

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
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

**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.
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 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) 888-793-3500

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 882-0236
 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

HARM REDUCTION (Greater Hartford Harm Reduction Coalition)

250-4146

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
 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 Disability Right for Persons w/Disabilities 297-4300
 Statewide Legal Services of Connecticut 800-453-3320

Needle Exchange and Referrals

ACT Hartford 247-2437
 Community Health Services, 500 Albany Ave, Hartford 249-9625
 Ryan White Planning Council www.ryanwhitehartford.info

TRANSPORTATION

Way To Go CT Mobility Manager 267-5439
 CT Transit (Handicapped or Discount Travel Passes) 525-9181
 ADA Paratransit— 870-7940
 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) 888-793-3500
 Young Adult Warmline (Statewide) 888-448-9777

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 Use Disorder Walk In: www.ct.gov/dmhas/walkins
 DMHAS Mental Health Bed Availability: www.mentalhealthservices.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)

DMHAS Mental Health Bed Availability: www.mentalhealthservices.com
 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
 CT Behavioral Health Partnership 877-552-8247

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
 CT Behavioral Health Partnership 877-552-8247

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.ctvvn.org
 AA http://www.ct-aa.org/find-a-meeting
 NA http://ctna.org/find-a-meeting.php
 GA (Gamblers Anonymous) http://www.ctwaga.org/Meeting_Directory.html

ADDICTION RECOVERY SERVICES

Greater Hartford Harm Reduction 250-4146

In Patient Detoxification

Access Line-Bed and Transportation (DMHAS) 800-563-4086
 CT Valley Hospital/Blue Hills (Acute & Deaf) 293-6400
 InterCommunity 569-5900
 Blue Hills 569-5900
 St Francis/Mt. Sinai 714-4001

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

First Choice Health Center (Counseling and Family Therapy) 528-1359
 ROOT Center (formerly Hartford Disp.-Access Line) 800-862-2181
 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) 860-657-8910
 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 of harm to self or others.) 911

MENTAL HEALTH OR SUBSTANCE USE DISORDER

InterCommunity (Crisis Line-Ext.1) 569-5900
 For emergency psychiatric or substance use crisis
 Substance Use Disorder 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
 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 USE DISORDER DETOX/TREATMENT

Connecticut Valley Hospital/Blue Hills 293-6400
 InterCommunity 569-5900
 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 988
 Wheeler Clinic Lifeline 888-793-3500

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



For more cards or information call 860-267-5439