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.

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.
567 Russell Road, Newington, CT 06111

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

January 2013
NON-EMERGENCY
MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES
THE CITY OF 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) 523-9788
WarmLine - CRMHCP - Peer Phone Support (Mon - Fri 1-3:30 pm) 297-8844
Weekends (Sat. & Sun. 9:30 am - 6:00 pm) 297-0920

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) 424-4900
Medicare 800-MEDICARE
Social Security Administration 877-619-2851
SAGA (State Administered General Assistance) 424-5250
WIC - Department of Health & Human Services 757-4780
U.S. Dept. of Veteran’s Affairs 800-827-1000

FAMILY SUPPORT ORGANIZATIONS
African Caribbean American Parents of Children with Disabilities (AFCAPM) 297-4358
Asian Family Services – Community Renewal Team (ext.1) 951-8770
PADRES Abriendo Puertas 297-4391
NAMI Connecticut 800-215-3021
Mi Casa Family Services and Educational Center 522-5222

FOOD ASSISTANCE / PANTRIES
Asylum Avenue Baptist Church Soup Kitchen 643-9582
Blackwell Memorial AME Zion Church Food Pantry 242-8859
Cathedral of St Joseph Food Pantry - Asylum Hill Residents 578-1434
Hands on Hartford - MANA 728-3201
Glory Chapel Food Pantry 278-5247
Meals on Wheels - Community Renewal Team 560-5825
Meals on Wheels - CWI Resources 229-7700
Saints Avenue Church’s Food Pantry 522-7128
Shiloh Baptist Church Soup Kitchen, Food Pantry 522-9350

HARTFORD PUBLIC SCHOOLS
Social Work and Psychology Department 695-8451

HEALTH & HUMAN SERVICES
Charter Oak Health Center, 401 New Britain Ave, Hartford 550-7500
21 Grand Street, Hartford
Community Health Services 249-9625
Hartford Department of Health & Human Services 543-8360
Hispanic Health Council 527-0856

HEATING/UTILITY/ENERGY ASSISTANCE
Community Renewal Team (Energy Assistance) 560-5800
AT & T 800-288-2820
CT Natural Gas 524-8361

HIV/AIDS TESTING
Hartford Gay/Lesbian Collective, 1841 Broad Street 278-4163
National AIDS HOTLINE 800-342-4377

HOSPITALS
Connecticut Children’s Medical Center, Hartford 545-9000
John Dempsey Hospital—UCONN, Farmington 679-2000
Hartford Hospital, Hartford 543-1700
St. Francis Hospital, Hartford 714-4000

HOUSING ASSISTANCE PROGRAMS
Imagineers (Section 8 / Moderate Rehabilitation) 522-1028
My Sister’s Place (Bridge Subsidy, Security Deposit Loans) 895-6629

LEGAL ASSISTANCE
AIDS Legal Network 541-5027
Connecticut Legal Rights Project 877-402-2299
Protection & Advocacy for Individuals w/Mental Illness 297-4300
Statewide Legal Services of Connecticut 800-453-3320

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ADDITIONAL SERVICES
Alcohol & Drug Recovery Centers (ADRC) 714-3700
Alcoholics Anonymous 282-5924
Bluestone Hospital (Detox for those w/o payment source) 258-6600
Community Renewal Team - Access to Recovery Program 761-7913
Community Substance Abuse 247-8300
CT Community for Addiction Recovery (CCAR) 244-2227
Hartford Dispensary—Hartford Clinic, Main Street 527-6100
Hartford Clinic, Westown Street 527-6100
Institute of the Hispanic Family 524-8974
John Dempsey Hospital—Outpatient 679-2888
Latino Community Services 296-6400
Narcotics Anonymous 800-627-3543
Substance Abuse Treatment & Enhancement Project 800-563-4086
United League of Greater Hartford (Women’s Referrals) 860-243-7222
Value Options/Behavioral Health Partnership 877-552-8247

MENTAL HEALTH SERVICES (Adult)
Capitol Region Mental Health Center 297-0800
Charitable Institutes - For the Hispanic Family 524-8974
Catholic Family Services 522-8241
Chrysalis Center 263-4400
Center for Human Development / CT Outreach (CHD) 951-3325
CRT - Behavioral Health Services (Mt. Sinai Hospital) 714-9200
Hartford Behavioral Health 727-8703
Hartford Hospital - Outpatient Psychiatric Clinic 545-7330
Institute of Living Assessment Center 545-7200
John Dempsey Hospital—Outpatient Counseling 679-6700
St. Francis Hospital - Behavioral Health Department 714-2747
Value Options/Behavioral Health Partnership 877-552-8247
Wheeler Clinic Access Center (Hartford Site) 793-3588

MENTAL HEALTH SERVICES (Children)
Catholic Family Services 522-8241
Hartford Behavioral Health 727-8703
Institute for the Hispanic Family - Child Guidance 524-8974
Institute of Living 545-7200
Kingsberg Family Centers 224-9113
The Village for Families 236-4511
Wheeler Clinic Access Center (Hartford Site) 793-3588

MENTAL HEALTH SUPPORT & ADVOCACY GROUPS
Advocacy Unlimited 667-0460
North Central Regional Mental Health Board 667-6368
Mental Health Association of Connecticut 529-1970
NAMI Connecticut 800-215-3021

METHAODINE MAINTENANCE & NEEDLE EXCHANGE
AIDS Project Hartford (call for information) 922-3173
Community Health Services, 800 Albany Ave, Hartford (Daily 11:00 am-1:00 pm Monday - Friday) 525-2181
Corner of Hungerford & Park Streets, Hartford (Daily 7:00 am – 9:45 am & 2:00 - 3:00 p.m., Mon-Fri) 252-2476
Hartford Dispensary, 345 Street, Hartford 727-0645

POLICE DEPARTMENT
Hartford Police Department 757-4000

SHELTERS (INFO LINE can provide additional listings @ 211)
244-4823
Immaculate Conception Shelter, 560 Park St. (men only) 525-3447
Open Hearth, 437 Sheraton St. (men only) 543-8423
Marshall House, 225 So. Marshall St. (families/women) 724-6071
South Park Inn, 75 Main St. (men, women & children) 724-6922
Stuart McKinney Shelter, 34 Huyshope Ave. (men only) 727-0645
YWCA of the Hartford Region, 135 Broad St (women only)

TRANSPORTATION
CT Transit (Handicapped or Discount Travel Passes) 525-9181
Dial-A-Ride 888-248-3995
LogistiCar (Non-Emergency Transportation for Medical Appts)