

Some Facts about Mental Illness

Prevalent Health Problem

Mental illness is the most prevalent health problem in America. It is 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.

ANDOVER, BOLTON, ELLINGTON, HEBRON, MANCHESTER, SOUTH WINDSOR, TOLLAND AND VERNON



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**
367 Russell Road, Newington, CT 06111

For more cards or information call
860-667-6388
Access cards on line at
www.ncrmhb.org

November 2012

STATE FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULTS

**RESIDENTS OF ANDOVER, BOLTON,
ELLINGTON, HEBRON, MANCHESTER, SOUTH
WINDSOR, TOLLAND AND VERNON**

The CT Department of Mental Health and Addiction Services (DMHAS) funds mental health and substance abuse services for adults.

DMHAS funded services are provided locally by

COMMUNITY HEALTH RESOURCES (CHR)

(Formally known as) **GENESIS CENTER**
587 E. Middle Tpke, Manchester, CT Tel: 860-646-3888

24 Hour Central Access and Triage Center
Call Toll Free 1-877-884-3571

Services Provided at CHR/GENESIS CENTER:

- Assertive/Intensive Community Treatment
- Case Management / Service Coordination
- Child and Family Services
- Family Violence Education Program
- Housing Assistance
- Intensive Outpatient
- Jail Diversion Program / Court Support Services
- Medication Management
- Mobile Crisis Response Team
- Outpatient Clinic / Counseling
- Partial Hospital Program
- Psychosocial Rehabilitation
- Respite
- Supported Employment Services
- Supported Housing Program
- Warm Line / Peer Supports on Telephone

Genesis Center provides services for people who have private insurance and no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

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 grassroots citizen's 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

MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES
ANDOVER, BOLTON, ELLINGTON, HEBRON, MANCHESTER,
SOUTH WINDSOR, TOLLAND & VERNON
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) 800-232-4424
INFOLINE (Can Provide Additional Service Listings) 211

ADDICTION SERVICES

Alcohol & Drug Recovery Centers (ADRC) 714-3700
Alcoholics Anonymous 282-5924 / Narcotics Anon 800-627-3543
Blue Hills Hospital (Detox for those with no payment source) 293-6400
Community Renewal Team - Access to Recovery Program 761-7193
Community Health Resources (CHR) Manchester 645-0487
Hockanum Valley Community Council, Vernon (Outpatient) 872-9825
Manchester Memorial Hospital / ECHN STEPS (Adult) 533-3434
Manchester Memorial Hospital / ECHN (Adolescent) 647-6827
Rushford Center, Glastonbury (Detox, Inpatient, Outpatient) 800-567-0902
Value Options/Behavioral Health Partnership 877-552-8247

DENTAL SERVICES

Connecticut Dental Health Partnership 866-420-2924

ENTITLEMENTS / BENEFITS

Care for Kids (Childcare Subsidies) 888-214-5437
CT Dept. of Social Services, Manchester 800-842-1508
Medicare 800-MEDICARE
Social Security Administration 877-619-2851
SAGA (State Administered General Assistance) 424-5250
WIC - Dept. of Health & Human Services 757-5780
WIC - Rockville site 528-1458
U.S. Dept. of Veteran's Affairs 800-827-1000

FAMILY ORGANIZATIONS

AFCAMP - African Caribbean American Parents of Children with Disabilities 297-4358
Asian Family Services/Community Renewal Team (ext. 1) 951-8770
FAVOR - Family Advocacy for Children's Mental & Behavioral Health 563-3232
PADRES Abriendo Puertas 297-4391
NAMI Connecticut 800-215-3021

FOOD ASSISTANCE / PANTRIES / SOUP KITCHEN

Cornerstone Soup Kitchen, 15 Prospect St, Vernon 871-1823
Ellington Human Services 870-3128
Hockanum Valley Community Council, Vernon 872-9825
Loaves & Fishes, 218 Main St, Manchester 646-8599
MACC Food Pantry, 445 Main Street, Manchester 647-8003
Meals on Wheels - Community Renewal Team 560-5828
Salvation Army, 661 Main Street, Manchester 649-7787
Senior Community Lunch Café, 24 Bluefield, Manchester 643-7342
Tolland Senior Center (please call) 870-3730

HEATING & UTILITIES ASSISTANCE (Or call your town's Human Services Dept.)

AT & T 800-288-2020
CT Natural Gas 524-8361
Northeast Utilities (CL&P) 800-286-2000

HUMAN & SOCIAL SERVICES

Andover Social Services 798-6583
Bolton Senior & Social Services 647-9196
Ellington Human Services 870-3128
Hebron Social Services - Chatham Health District 365-0884
Manchester Human Services 647-3092
South Windsor Human Services 648-6361
Tolland Human Services 871-3648
Vernon Social Services 896-2375

HIV/AIDS TESTING

Hartford Gay/Lesbian Collective 1841 Broad St, Hartford 278-4163
National AIDS HOTLINE 800-342-2437

HOSPITALS

Connecticut Children's Medical Center, Hartford 545-9000
Manchester Memorial Hospital 646-1222
Rockville General Hospital 872-0501
Hartford Hospital 545-5000
St. Francis Hospital 714-4000

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HOUSING ASSISTANCE PROGRAMS

Imagineers (Section 8/Moderate Rehabilitation) 522-1108
My Sister's Place (Bridge Subsidy, Security Deposit Loans) 895-6629

LEGAL ASSISTANCE

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

HELPLINE/WARMLINE

Community Health Resources - Reach Warmline 866-927-6225
Wheeler Clinic Helpline (Statewide) 524-1182

MENTAL HEALTH SERVICES (Adult)

Community Health Resources (CHR) Assessment Center 877-884-3571
CHR, Manchester 646-3888
Hockanum Valley Community Council, Vernon 872-9825
Institute of Living 545-7200
Manchester Memorial Hospital / ECHN 647-6800
Value Options/Behavioral Health Partnership 877-552-8247

MENTAL HEALTH SERVICES (Children/Adolescents) or call your town

Department of Children & Families (Central Office) 550-6300
Catholic Family Services 522-8241
Community Child Guidance Clinic 643-2101
Community Health Resources 877-884-3571
Klingberg Family Centers 224-9113
Hartford Behavioral Health 727-8703
Hockanum Valley Community Council, Vernon 872-9825
Institute for the Hispanic Family - Child Guidance 527-1124
Manchester Memorial Hospital / ECHN 647-6827
New HOPE Manor, Manchester 645-4900
The Village for Families 236-4511
Value Options/Behavioral Health Partnership 877-552-8247
Wheeler Clinic Access Center (Hartford Site) 793-3588

MENTAL HEALTH SUPPORT & ADVOCACY GROUPS

Advocacy Unlimited 667-0460
North Central Regional Mental Health Board 667-6388
Mental Health Association of Connecticut 529-1970
NAMI Connecticut 800-215-3021

METHADONE MAINTENANCE & NEEDLE EXCHANGE

Hartford Dispensary - 335 Broad St, Manchester 643-3210
AIDS Project Hartford - Needle Exchange Program 922-3173
Community Health Services, 500 Albany Ave, Hartford - Needle Exchange
(Daily 11:00 am-1:00 pm Mon-Fri.) Corner of Hungerford & Park Streets, Hartford
(Daily 7:00 am- 9:45 am & 2:00 -3:00 p.m., Mon-Fri)

POLICE DEPARTMENT

Andover Police (State Police Troop K - Routine Calls) 742-0235
Bolton Police (Resident State Trooper) 643-6060
Ellington Police Department (Resident State Trooper) 875-1522
Hebron Police Department (Resident State Trooper) 228-3710
Manchester Police Department 645-5500
South Windsor Police Department 648-6222
Tolland Police Department (Resident State Trooper) 875-8911
Vernon Police Department 872-9126

SHELTERS

Cornerstone Lodge, 1 Prospect St, Vernon (men/women) 871-1823
East Hartford Community Shelter, 385 Main St, (adults/families) 568-0323
Samaritan Shelter/MACC, 486 Main St, Manchester 647-8003
Tri-Town Shelter, 93 East Main St, Vernon 875-9702

TRANSPORTATION

CT Transit (Handicapped or Discount Travel Passes) 525-9181
Dial-A-Ride - Ellington, Manchester, Tolland, Vernon 870-7940
LogistiCare (Non-Emergency Transportation for Medical Appointments) 888-248-9895

EMERGENCY SERVICES

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

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

MENTAL HEALTH OR SUBSTANCE ABUSE ISSUES

NEEDING IMMEDIATE HELP

CHR - North Central Counseling Services
Mobile Crisis Services 877-884-3571
Substance Abuse Treatment & Enhancement
Project - Access Line (SATEP) 800-563-4086

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

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

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

DOMESTIC VIOLENCE

Interval House Hotline 658-7227
Prudence Crandall Center, Inc (888) 774-2900

EMERGENCY ROOMS (Calling ahead is not required)

CT Children's Medical Center @ Hartford Hospital 545-9000
Manchester Memorial Hospital, 71 Haynes St 647-4777
Rockville General Hospital, 31 Union Street, Vernon 872-5291
Hartford Hospital, 80 Seymour Street, Hartford 545-0000
St. Francis Hospital, 114 Woodland Street, Hartford 714-4001

HELPLINE

REACH Warmline/Community Health Resources 866-927-6225
Wheeler Clinic Helpline 524-1188

POISON CONTROL CENTER 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8:00 a.m. - 4:00 p.m.)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

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

SUICIDE

National Suicide Prevention Lifeline 800-273-8255
Suicide INFOLINE 211



THIS RESOURCE CARD IS PROVIDED BY THE
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367 Russell Road, Newington, CT 06111
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