

Resource Guide for Behavioral Health

Emergency Services

FIRE/POLICE/AMBULANCE Call 9-1-1

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)
1-888-628-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
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

SUBSTANCE ABUSE TREATMENT AND ENHANCEMENT PROJECT

Access Line for Referrals and Detoxification Center 800-563-4086

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.accessmhct.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 www.ctcadv.org
1-888-774-2900 (Crisis Line)

CT COALITION TO STOP UNDERAGE DRINKING

860-523-8042
www.preventionworksct.org/CCSUD.html

CT COUNCIL ON PROBLEM GAMBLING

1-888-789-7777 (Helpline) www.ccpq.org

CT SUICIDE PREVENTION

www.preventsuicidect.org Call 2-1-1

CT NETWORK OF CARE

www.connecticut.networkofcare.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)

860-402-1554

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT

860-882-0236 www.namict.org
Helpline 1-800-950-6264

OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE

860-418-6993
www.ct.gov/dmhas/cwp/view.asp?q=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 718-352-1617
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

1-877-879-6422 www.nicotine-anonymous.org

OVEREATERS ANONYMOUS

505-891-2664 www.oa.org



Wheeler

CONNECTICUT
Clearinghouse

a program of the Connecticut Center
for Prevention, Wellness and Recovery

800.232.4424 (phone)

860.793.9813 (fax)

www.ctclearinghouse.org

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

1-888-55-4-COAS 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/DCF

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

Regional Mental Health Boards

NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD

860-667-6388 www.ncrmhb.org

NORTHWEST REGIONAL MENTAL HEALTH BOARD

203-757-9603 www.nwrmhb.org

SOUTH CENTRAL MENTAL HEALTH BOARD

860-262-5027 www.southcentralhealth.org

SOUTHWEST REGIONAL MENTAL HEALTH BOARD

203-840-1187 www.healthymindsct.org

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/substance-abuse/

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

