Resource Guide for Behavioral Health

Emergency Services

FOR ADDICTION TREATMENT 24/7
  call the Access Line
  1-800-563-4086
  (this includes detox and treatment for prescription opioids or heroin addiction)

FIRE/POLICE/AMBULANCE  Call 9-1-1

NATIONAL SUICIDE PREVENTION LIFELINE
  1-800-273-TALK (8255)
  1-888-628-9454  (Ayuda en Español)
  TTY: 1-800-799-4134 (4889) 33c e
  www.suicidepreventionlifeline.org

SUICIDE HELPLINE (INFOLINE)  Call 2-1-1

ALCOHOL AND DRUG RECOVERY CENTERS
  Access line for Referrals and Detoxification Center
  860-714-3700

POISON CONTROL
  1-800-222-1222  www.aapcc.org

SEXUAL ASSAULT CRISIS SERVICES
  English  888-999-5545
  Spanish  888-568-8332

WHEELER COMMUNITY RESPONSE TEAM
  860-747-8719

WHEELER HELPLINE  24/7
  860-747-3434

Connecticut Resources

ACCESS HEALTH CT
  Health Insurance Marketplace
  1-855-805-4325  TTY 1-855-789-2428
  www.accesshealthct.com

ACCESS MENTAL HEALTH CT
  www.accessmhtct.com

CT 2-1-1  Call 2-1-1
  www.211ct.org

CT ALLIANCE TO END SEXUAL VIOLENCE
  1-888-999-5545  www.endsexualviolencect.org

CT COALITION AGAINST DOMESTIC VIOLENCE
  860-282-7899  1-888-774-2900 (Crisis Line)
  www.ctadv.org

CT COALITION TO STOP UNDERAGE DRINKING
  860-523-8042  www.preventionworksct.org/CCSUD.html

CT COUNCIL ON PROBLEM GAMBLING
  1-888-878-7777  (Helpline)  www.ccppg.org

CT SUICIDE PREVENTION
  www.preventsuicidect.org  Call 2-1-1

CT NETWORK OF CARE
  www.connecticutnetworkofcare.org

CT QUITLINE (Tobacco)
  1-800-QUIT-NOW
  www.quitnow.net/connecticut

CT YOUTH SERVICES ASSOCIATION
  www.ctyouthservices.org/Find_A_YSB

CT COMMUNITY FOR ADDICTION RECOVERY
  800-708-9145  https://ccar.us

Mental health and substance use disorders affect people from all walks of life and all age groups. These are common, recurrent, and often serious, but they are treatable and many people do recover.

CONNECTICUT CLEARINGHOUSE
  A library and resource center on alcohol, tobacco, other drugs, mental health and wellness
  1-800-232-4424  www.ctclearinghouse.org

FATHERHOOD INITIATIVE OF CT
  1-866-6-CTDADS  www.ct.gov/fatherhood

MOBILIZE AGAINST TOBACCO FOR CHILDREN’S HEALTH (MATCH)
  860-525-9738

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT
  860-862-0236  www.namict.org
  Helpline  1-800-950-6264

OPIOID OVERDOSE PREVENTION/NALOXONE (NARCAN) INITIATIVE
  860-418-6993  www.ct.gov/dmhas/cwp/view.asp?g=509650

PROTECTIVE SERVICES FOR THE ELDERLY
  888-385-4225

TRUE COLORS (Sexual Minority Youth and Family Services)
  860-232-0050  www.ourtruecolors.org

TURNING POINT
  CT website for youth and young adults
  www.turningpointct.org

Support Groups

AL-ANON/ALATEEN
  CT Information  1-888-825-2666
  Anywhere, USA  1-800-344-2666
  www.ctalanon.org

ALCOHOLICS ANONYMOUS (AA)
  Connecticut  1-866-783-7712
  Anywhere, USA  1-800-344-2666
  www.ct-aa.org

CO-DEPENDENTS ANONYMOUS
  1-888-444-2359  www.coda.org

FAMILIES ANONYMOUS
  1-800-736-9805  www.familiesanonymous.org

GAM-ANON FAMILY GROUPS
  CT Hotline  1-800-266-1908
  National Information  718-352-1671
  www.gam-anon.org

GAMBLERS ANONYMOUS
  CT Hotline  1-855-222-5542
  National Information  213-386-8789
  www.gamblersanonymous.org

MARIJUANA ANONYMOUS
  1-800-766-6779  www.marijuana-anonymous.org

MENTAL HEALTH CONNECTICUT
  800-842-1501  www.mhconn.org

NAR-ANON
  CT Information  1-800-477-6291
  www.nar-anon.org

NARCOTICS ANONYMOUS
  CT Region
  CT Information  1-800-627-3543
  National Information  1-800-447-6291
  www.ctna.org

NATIONAL ALLIANCE ON MENTAL ILLNESS
  800.215.3021  www.nami.org

NICOTINE ANONYMOUS
  1-866-879-6422  www.nicotine-anonymous.org

OVEREATERS ANONYMOUS
  505-891-2664  www.oa.org

800.232.4424 (phone)
860.793.9813 (fax)
www.ctclearinghouse.org

Wheeler
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness
National Resources

AIDS NATIONAL HOTLINE
1-800-342-AIDS  www.cdc.gov/hiv

CENTERS FOR DISEASE CONTROL AND PREVENTION
1-800-232-4636  www.cdc.gov

MENTAL HEALTH AMERICA
1-800-969-6642  www.nmha.org

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
1-888-55-4COAS  www.nacoa.org

NATIONAL EATING DISORDERS ASSOCIATION
800-931-2237  www.nationaleatingdisorders.org

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME
202-785-4585  www.nofas.org

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
1-888-628-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
www.suicidepreventionlifeline.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION
1-877-726-4727  www.samhsa.gov

State Agencies

CT DEPARTMENT OF CHILDREN AND FAMILIES
1-800-842-2288 Careline  www.ct.gov/df

CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
860-418-7000  www.ct.gov/dmhas

CT DEPARTMENT OF PUBLIC HEALTH
860-509-8000  www.ct.gov/dph

CT DEPARTMENT OF SOCIAL SERVICES
1-800-842-1508  www.ct.gov/dss

CT DEPARTMENT OF DEVELOPMENTAL SERVICES
860-418-6000  www.ct.gov/dds

Signs and symptoms of substance use disorders

Behavioral changes, such as:

• Drop in attendance and performance at work or school
• Frequently getting into trouble (fights, accidents, illegal activities)
• Using substances in physically hazardous situations, such as while driving or operating a machine
• Engaging in secretive or suspicious behaviors
• Changes in appetite or sleep patterns
• Unexplained change in personality or attitude
• Sudden mood swings, irritability, or angry outbursts
• Periods of unusual hyperactivity, agitation, or giddiness
• Lack of motivation
• Appearing fearful, anxious, or paranoid, with no reason

Physical changes, such as:

• Bloodshot eyes and abnormally sized pupils
• Sudden weight loss or weight gain
• Deterioration of physical appearance
• Unusual smells on breath, body, or clothing
• Tremors, slurred speech, or impaired coordination

Social changes, such as:

• Sudden change in friends, favorite hangouts, and hobbies
• Legal problems related to substance use
• Unexplained need for money or financial problems
• Using substances even though it causes problems in relationships

Early warning signs for mental health disorders

• Eating or sleeping too much or too little
• Pulling away from people and usual activities
• Having low or no energy
• Feeling numb or like nothing matters
• Having unexplained aches and pains
• Feeling helpless or hopeless
• Smoking, drinking, or doing drugs more than usual
• Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
• Yelling or fighting with family or friends
• Experiencing severe mood swings that cause problems in relationships
• Having persistent thoughts and memories you can’t get out of your head
• Hearing voices or believing things that are not true
• Thinking of harming yourself or others
• Inability to perform daily tasks like taking care of your kids or getting to work or school

Substance Abuse and Mental Health Services Administration
www.samhsa.gov/disorders

U.S. Department of Health and Human Services
www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders

U.S. Department of Health and Human Services
www.mentalhealth.gov/basics/what-is-mental-health/