

# Mental Health Resources

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## Background

This resource was created for Rapid Rehousing programs working with people who have experienced homelessness in Connecticut. It highlights resources available for people in need of mental health services and a description of what each resource provides.

Additional resources can be found on the [CT BOS Resources](#) page. Please note that the website is updated and regularly has new materials on the website. If you encounter broken links and

are unable to locate the information you need, please contact the CT BOS team at [ctboscoc@gmail.com](mailto:ctboscoc@gmail.com).

## **Crisis Services**

### [988 Suicide & Crisis Lifeline](#)

24/7 lifeline available to anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide. The crisis counselors listen and provide support. 988 Contact Center services include rapid 24/7 access to trained crisis contact center staff who can help people experiencing suicidal, substance use and other mental health crises, provide referrals to resources, and perform warm transfers to mobile crisis services or emergency services as needed/desired.

### [Information on Crisis Services](#)

ACTION Line (Adult Crisis Telephone Intervention and Operations Network) number: 1-800-HOPE-135 (1-800.467.3135) for mobile crisis.

### [Mobile Crisis for 18 and under](#)

Dialing 2-1-1 and, at the prompt, pressing “1” for “crisis,” you are able to connect with a trained counselors who can immediately help to resolve the crisis.

### [Community Mental Health Center](#)

Connecticut Mental Health Center serves people with mental illness and/or addictions. Throughout CMHC and its satellites, patients find and follow their own individual pathways to recovery. The first step is to call or visit the Mobile Crisis Intervention and Evaluation Unit.

### [Psychiatric Emergency Rooms](#)

List/map of psychiatric emergency rooms.

### [Urgent Crisis Centers](#)

At the four walk-in Urgent Crisis Centers, children 18 and under can get help to de-escalate the crisis, complete an evaluation and connect youth to services.

## **Inpatient Services**

### [List/Map of Inpatient Facilities](#)

#### **Inpatient Psychiatric Beds – DMHAS**

Facilities to serve people who can no longer be supported at home and need to be admitted to hospital due to severe mental health problems. These can be functional mental illnesses (such as depression or schizophrenia) or organic mental illnesses (such as dementia).

- Capitol Region Mental Health Center: **860-297-0973**

- Connecticut Valley Hospital: **860-262-5515 (at CVH)**
- Connecticut Mental Health Center: **203-974-7414**
- Greater Bridgeport Community Mental Health Center: **203-551-7428**
- Whiting Forensic Hospital: **860-262-6092**

## Directory of DMHAS & Other Services

### [How to find services in your area](#)

These pages provide information on mental health, crisis, gambling, recovery and other services by town/city.

### [Local Mental Health Authorities](#)

The Department of Mental Health and Addiction Services operates and/or funds **Local Mental Health Authorities (LMHAs)** offering a wide range of therapeutic programs and crisis intervention services throughout the state. [State-run LMHAs](#) are able to assist with the completion of the CoC Disability Verification Form for those individuals not currently connected to a provider/having difficulty connecting to someone to complete the form: There are also many [private non-profit agencies](#) that you can access through each of the LMHAs.

## Family Services

### [Community-Based Mental Health Services - DCF List](#)

Community-Based Mental Health Services are designed to assist children, youth and their families with a range of mental health, psychiatric and substance use disorders. These services are provided in the home or community, often preventing the need for more intensive and more restrictive care such as hospital, residential, or group home services.

### [NAMI Family to Family Program](#)

Free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

### [ACCESS Mental Health for Moms](#)

Free consultative service for all CT providers working with pregnant and postpartum women. Provides psychiatric consultation with a perinatal psychiatrist via phone. May involve diagnostic support, guidance regarding medication treatment, psychotherapy and community support needs, treatment planning and medication concerns related to preconception, pregnancy and lactation. Works to assist in addressing patient's mental health and/or substance use concerns. Consultative support only and does not provide psychiatric treatment.

## Social Rehabilitation

### [Social Rehab/Social Clubs/Wellness Centers](#)

The Social Rehab/Social Clubs/Learning & Wellness Centers promote recovery, full citizenship, and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. All DMHAS funded Social Rehabilitation providers offer counseling supports, case management, and crisis assistance.

## **Statewide Advocacy Organizations**

Connecticut statewide advocacy organizations help people have their voices heard and their rights protected.

### [Advocacy Unlimited, Inc. \(AU\)](#)

AU is a statewide peer run organization which promotes people's rights and recovery.

### [The Connecticut Legal Rights Project, Inc \(CLRP\)](#)

CLRP is a statewide organization which provides legal services to low-income individuals with mental health conditions, who reside in hospitals or the community, on matters related to their treatment, recovery, and civil rights.

### [Disability Rights Connecticut \(DRCT\)](#)

DRCT is Connecticut's independent federally funded Protection and Advocacy system. DRCT can advocate on behalf of persons with disabilities and has the authority to investigate allegations of abuse and neglect in institutional settings.

### [Connecticut Association of Centers for Independent Living \(CACIL\)](#)

a network of Centers for Independent Living, federally funded organizations run by people with disabilities which promotes independence and advocates for persons with disabilities.

### [Statewide Legal Services of Connecticut](#)

helps persons with low incomes with civil legal issues, such as landlord tenant problems.

## **Support Groups**

### [List of Support Groups](#)

List and map of mental health related support groups.

## **Peer Support**

### [NAMI Peer Support Groups](#)

NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.

### [Warm-line for Youth](#)

Statewide Young Adult Warmline is a phone-based peer support line. Similar to hotlines, staff can connect callers to community resources, hold space, and inspire their peers to live a life of self-defined purpose through sharing their own lived experience. Phone is: **1-855-6-hopenow** or **1-855-646-7366**. Operators are available from 12pm – 9pm everyday of the week.

## **Finding a Therapist**

[Good Therapy](#) & [Psychology Today](#)

GoodTherapy and Psychology Today offer directories to help you in your search for a therapist. Using the directories you can search by therapist location, specialization, gender, and age group treated. If you search by location, your results will include the therapists near you and will display their credentials, location, and the issues they treat.

## **DMHAS Community Forensic Services**

[DMHAS Community Forensic Services \(CFS\)](#)

### **Jail Diversion/Court Liaison Program**

Eligible population: Adults with psychiatric and co-occurring substance abuse disorders who are arrested on minor offenses. Provides access to appropriate treatment services via assessment, referral and linkage to community mental health services. Contact: [Danielle.Ebrahimi@ct.gov](mailto:Danielle.Ebrahimi@ct.gov), 860-262-5728

### **Women’s Jail Diversion (JDW)**

Eligible population: women at risk of incarceration referred by New Britain, Bristol and New Haven courts or Probation and Parole. Provides comprehensive treatment and support services promoting recovery among women with histories of trauma. Services include treatment for trauma, mental illness and substance use disorder as well as community support services and limited transitional housing. Contact: [Danielle.Ebrahimi@ct.gov](mailto:Danielle.Ebrahimi@ct.gov), 860-262-5728

**Community Recovery Engagement Support and Treatment Center (CREST)** – Eligible population: Individuals in New Haven who would not otherwise be diverted from/released from incarceration if not accepted into the program. Intensive day reporting program provides daily monitoring and structured skill building and recovery support services in collaboration with clinical services at DMHAS-operated Connecticut Mental Health Center. Contact: [Colette.Orszulak@ct.gov](mailto:Colette.Orszulak@ct.gov), 860-262-5841

### **Advanced Supervision and Intervention Support Team (ASIST)**

Eligible population: Individuals with mental health and/or substance use issues requiring judicial supervision referred by the courts or community supervision. Developed to meet the needs of clients requiring judicial supervision and mental health and substance use recovery services provided by DMHAS and Court Support Services Division (CSSD). Clinicians provide case management which coordinates services delivered by Alternative to Incarceration Centers

(AIC)/service provider partnership, and closely monitors impact of services on client functioning and quality of life. Includes component of skills training and cognitive behavioral intervention.  
[Marti Kardol](#), 860-262-5812

### **Sierra Pretrial Center**

Eligible population: adults with serious mental illness who are in jail awaiting court disposition of charges who can be safely released to the community in a structured residential program. Collaboration with the Judicial Branch Court Support Services Division with clinical services provided by the DMHAS-operated Connecticut Mental Health Center. Services include comprehensive case management, psychiatric monitoring, medication monitoring, motivational enhancement, cognitive restructuring and training, consistent supervision and support services. Contact: [Danielle.Ebrahimi@ct.gov](mailto:Danielle.Ebrahimi@ct.gov), 860-262-5728

### **Other Services**

#### [Toivo Center](#)

Peer-run, non-profit initiative through Advocacy Unlimited, Inc. that includes statewide classes, workshops and center for holistic healing and stress management. Donation based offerings include yoga, meditation, qi gong, sound healing, laughter yoga, drumming, creative expression, support groups and more.

#### [Yoga in Our City](#)

Non-profit organization providing high quality yoga instruction and wellness education. Provides professional, accessible and inclusive programming to all. Uses trauma informed approach

### **Pet Therapy**

#### [Pet Partners](#)

Well-trained and thoroughly screened handlers and their animals can benefit from the health and well-being of people in hospitals, nursing homes, schools, retirement communities, libraries, rehabilitation centers, and many other facilities. Learn more about our [facility visits](#) or [request a visit to your facility](#).

#### [Soul Friends](#)

Soul Friends has established collaborative relationships with over 25 community agencies statewide, as well as being credentialed by the Department of Children and Families to serve children in need. Soul Friends' staff partner with working therapy animals to help children reach goals, to change behavior and experience hope.

## **Mental Health Resources**

### [Trauma Informed Care](#)

Information, resources and training on trauma informed care.

### [National Alliance on Mental Illness](#)

NAMI Connecticut (National Alliance on Mental Illness) is a nonprofit, grassroots organization dedicated to improving the lives of all people in Connecticut affected by mental illness. In collaboration with nine local affiliates, NAMI works to change public attitudes about mental illness and offer support, education and advocacy programs at the state and local levels.

### [Substance Abuse and Mental Health Services \(SAMHSA\)](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. Website has information on accessing mental health services, trainings for providers and other helpful resources.