS Mental Health Bed Availability: www.ctmentalhealthservices.com
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)

Catholic Charities Services 877-577-3233
Catholic Charities - Institute for the Hispanic Family 522-8241
Catholic Charitable Services 522-8241
Chrysalis Center 263-4400
Center for Human Development CT Outreach (CHD) 951-3285
CST Behavioral Health Services 727-8703
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 877-552-3247
Wheeler Clinic Access Center Hartford (Site) 951-8770

MENTAL HEALTH SERVICES (Children)

Catholic Charities Services 522-8241
Hartford Behavioral Health 727-8703
Institute for the Hispanic Family - Child Guidance 524-8744
Institute of Living 545-7200
Klingberg Family Centers 224-9113
The Village for Families 236-4511
Wheeler Clinic Access Center Hartford (Site) 793-3988

PEER-LED RECOVERY

AU (Advocacy Unlimited) 505-7581
Toivo 296-2338
CCAR (CT Community for Addiction Recovery) 244-2227
Hearing Voices Network: www.cthvn.org
AA https://www.ct-aa.org/find-a-meeting
NA http://cnha.find-a-meeting.php

ADDICTION RECOVERY SERVICES

Greater Hartford Harm Reduction 250-4146
Inpatient Detoxification: 800-563-4086
Access Line and Transportation (DMHAS) 800-563-4086
Blue Hills Treatment Center, Hartford 297-8000
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 x872
CHR/Community Health Resources 826-1358
CST (Community Renewal Team) 761-7908
Community Substance Abuse Center (methadone) 247-8309
Hartford Behavioral Health 544-0101 x354
ROOT Center formerly Hartford Disp. - Access Line 800-862-2181
Institute of Living 679-6700
InterCommunity, Hartford 569-5900
UConn Health 679-6700
Wheeler Clinic/Hartford (Vivitrol) 793-3500
Residential Treatment
InterCommunity Recovery Center 569-5900

EMERGENCY SERVICES

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

MENTAL HEALTH OR SUBSTANCE USE DISORDER CRISIS

NEEDING IMMEDIATE HELP

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

ACTION LINE—ADULT CRISIS 800-HOPE-135 Or 211

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

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

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 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 USE DISORDER DETOXIFICATION TREATMENT

InterCommunity Health Care, Hartford 860-569-5000
x515
Blue Hills Treatment Center, 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