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

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, INC.
367 Russell Road, Newington, CT 06111

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

STATE FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULT RESIDENTS OF AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
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

CAPITOL REGION MENTAL HEALTH CENTER (CRMHC)
500 Vine Street, Hartford, CT 06112
Call 860-297-0800 to Access Services

Services Provided at CRMHC:
- Mobile Crisis Team/Intake/Brief Treatment
- Inpatient Treatment Unit
- HOPE Team (Homeless Services and Outreach)
- Forensic Services
- General Psychiatry Unit
- Co-occurring Disorders Unit
- Nursing Team/Medication Management
- Young Adult Services
- Deaf/Hard of Hearing Team
- Community Support Program
- Jail Diversion
- Medication Management
- Outpatient Counseling
- Shelter Plus Care
- DMHAS-Managed Services Division
- Entitlements/Housing Supports
- Peer Support Center
- Independence Program
- Warm Line / Peer Supports on Telephone
- Daily Living Skills Development
- Employment Supports
- Money Management

CRMHC provides services for people who have private insurance, Medicaid, Medicare, or no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
DMHAS information at: www.ct.gov/dmhas
Service information at: www.ct.networkofcare.org

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
AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

INFORMATION AND REFERRAL
Capitol Region Mental Health Center (CRMHC) 279-0800
Access to State Mental Health & Substance Abuse Svc 800-232-4424
Connecticut Clearinghouse (Educational Materials) 211
INFORMATION (Can Provide Additional Service Listings)
HelpLine (Wheeler Clinic Support Phone Service) 524-1182
Warmline (CRMHC Peer Support Phone) Monday - Friday 297-0884
Weekends 297-0920

ADDITIONAL SERVICES
Alcoholics Anonymous 282-5924
Alcohol & Drug Recovery Centers, Hartford (ADRC) 714-3700
Alliance Treatment Center - CMHA, New Britain 223-7707
Blue Hills Hospital (Detox for those w/o payment source) 293-6400
Community Renewal Team 714-9200
John Dempsey Hospital - UCONN, Farmington 679-5553
Latinos Community Services, Hartford 296-6400
Narcotics Anonymous 800-627-3543
Substance Abuse Treatment & Enhancement Project 800-563-4086
Value Options/Behavioral Health Partnership 877-552-8247
Wheeler Clinic Access Center 793-3588

DENTAL SERVICES
Connecticut Dental Health Partnership 866-420-2924

ENTITLEMENTS / BENEFITS
Care for Kids (Childcare Subsidies) 888-214-KIDS
CT Dept. of Social Services, 3580 Main St (Main Tel) 723-1000
Social Security Administration 877-619-2851
SAGA (State Administered General Assistance) 842-1508
WIC - CT Dept. of Public Health 741-2142
WIC - Hartford Dept. of Health & Human Services 543-8835
U.S. Dept. of Veteran’s Affairs 800-827-1000

FAMILY SUPPORT ORGANIZATIONS
AFCAMP - African Caribbean American Parents of Children 297-4358
Asian Family Services 951-8770
Families United for Children’s Mental Health 866-439-0788
PADRES Abriendo Puertas 800-215-3021
NAMI Connecticut 951-3325
Southeast Asian Collaboration 951-3325

FOOD ASSISTANCE / PANTRIES
Avon - Dept. of Social Services 409-4346
Canobie Pond Cafe - Trinity Episcopal Church 693-4606
Farmington Food Pantry 675-2390
Meals on Wheels - Community Renewal Team 560-5828
Meals on Wheels - CW Resources 229-7700
Simsbury Department of Social Services 658-3283
West Hartford Department of Social Services 576-7516

HEALTH & HUMAN SERVICES
Avon Dept. of Social Services (for Avon and Canton) 409-4346
Community Foundation of Farmington 675-2390
Simsbury Department of Social Services 658-3283
West Hartford Department of Social Services 576-7516

HEATING / UTILITY / ENERGY ASSISTANCE
(As of call time) (Social Services) 850-0000
Community Renewal Team 560-5800
AT&T 800-288-2820

HIV/AIDS TESTING
National AIDS HOTLINE 800-342-2437

HOSPITALS
Bristol Hospital, Bristol 585-3000
Charlotte Hungerford Hospital, Torrington 496-8565
John Dempsey Hospital—UCONN, Farmington 679-2000
Hartford Hospital, Hartford 545-5000
St. Francis Hospital, Hartford 714-4000
Behavioral Health Admissions 714-2470
The Hospital of Central Connecticut, New Britain 224-5561

EMERGENCY SERVICES
AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
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THE FOLLOWING SERVICES ARE AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK UNLESS NOTED OTHERWISE.

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

MENTAL HEALTH OR SUBSTANCE ABUSE CRISIS NEEDING IMMEDIATE HELP
Capitol Region Mental Health Center 297-0999
For emergency psychiatric or substance abuse crisis.

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES
Wheeler Clinic 866-261-0893
For any crisis involving children/youth ages birth to 17

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

DOMESTIC VIOLENCE
Interval House Hotline 658-7272
Statewide Domestic Violence Centers 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)
Bristol Hospital, Bristol 585-3273
Connecticut Children’s Medical Ctr, Hartford Hosp 545-9000
Charlotte Hungerford Hospital, Torrington 466-6600
John Dempsey Hospital - UCONN, Farmington 679-2588
Hartford Hospital, 85 Jefferson St, Hartford 545-2515
Hospital of Central CT, 100 Grand St, New Britain 224-5671
St. Francis Hospital, 114 Woodland St, Hartford 714-4001

POISON CONTROL CENTER - CONNECTICUT 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8 - 4)

SEXUAL ASSAULT CRISIS SERVICES (SACS)
CT Sexual Assault Crisis Svc 888-999-5545
(English) 888-568-8332
(Spanish)

SUBSTANCE ABUSE DETOXIFICATION TREATMENT
Alcohol & Drug Recovery Centers (ADRC), Hartford 714-3700
Blue Hills Hospital, Hartford 253-6400
Substance Abuse Treatment & Enhancement Project (SATEP) for Referrals & Detoxification Center 800-563-4086

SUICIDE
National Suicide Prevention Lifeline (English) 800-273-8255
(Spanish) 800-626-6504
Wheeler Clinic Helpline 524-1182

THIS RESOURCE CARD IS PROVIDED BY THE NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD, INC.
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