

# Resource Guide for Behavioral Health

## Emergency Services

**FOR ADDICTION TREATMENT 24/7**  
call the Access Line  
**1-800-563-4086**  
(this includes detox and treatment for  
prescription opioids or heroin addiction)

**FIRE/POLICE/AMBULANCE** Call 9-1-1

### **NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)  
1-888-628-9454 (Ayuda en Español)  
TTY: 1-800-799-4TTY (4889)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**SUICIDE HELPLINE (INFOLINE)** Call 2-1-1

### **ALCOHOL AND DRUG RECOVERY CENTERS**

Access line for Referrals and Detoxification  
Center 860-714-3700

### **POISON CONTROL**

1-800-222-1222 [www.aapcc.org](http://www.aapcc.org)

### **SEXUAL ASSAULT CRISIS SERVICES**

English 888-999-5545  
Spanish 888-568-8332

### **WHEELER COMMUNITY RESPONSE TEAM**

860-747-8719

### **WHEELER HELPLINE 24/7**

860-747-3434

## Connecticut Resources

### **ACCESS HEALTH CT**

Health Insurance Marketplace  
1-855-805-4325 TTY 1-855-789-2428  
[www.accesshealthct.com](http://www.accesshealthct.com)

### **ACCESS MENTAL HEALTH CT**

[www.accessmhct.com](http://www.accessmhct.com)

### **BEACON HEALTH OPTIONS (CTBHP)**

1-877-552-8247 TTY 1-866-218-0525  
[www.ctbhp.com](http://www.ctbhp.com)

### **CT 2-1-1** Call 2-1-1

[www.211ct.org](http://www.211ct.org)

### **CT ALLIANCE TO END SEXUAL VIOLENCE**

1-888-999-5545  
[www.endsexualviolencect.org](http://www.endsexualviolencect.org)

### **CT COALITION AGAINST DOMESTIC VIOLENCE**

860-282-7899 [www.ctcadv.org](http://www.ctcadv.org)  
1-888-774-2900 (Crisis Line)

### **CT COALITION TO STOP UNDERAGE DRINKING**

860-523-8042  
[www.preventionworksct.org/CCSUD.html](http://www.preventionworksct.org/CCSUD.html)

### **CT COUNCIL ON PROBLEM GAMBLING**

1-888-789-7777 (Helpline) [www.ccpvg.org](http://www.ccpvg.org)

### **CT SUICIDE PREVENTION**

[www.preventsuicidect.org](http://www.preventsuicidect.org) Call 2-1-1

### **CT NETWORK OF CARE**

[www.connecticut.networkofcare.org](http://www.connecticut.networkofcare.org)

### **CT QUITLINE (Tobacco)**

1-800-QUIT-NOW  
[www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)

### **CT YOUTH SERVICES ASSOCIATION**

[www.ctyouthservices.org/Find\\_A\\_YSB](http://www.ctyouthservices.org/Find_A_YSB)

Mental health and substance use  
disorders affect people from all walks  
of life and all age groups. These are  
common, recurrent, and often  
serious, but they are treatable and  
many people do recover.

### **CT COMMUNITY FOR ADDICTION RECOVERY**

800-708-9145 <https://ccar.us>

### **CONNECTICUT CLEARINGHOUSE**

A library and resource center on alcohol, tobacco,  
other drugs, mental health and wellness  
1-800-232-4424 [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

### **FATHERHOOD INITIATIVE OF CT**

1-866-6-CTDADS [www.ct.gov/fatherhood](http://www.ct.gov/fatherhood)

### **MOBILIZE AGAINST TOBACCO FOR CHILDREN'S HEALTH (MATCH)**

860-525-9738

### **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT**

860-882-0236 [www.namict.org](http://www.namict.org)  
Helpline 1-800-950-6264

### **OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE**

860-418-6993  
[www.ct.gov/dmhas/cwp/view.asp?q=509650](http://www.ct.gov/dmhas/cwp/view.asp?q=509650)

### **PROTECTIVE SERVICES FOR THE ELDERLY**

888-385-4225

### **TRUE COLORS** (Sexual Minority Youth and Family Services)

860-232-0050 [www.ourtruecolors.org](http://www.ourtruecolors.org)

### **TURNING POINT**

CT website for youth and young adults  
[www.turningpointct.org](http://www.turningpointct.org)

## Support Groups

### **AL-ANON/ALATEEN**

CT Information 1-888-825-2666  
Anywhere, USA 1-800-344-2666  
[www.ctalanon.org](http://www.ctalanon.org)

### **ALCOHOLICS ANONYMOUS (AA)**

Connecticut 1-866-783-7712  
Anywhere, USA 1-800-344-2666  
[www.ct-aa.org](http://www.ct-aa.org)

### **CO-DEPENDENTS ANONYMOUS**

1-888-444-2359 [www.coda.org](http://www.coda.org)

### **FAMILIES ANONYMOUS**

1-800-736-9805  
[www.familiesanonymous.org](http://www.familiesanonymous.org)

### **GAM-ANON FAMILY GROUPS**

CT Hotline  
1-800-266-1908  
National Information 718-352-1671  
[www.gam-anon.org](http://www.gam-anon.org)

### **GAMBLERS ANONYMOUS**

CT Hotline 1-855-222-5542  
National Information 213-386-8789  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### **MARIJUANA ANONYMOUS**

1-800-766-6779 [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

### **MENTAL HEALTH CONNECTICUT**

800-842-1501 [www.mhconn.org](http://www.mhconn.org)

### **NAR-ANON**

CT Information 1-800-477-6291  
[www.nar-anon.org](http://www.nar-anon.org)

### **NARCOTICS ANONYMOUS CT Region**

CT Information 1-800-627-3543  
National Information 1-818-773-9999  
[www.ctna.org](http://www.ctna.org)

### **NATIONAL ALLIANCE ON MENTAL ILLNESS**

800.215.3021 [www.nami.org](http://www.nami.org)

### **NICOTINE ANONYMOUS**

1-877-879-6422 [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### **OVEREATERS ANONYMOUS**

505-891-2664 [www.aa.org](http://www.aa.org)



**CONNECTICUT  
Clearinghouse**

a program of the Connecticut Center  
for Prevention, Wellness and Recovery

**800.232.4424 (phone)**

**860.793.9813 (fax)**

**[www.ctclearinghouse.org](http://www.ctclearinghouse.org)**

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

## National Resources

### **AIDS NATIONAL HOTLINE**

1-800-342-AIDS [www.cdc.gov/hiv](http://www.cdc.gov/hiv)

### **CENTERS FOR DISEASE CONTROL AND PREVENTION**

1-800-232-4636 [www.cdc.gov](http://www.cdc.gov)

### **MENTAL HEALTH AMERICA**

1-800-969-6642 [www.nmha.org](http://www.nmha.org)

### **NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS**

1-888-55-4COAS [www.nacoa.org](http://www.nacoa.org)

### **NATIONAL EATING DISORDERS ASSOCIATION**

800-931-2237 [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### **NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME**

202-785-4585 [www.nofas.org](http://www.nofas.org)

### **NATIONAL SUICIDE PREVENTION LIFELINE**

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1-888-628-9454 (Ayuda en Español)  
TTY: 1-800-799-4TTY (4889)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION**

1-877-726-4727 [www.samhsa.gov](http://www.samhsa.gov)

## State Agencies

### **CT DEPARTMENT OF CHILDREN AND FAMILIES**

1-800-842-2288 Careline [www.ct.gov/dcf](http://www.ct.gov/dcf)

### **CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES**

860-418-7000 [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

### **CT DEPARTMENT OF PUBLIC HEALTH**

860-509-8000 [www.ct.gov/dph](http://www.ct.gov/dph)

### **CT DEPARTMENT OF SOCIAL SERVICES**

1-800-842-1508 [www.ct.gov/dss](http://www.ct.gov/dss)

### **CT DEPARTMENT OF DEVELOPMENTAL SERVICES**

860-418-6000 [www.ct.gov/dds](http://www.ct.gov/dds)

## Signs and symptoms of substance use disorders

### **Behavioral changes, such as:**

- Drop in attendance and performance at work or school
- Frequently getting into trouble (fights, accidents, illegal activities)
- Using substances in physically hazardous situations, such as while driving or operating a machine
- Engaging in secretive or suspicious behaviors
- Changes in appetite or sleep patterns
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation
- Appearing fearful, anxious, or paranoid, with no reason

### **Physical changes, such as:**

- Bloodshot eyes and abnormally sized pupils
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

### **Social changes, such as:**

- Sudden change in friends, favorite hangouts, and hobbies
- Legal problems related to substance use
- Unexplained need for money or financial problems
- Using substances even though it causes problems in relationships

## Early warning signs for mental health disorders

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or doing drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family or friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov/disorders](http://www.samhsa.gov/disorders)

U.S. Department of Health and Human Services  
[www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders](http://www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders)

U.S. Department of Health and Human Services  
[www.mentalhealth.gov/basics/what-is-mental-health/](http://www.mentalhealth.gov/basics/what-is-mental-health/)

