

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.

BLOOMFIELD, EAST GRANBY, EAST WINDSOR, ENFIELD, GRANBY, SOMERS, STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS



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
NORTH CENTRAL REGIONAL
MENTAL HEALTH BOARD
151 New Park Ave., Suite 14A
Hartford, CT 06106

For more cards or information call
860-667-6388

Access cards on line at
www.ncrmhb.org

September 2016

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



REAL LIFE. REAL HOPE.

Community Health Resources (CHR)

153 Hazard Avenue, Enfield, CT 06082

Call (860) 253-5020 to Access Services

Website: <http://www.chrhealth.org/contact-us/enfield>

Services Provided at CHR - Enfield:

- Outpatient Counseling
- Community Support Services
- Mobile Crisis Services
- Intensive Outpatient Program
- Homeless Outreach
- Medication Management
- Social & Rehabilitation Supports
- Vocational / Employment Supports
- Housing Programs and Supports
- Family and Parenting Support Groups

CHR - Enfield provides services for children and adults who have private insurance and no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)

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
North Central Regional Mental Health Board is a grass-roots community advisory board to DMHAS. Members evaluate state services and promote development of needed services. For information call **860-667-6388**. Website at WWW.NCRMHB.ORG

**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)
Connecticut Clearinghouse (Educational Materials) 793-9791
INFOLINE (Can Provide Additional Service Listings) 211
HelpLine (Wheeler Clinic Support Phone Service) 524-1182

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

AFCAMP - African Caribbean American Parents of Children with Disabilities 548-9959
Asian Family Services- Community Renewal Team 951-8770 ext 232
FAVOR - Family Advocacy for Children's Mental & Behavioral Health 563-3232
PADRES Abriendo Puertas 297-4390
NAMI Connecticut 800-215-3021

FOOD ASSISTANCE / PANTRIES

Foodshare, Bloomfield 286-9999
Glory Chapel Food Pantry, 19 May Street 278-5247
Meals on Wheels - Community Renewal Team 560-5825
Meals on Wheels - CW Resources 229-7700
Shiloh Baptist Church Soup Kitchen, Food Pantry & Clothing Bank 350 Albany Avenue 247-3767

HIV/AIDS TESTING

Hartford Gay/Lesbian Collective, 1841 Broad Street 278-4163
National AIDS HOTLINE 800-232-6348

HOUSING / SHELTER ASSISTANCE

For access to any shelter 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 844-5350
Somers Social Services 265-7551
Stafford Social Services 684-7752
Suffield Emergency Aid Association 668-1908
Windsor Social Services 285-1842
Windsor Locks Social Services 627-1446

LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299
Protection & Advocacy for Individuals w/Disabilities 297-4300
Statewide Legal Services of Connecticut 800-453-3320

NEEDLE EXCHANGE

AIDS Project Hartford (call for information) 922-3173
Community Health Services, 500 Albany Ave, Hartford 249-9625
 (Daily 11:00 am-1:00 pm Monday - Friday)
 Corner of Hungerford & Park Streets, Hartford
 (Daily 7:00 am- 9:45 am & 2:00 -3:00 p.m., Mon-Fri)

TRANSPORTATION

Way To Go CT Mobility Manager 667-6207
CT Transit (Handicapped or Discount Travel Passes) 525-9181
ADA Paratransit 724-5340
LogistiCare (Non-Emergency Transportation for Medical Appts) 888-248-9895

NON-EMERGENCY

MENTAL HEALTH AND ADDICTION RECOVERY SERVICES

BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY, SOMERS,
STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

INFORMATION AND REFERRAL

Beacon Health Options 877-577-3233
CASAC (Capitol Area Substance Abuse Council) 286-9333
DMHAS (Department of Mental Health and Addiction Services) 418-7000
DMHAS Substance Abuse Walk In: www.ct.gov/dmhas/walkins 568-4442
ERASE (East of the River Action for Substance Abuse Elimination) 800-563-4086
NCRMHB (North Central Regional Mental Health Board) 667-6388
SATEP (Substance Abuse Treatment Enhancement Project) 800-563-4086
Turning Point CT (Resource Map): map.TurningPointCT.org

MENTAL HEALTH SERVICES (Adult)

Hartford Hospital - Outpatient Psychiatric Clinic 545-7330
CHR - Community Health Resources, Enfield 253-5020
Institute of Living 545-7200
Johnson Memorial Hospital, Stafford Springs 684-8290
Stafford Family Services 684-4239

MENTAL HEALTH SERVICES (Children/Youth)

Or call your town Human/Social Services Department (see listing on left)
Department of Children & Families 550-6300
Catholic Family Services 522-8241
CHR - Community Health Resources 253-5020
Klingberg Family Centers 224-9113
Hartford Behavioral Health 727-8703
Institute for the Hispanic Family - Child Guidance 524-8974
Institute of Living 545-7000
The Village for Families 236-4511
Wheeler Clinic 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>
RCAC (Regional Consumer Advisory Board) 667-6388
Toivo (Center for Holistic Health) 296-2338
Windsor Recovery Club 285-0016
AA <http://www.ct-aa.org/find-a-meeting>
NA <http://ctna.org/find-a-meeting.php>
GA (Gamblers Anonymous)
http://www.ctwмага.org/Meeting_Directory.html

ADDICTION RECOVERY SERVICES

Inpatient Detoxification
Connecticut Valley Hospital/Blue Hills 293-6400
 (Acute and Deaf/Hard of Hearing)
InterCommunity/Blue Hills 251-6474
St. Francis/Mt. Sinai 714-2470

Outpatient (Partial Inpatient, Intensive & Medication Assisted)
CHR (Bloomfield, Enfield) (Suboxone) 826-1358
Johnson Chemical Dependency Program (evening IOP) 763-8043
New Directions 741-3001
Stafford Family Services 684-4239
Hartford Dispensary (Methadone) 527-5100

Recovery Housing
 For a list of certified providers call 244-CCAR

HELPLINES

Community Health Resources - Reach Warmline 866-927-6225
CCAR Telephone Recovery Support 877-676-2227
Turning Point CT <http://TurningPointCT.org>
Wheeler Clinic Helpline (Statewide) 524-1188
Young Adult Warmline (Statewide) 855-6467-3669

EMERGENCY SERVICES

BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY,
SOMERS, STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

*The following services are available 24 hours/day,
7 days/week unless noted otherwise.*

IF IMMEDIATE CRISIS (Medical, Fire, Police or if person is dangerous to self or others.) 911

MENTAL HEALTH OR SUBSTANCE USE ISSUES

CHR - Community Health Resources
Mobile Crisis Services 877-884-3571

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

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

CHILD ABUSE OR NEGLECT 800-842-2288

DOMESTIC VIOLENCE

Interval House Hotline 527-0550
Statewide Domestic Violence Centers 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Johnson Memorial Hospital 684-8111
CT Children's Hospital, @ Hartford Hospital 545-9000
Hartford Hospital, 80 Seymour St 545-5000
St. Francis Hospital, 231 Ashley St 714-4001

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.) or 723-1003

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

Connecticut Valley Hospital/Blue Hills 293-6400
InterCommunity/Blue Hills 251-6474
St. Francis/Mt. Sinai 714-2470
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 747-3434

THIS RESOURCE CARD IS PROVIDED BY THE
NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD
 151 New Park Ave., Suite 14A, Hartford CT 06106
 For more cards or information call 860-667-6388
WWW.NCRMHB.ORG

