

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
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 **860-267-5439**. Website at 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.
178 Oakwood Drive
Glastonbury, CT 06033

For more cards or information call
860-267-5439
Access cards on line at
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 882-0236

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 Tolland Stage Road 870-3730

HUMAN & SOCIAL SERVICES

Andover Social Services 742-4035
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
Tolland Human Services 871-3648
Vernon Social Services, 14 Park Place 870-3661

HARM REDUCTION (Greater Hartford Harm Reduction Coalition) 250-4146

HIV/AIDS TESTING

Hartford Gay/Lesbian Collective 1841 Broad St, Hartford 278-4163
Ryan White Planning Council www.ryanwhitehartford.info

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 267-5439
CT Transit (Handicapped or Discount Travel Passes) 525-9181
ADA Paratransit - Ellington, Manchester, Tolland, 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) 888-793-3500
Young Adult Warmline (Statewide) 888-448-9777

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

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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 Use Disorder 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) 267-5439
SATEP (Substance Abuse Treatment Enhancement Project) 1-800-563-4086
Turning Point CT (Resource Map) TurningPointCT.org

MENTAL HEALTH SERVICES (Adult)

Community Health Resources (CHR) Manchester 877-884-3571
DMHAS Mental Health Bed Availability: www.ctmentalhealthservices.com
Hockanum Valley Community Council, Vernon 872-9825
Institute of Living, Hartford 545-7000
Manchester Memorial Hospital / ECHN 647-6800
CT 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 548-0101
Hockanum Valley Community Council, Vernon 872-9825
Institute for the Hispanic Family - Child Guidance 527-1124
Manchester Memorial Hospital/Outpatient Behavioral Health 647-6827
The Village for Families 236-4511
CT 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/>

ADDICTION RECOVERY SERVICES

Connecticut Harm Reduction 250-4146

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
ROOT Center (formerly Hartford Disp.-Access Line) 800-862-2181
Hockanum Valley Community Council (Suboxone) 872-9825
Manchester Memorial Hospital/ECHN (Suboxone) 646-1222
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,
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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**

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

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

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 888-793-3500

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 USE DISORDER 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 988

Amplify, Inc.
178 Oakwood Drive
Glastonbury, CT 06033
www.amplifyct.org



For more cards or information call 860-267-5439