**North Central Regional Mental Health Board**

**THE CITIZEN'S VOICE IN MENTAL HEALTH**

North Central Regional Mental Health Board is a grassroots citizen's advisory board for state-funded mental health services for adults provided by the Department of Mental Health and Addiction Services (DMHAS).

We bring towns, people in recovery, families, state-operated and private providers together to exchange information, evaluate services, and develop needed services.

We want our citizens to know that there are a variety of state-funded community mental health services for people who are uninsured or underinsured.

- Counseling, Medications, and Other Care
- Outpatient Counseling
- Case Management / Service Coordinator
- Mobile Crisis Services
- Jail Diversion
- Forensic Services
- Assertive Community Treatment / In-Home Treatments
- Homeless Outreach
- Medication Management
- Acute Inpatient Units

Help with Living in the Community
- Money Management and Entitlements
- Daily Living Skills Development
- Housing Supports
- Employment Supports
- Peer Supports
- Warmline Support / Peer Support on Telephone
- Social Clubs and Recreation
- Specialized Young Adult Services

**To access state-funded mental health services call Community Health Resources at 860-826-1358. For customer rights and grievances, call DMHAS at 860-418-6933.**

To join our citizen's advisory board, call North Central Regional Mental Health Board at 860-667-6388.

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**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.

**Preventive Health Measures**

- Health education
- Health promotion
- Early recognition
- Early treatment
- Early intervention

**How to Help**

- Offer support
- Offer assistance
- Encourage treatment
- Avoid blame
- Encourage self-help

**Search for Support**

For more information or support, contact community resources.

- Community Health Resources
- Mental Health Rehabilitation Services
- Family & Support Services
- Peer Support Services
- Employment Support Services
- Housing Support Services
- Education & Work Support Services
- Substance Abuse Support Services
- Peer Recovery Support Services

**Contact Information**

- North Central Regional Mental Health Board
- 367 Russell Road, Newington, CT 06111
- Phone: 860-667-6388

**Access cards online at**

www.ncrmhb.org

**Emergency & Non-Emergency Telephone Directory**

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

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

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