

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.

CITY OF 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

January 2013

STATE FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULT RESIDENTS FROM THE CITY OF 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
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 - CRMHC - Peer Phone Support (Mon - Fri 1-3:30 pm) 297-0844
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) 424-4908
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 (AFCAMP) 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 242-9859
Cathedral of St Joseph Food Pantry - Asylum Hill Residents 578-1434
Hands on Hartford - MANNA 728-3201
Glory Chapel Food Pantry 278-5247
Meals on Wheels - Community Renewal Team 560-5825
Meals on Wheels - CW Resources 229-7700
Saint Augustine's Church 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 543-8860
Hispanic Health Council 527-0856

HEATING/UTILITY/ENERGY ASSISTANCE

Community Renewal Team (Energy Assistance) 560-5800
AT & T 800-288-2020
CT Natural Gas 524-8361

HIV/AIDS TESTING

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

HOSPITALS

Connecticut Children's Medical Center, Hartford 545-9000
John Dempsey Hospital—UCONN, Farmington 679-2000
Hartford Hospital, Hartford 545-5000
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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ADDICTION SERVICES

Alcohol & Drug Recovery Centers (ADRC) 714-3700
Alcoholics Anonymous 282-5924
Blue Hills Hospital (Detox for those w/o payment source) 293-6400
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 525-2181
Hartford Clinic, Weston Street 527-5100
Institute of the Hispanic Family 524-8974
John Dempsey Hospital—Outpatient 679-2553
Latino Community Services 296-6400
Narcotics Anonymous 800-627-3543
Substance Abuse Treatment & Enhancement Project 800-563-4086
Urban League of Greater Hartford (Women's Referrals) 527-0147
Value Options/Behavioral Health Partnership 877-552-8247

MENTAL HEALTH SERVICES (Adult)

Capitol Region Mental Health Center 297-0800
Catholic Charities - Institute 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
Klingberg 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 667-6388
Mental Health Association of Connecticut 529-1970
NAMI Connecticut 800-215-3021

METHADONE MAINTENANCE & NEEDLE EXCHANGE

AIDS Project Hartford (call for information) 922-3173
Community Health Services, 500 Albany Ave, Hartford
(Daily 11:00 am-1:00 pm Monday - Friday)
Corner of Hungerford & Park Streets, Hartford
(Daily 7:00 am - 9:45 am & 2:00 -3:00 p.m., Mon-Fri) 525-2181
Hartford Dispensary, 345 Main Street, Hartford

POLICE DEPARTMENT

Hartford Police Department 757-4000

SHELTERS (INFOLINE can provide additional listings @ 211)

Immaculate Conception Shelter, 560 Park St. (men only) 724-4823
Open Hearth, 437 Sheldon St. (men only) 525-3447
Marshall House, 225 So. Marshall St. (families/women) 543-8423
South Park Inn, 75 Main St. (men, women & children) 724-0071
Stewart McKinney Shelter, 34 Huyslope Ave. (men only) 722-6922
YWCA of the Hartford Region, 135 Broad St (women only) 727-0645

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

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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

Call INFOLINE for direct statewide transfer 211

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 Crandell Center, Inc. 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Connecticut Children's Medical Ctr, @ Hartford Hosp 545-9000

Hartford Hospital, 85 Jefferson St, Hartford 545-0000

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 800-273-8255

Suicide INFOLINE 211

Wheeler Clinic Helpline 523-9788



THIS RESOURCE CARD IS PROVIDED BY THE
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