

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.

BLOOMFIELD, EAST GRANBY, EAST WINDSOR, ENFIELD, GRANBY, SOMERS, STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS



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**
367 Russell Road, Newington, CT 06111

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

October 2012

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.



NON-EMERGENCY

MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES
BLOOMFIELD, E GRANBY, E WINDSOR, ENFIELD, GRANBY, SOMERS,
STAFFORD, SUFFIELD, WINDSOR & WINDSOR LOCKS

ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

GENERAL INFORMATION AND REFERRAL

(Or call your town's Human/Social Services Dept. below)

Connecticut Clearinghouse (Educational Materials) 800-232-4424
INFOLINE (Can Provide Additional Service Listings) 211
HelpLine (Wheeler Clinic Support Phone Service) 524-1182

ADDICTION SERVICES

ADRC—Mt. Sinai/St. Francis Inpatient / Outpatient 714-3700
Alcoholics Anonymous 282-5924
Blue Hills Hospital (Detox for those with no payment source) 293-6400
Community Renewal Team - Access to Recovery Program 761-7913
Narcotics Anonymous 800-627-3543

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) 800-842-1508
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 ORGANIZATIONS

AFCAMP - African Caribbean American Parents of Children with Disabilities 297-4358
Asian Family Services— Community Renewal Team 951-8770 ext 1
FAVOR - Family Advocacy for Children's Mental & Behavioral Health 563-3232
PADRES Abriendo Puertas 297-4391
NAMI Connecticut 800-215-3021

FOOD ASSISTANCE / PANTRIES

Foodshare, Bloomfield 286-9999
Glory Chapel Food Pantry, 19 May Street 278-5247
Meals on Wheels - Community Renewal Team 560-5828
Meals on Wheels - CW Resources 229-7700
Shiloh Baptist Church Soup Kitchen, Food Pantry & Clothing Bank 350 Albany Avenue 522-9350

HEATING & UTILITIES ASSISTANCE

(Or call your towns Human/Social Services Dept.) 560-5800
Community Renewal Team (Energy Assistance) 800-286-2000
Northeast Utilities (CL&P) 800-288-2020
AT & T 524-8361
CT Natural Gas

HELPLINE/WARMLINE

Community Health Resources - Reach Warmline 866-927-6225
Wheeler Clinic Helpline (Statewide) 524-1182

HUMAN & SOCIAL SERVICES

Bloomfield Social & Youth Services 242-1895
Bloomfield Social & Youth Services 653-4371
East Granby Social Services 623-2430
East Windsor Human Services 253-6395
Enfield Social Services 844-5350
Granby Social Services 749-7160
Somers Social Services 684-4239
Stafford Family/Social Services 668-1986
Suffield Emergency Aid Association 285-1839
Windsor Social Services 627-1446
Windsor Locks Social Services

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
Johnson Memorial Hospital, Stafford Springs 684-4251
Hartford Hospital, Hartford 545-5000
St. Francis Hospital, Hartford 714-4000

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HOUSING ASSISTANCE PROGRAMS

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

LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299
Protection & Advocacy for Persons with Disabilities 297-4300
Statewide Legal Services of Connecticut 800-453-3320

MENTAL HEALTH SERVICES (Adult)

Hartford Hospital - Outpatient Psychiatric Clinic 545-7330
CHR - North Central Counseling Services, Enfield 253-5020
Institute of Living Assessment Center 545-7200
Johnson Memorial Hospital, Stafford Springs (Inpatient) 684-8290
Value Options/Behavioral Health Partnership 877-552-8247

MENTAL HEALTH SERVICES (Children) or call your town

Department of Children & Families (Central Office) 550-6300
Catholic Family Services 522-8241
Community Health Resources - NCCS 877-884-3571
Klingberg Family Centers 224-9113
Hartford Behavioral Health 727-8703
Institute for the Hispanic Family - Child Guidance 524-8974
Institute of Living 545-7200
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

METHADONE MAINTENANCE

Hartford Dispensary, 345 Broad St, Manchester 643-3210

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)

POLICE DEPARTMENT

Bloomfield Police Department 242-5501
East Granby Police Department 653-5385
East Windsor Police Department 292-8240
Enfield Police Department 763-6400
Granby Police Department 844-5335
Somers Police Department 749-4955
Stafford Police Department 684-3777
Suffield Police Department 668-3870
Windsor Police Department 688-5273
Windsor Locks Police Department 627-1461

SHELTERS

The Cornerstone, Rockville, CT 871-1823
Open Hearth, 437 Sheldon Street (men only) Ext. 3 525-3447
Tri-Town Shelter Services, 93 E Main St, Vernon 875-9702
CRT - East Hartford Shelter, 385 Main St, E Hartford 568-0323

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 CRISIS (Medical, Fire, Police or Person is dangerous to self or others.) 911

MENTAL HEALTH OR SUBSTANCE ABUSE ISSUES

NEEDING IMMEDIATE HELP

CHR - North Central Counseling Services
Mobile Crisis Services 877-884-3571

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Call 211 INFOLINE for direct statewide transfer 211
For any crisis involving children/youth ages birth to 17

CHILD ABUSE OR NEGLECT 800-842-2288

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)

Johnson Memorial Hospital 684-8111
Hartford Hospital 545-0000
St. Francis Hospital 714-4001

POISON CONTROL CENTER 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8:00 a.m. - 4:00 p.m.)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

Connecticut Sexual Assault Crisis Svcs (English) 888-999-5545
(Spanish) 888-568-8332

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

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

SUICIDE

National Suicide Prevention Lifeline 800-273-8255
Suicide INFOLINE 211
Wheeler Clinic Helpline 747-3434



THIS RESOURCE CARD IS PROVIDED BY THE
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