

## 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

## AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD



## 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](http://www.ncrmhb.org)

November 2012

## 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](http://www.ct.gov/dmhas)

Service information at: [www.ct.networkofcare.org](http://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](http://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  
Connecticut Clearinghouse (Educational Materials) 800-232-4424  
INFOLINE (Can Provide Additional Service Listings) 211  
HelpLine (Wheeler Clinic Support Phone Service) 524-1182  
Warmline (CRMHC Peer Phone Support) Monday - Friday 297-0884  
Weekends 297-0920

### ADDICTION 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 679-2553  
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 297-4391  
NAMI Connecticut 800-215-3021  
Southeast Asian Collaboration 951-3325

### FOOD ASSISTANCE / PANTRIES

Avon - Dept. of Social Services 409-4346  
Canton Food Bank - 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 Human Services 561-7561

### HEALTH & HUMAN SERVICES

Avon Dept. of Social Services (for Avon and Canton) 409-4346  
Town of Farmington Community Services 675-2390  
Simsbury Department of Social Services 658-3283  
West Hartford Department of Human Services 561-7561

### HEATING / UTILITY / ENERGY ASSISTANCE

(or call town Human/Social Services Depts. listed above)

Community Renewal Team 560-5800  
AT & T 800-288-2020

### HIV/AIDS TESTING

National AIDS HOTLINE 800-342-2437

### HOSPITALS

Bristol Hospital, Bristol 585-3000  
Charlotte Hungerford Hospital, Torrington 496-6666  
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

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MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES  
AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD

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### HOUSING ASSISTANCE PROGRAMS

Imagineers (Section 8 / Moderate Rehabilitation) 522-1028  
My Sister's Place (Bridge Subsidy, Security Deposit Loans) 522-0416

### LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299  
Protection & Advocacy for Persons w/Disabilities 800-842-7303  
Statewide Legal Services of Connecticut 800-453-3320

### MENTAL HEALTH SERVICES (Adult)

Capitol Region Mental Health Center 297-0800  
Chrysalis Center 263-4400  
CRT - Behavioral Health Services 714-9200  
Hartford Hospital—Outpatient Psychiatric Clinic 545-7330  
Institute of Living Assessment Center 545-7200  
John Dempsey Hospital—Outpatient Counseling 679-6700  
The Hospital of Central CT - Counseling Center 224-5804  
St. Francis Hospital Outpatient Counseling Center 714-2747  
Value Options/Behavioral Health Partnership 877-552-8247  
Wheeler Clinic Access Center (Hartford Site) 793-3588

### MENTAL HEALTH SERVICES (Children/Adolescents)

The Bridge Family Center 521-8035  
Catholic Family Services 524-8974  
CRT (Adolescents with HIV / AIDS) 714-2996  
HopeWorks 561-1175  
Klingberg Family Centers 224-9113  
Family Services of Central Connecticut 589-6333  
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  
Rec/Phoenix Club 263-4000

### METHADONE MAINTENANCE

Community Substance Abuse 247-8300  
Hartford Dispensary - Hartford Clinic, 345 Main St 525-2181  
New Britain Clinic, 19 Rockwell Ave 827-3313

### POLICE DEPARTMENTS

Avon Police Department 677-9746  
Canton Police Department 693-0221  
Farmington Police Department 675-2400  
Simsbury Police Department 658-3100  
West Hartford Police Department 523-5203

### SHELTERS - INFOLINE (can provide additional listings @ 211)

Friendship Center, 241-249 Arch Street, New Britain 225-0211  
Immaculate Conception Shelter, 560 Park St., Hartford 724-4823  
(men in shelter/women in day program)  
Marshall House, 225 So. Marshall St., Hartford 543-8423  
My Sister's Place, 102 Capen St, (women & children) 522-0416  
Open Hearth, 437 Sheldon St. (men only) 525-3447  
South Park Inn, 75 Main St. (men, women & children) 724-0071  
Stewart McKinney Shelter, 34 Huyshope Ave. (men only) 722-6920  
YWCA of the Hartford Region, 135 Broad St, Hartford 525-1163

### TRANSPORTATION

CT Transit (Handicapped or Discount Travel Passes) 525-9181  
Dial-A-Ride 724-5340  
LogistiCare (Non-Emergency Transportation for Medical Appts) 888-248-9895

## 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 658-7227  
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 496-6650  
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 Svcs (English) 888-999-5545  
(Spanish) 888-568-8332

### SUBSTANCE ABUSE DETOXIFICATION TREATMENT

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

### SUICIDE

National Suicide Prevention Lifeline (English) 800-273-8255  
(Spanish) 800-628-9454  
Suicide INFOLINE 211  
Wheeler Clinic Helpline 524-1182



THIS RESOURCE CARD IS PROVIDED BY THE  
NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD, Inc.  
367 Russell Road, Newington, CT 06111  
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at [www.ncrmb.org](http://www.ncrmb.org)