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.
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 ADULTS RESIDENTS OF EAST HARTFORD, GLASTONBURY, MARLBOROUGH, NEWINGTON, ROCKY HILL & WETHERSFIELD

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

INTERCOMMUNITY, INC.
281 Main Street, East Hartford, CT 06118
Call 860-569-5900 to Access Services
Website: www.intercommunityct.org
Email: Info@icmhg.org

Services Provided at InterCommunity, Inc:
- Outpatient Counseling
- Community Support Services
- Mobile Crisis Services
- Intensive Outpatient Program
- Homeless Outreach
- Medication Management
- Social & Rehabilitation Supports
- Vocational / Employment Supports
- Housing Programs and Supports
- Family and Parenting Support Groups

InterCommunity provides services for children and adults 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.