

Some Facts about Mental Health

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

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
- Acute Care 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
- Case Management / Service Coordinator
- Jail Diversion
- Medication Management
- Outpatient Counseling
- Shelter Plus Care
- DMHAS-Funded Mental Health Services Provider Relations
- 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 860-267-5439 Website at www.amplifyct.org

Avon, Canton, Farmington, Simsbury & West Hartford



**CATCHMENT
AREA
COUNCIL
18**

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 online at
www.amplifyct.org

NON-EMERGENCY COMMUNITY SERVICES

AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

INFORMATION AND REFERRAL

Capitol Region Mental Health Center (CRMHC) Access to State Mental Health & Substance Abuse Svc	297-0800
Connecticut Clearinghouse (Educational Materials)	800-232-4424
INFOLINE (Can Provide Additional Service Listings)	211
HelpLine (Wheeler Clinic Support Phone Service)	888-793-3500
Warmline (at Toivo)	855-646-7366
Peer Support Center (at CRMHC)	297-0844

ENTITLEMENTS / BENEFITS

CT Dept. of Social Services, 20 Meadow Road, Windsor	855-626-6632
Medicare	800-633-4427
Social Security Administration	877-619-2851

FAMILY SUPPORT ORGANIZATIONS

African Caribbean American Parents of Children with Disabilities (AFCAMP)	548-9959
Families United for Children's Mental Health	563-3232
National Alliance on Mental Illness - CT (NAMI-CT)	882-0236
CHD Adult Mental Health Hartford	951-3325

FOOD ASSISTANCE / PANTRIES

Avon Department of Social Services	409-4346
Canton Senior & Social Services	693-5811
Farmington Food Pantry	674-8694
Meals on Wheels - Community Renewal Team	560-5828
Meals on Wheels - CW Resources	229-7700
Simsbury Department of Social Services	658-3283
West Hartford Department of Human Services	561-7561

HEALTH & HUMAN SERVICES

Avon Dept. of Social Services	409-4346
Town of Canton Senior & Social Services	693-5811
Town of Farmington Community Services	675-2390
Simsbury Department of Social Services	658-3283
West Hartford Department of Human Services	561-7561

HIV/AIDS TESTING

CDC info	800-232-4636
Ryan White Planning Council	RyanWhiteHartford.info

HOUSING / SHELTER ASSISTANCE PROGRAMS

For all access call	211
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LEGAL ASSISTANCE

Connecticut Legal Rights Project	877-402-2299
Protection & Advocacy for Persons w/Disabilities	800-842-7303
Statewide Legal Services of Connecticut	800-453-3320

TRANSPORTATION

Way To Go CT Mobility Manager	667-6388
CT Transit (Handicapped or Discount Travel Passes)	525-9181
ADA Paratransit	870-7940
Veyo	855-478-7350

HELPLINES

CCAR Telephone Recovery Support	866-205-9770
Community Health Resources - Crisis Team	224-3331
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
AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
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INFORMATION AND REFERRAL SERVICES

Rushford Behavioral Health	877-577-3233
DMHAS (Dept. 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 AMPLIFY (North Central Regional Mental Health Board)	267-5439
SATEP (Substance Abuse Treatment Enhancement Project)	1-800-563-4086
Turning Point CT (Resource Map): http://map.TurningPointCT.org	

MENTAL HEALTH SERVICES (Adult)

Capitol Region Mental Health Center	297-0800
Charlotte Hungerford	496-6666
Chrysalis Center (Hartford)	263-4400
CRT - Behavioral Health Services	761-7908
Hartford Hospital - Outpatient Psychiatric Clinic	545-7330
Institute of Living - Assessment Center	545-7200
John Dempsey Hospital - Outpatient Counseling	679-6700
The Hospital of Central CT - Counseling Center	224-5804
St. Francis Hospital - Outpatient Counseling Ctr	714-2750
Wheeler Clinic Access Center (Hartford Site)	793-3588
CT Behavioral Health Partnership	877-5528247

MENTAL HEALTH SERVICES (Children/Youth)

The Bridge Family Center	521-8035
Catholic Family Services	522-8241
Canton Youth Services Bureau	693-5811
CRT (Adolescents with HIV / AIDS)	761-7908
Klingberg Family Centers	832-5503
The Village for Families	236-4511
Wheeler Clinic Access Center (Hartford Site)	793-3588
CT Behavioral Health Partnership	877-552-8247

PEER-LED RECOVERY

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

ADDICTION RECOVERY SERVICES

Connecticut Harm Reduction	250-4146
Inpatient Detoxification	
Access Line and Transportation (DMHAS)	800-563-4086
Blue Hills Treatment Center	293-6400
CRMHC (Capitol Region Mental Health Center)	297-0800
Inter-Community Recovery Center (ICRC)	569-5900
UConn Health	679-6700

Outpatient (Partial inpatient, Intensive & Medication Assisted)	
ROOT Center (formerly Hartford Disp.-Access Line)	800-862-2181
ROOT Center 345 Main St, Hartford	525-2181
ROOT Center, 16-18 Weston St, Hartford	527-5100
Inter-Community Recovery Center (ICRC)	569-5900
CHR/Bloomfield (Suboxone)	243-6584
UConn Health	679-6700
UConn Dual Diagnosis Intensive Outpatient (IOP)	679-2553
Wheeler Clinic/Hartford (Vivitol)	793-3500

Residential Treatment	
Inter-Community (ICRC)	569-5900
Rushford (Glastonbury)	657-8910
Rushford (Meriden)	203-630-5280

Recovery Housing	
Inter-Community Recovery Center (ICRC)	569-5900

EMERGENCY SERVICES

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

MENTAL HEALTH OR ADDICTION CRISIS

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

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Wheeler Clinic 888-793-3500
For any crisis involving children/youth ages birth to 17

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

CHILD ABUSE/NEGLECT - TO REPORT CALL 800-842-2288

DOMESTIC VIOLENCE

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

EMERGENCY ROOMS (Calling ahead is not required)

Bristol Hospital, Bristol	585-3273
Connecticut Children's Medical Ctr, @ Hartford Hosp	545-9000
Charlotte Hungerford Hospital, Torrington	496-6650
John Dempsey Hospital - UCONN, Farmington	679-2588
Hartford Hospital, 85 Jefferson St, Hartford	972-0000
Hospital of Central CT, 100 Grand St, New Britain	224-5671
St. Francis Hospital, 114 Woodland St, Hartford	714-4001
Charlotte Hungerford	496-6666

POISON CONTROL CENTER - CONNECTICUT 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8 - 4)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE USE DISORDER DETOXIFICATION TREATMENT

Alcohol & Drug Recovery Centers (ADRC), Hartford 714-3700
Blue Hills Hospital, Hartford 293-6400
Substance Abuse Treatment & Enhancement Project
(SATEP) for Referrals & Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline (English) 800-273-8255
(Spanish) 800-628-9454

Suicide INFOLINE 988
Wheeler Clinic Helpline 888-793-3500

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



For more cards or information call 860-267-5439