



2021 Mental Health & Substance Use Public & Nonprofit Resources

Greenwich - Stamford - Norwalk & Surroundings

In an Emotional or Addiction Crisis?



CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

Adult mobile psychiatric crisis (8am-4:30pm)	800-586-9903 after 4:30pm call 911
Child (<18yo) mobile psychiatric crisis (24/7) In Greenwich, dial 800-203-1234	Dial 2-1-1, press 1
National Suicide Lifeline (24/7)	800-273-TALK (8255)
Crisis Text Line (24/7)	Send text to 741741
The 24-Hour Hotline (Kids in Crisis)	203-661-1911
Center for Sexual Assault hotline (24/7)	888-999-5545
Domestic Violence Crisis Hotline (24/7)	888-774-2900
Substance Use Access Line (24/7)	800-563-4086
Problem Gambling Helpline (24/7)	888-789-7777
CT Quitline (smoking cessation) (24/7)	800-QUITNOW
COPLINE: National Law Enforcement Officers Hotline (24/7)	800-COP-LINE
Disaster Distress Helpline (24/7)	800-985-5990
Homeless Outreach Team (HOT)	203-579-7300
Talk It Out Warmline (Mon-Fri 8am-8pm/8am-1pm Saturdays)	833-258-5011
Warm Line (mental health peer support, 5-10pm daily)	800-921-0359
Young Adult Warmline (Mon-Sun 12-9pm)	855-6HOPENOW

Town Social Services

Town services can help with benefits, case management & sometimes counseling.

Darien Human Services	203-656-7328	Darien
Greenwich Dept. of Human Services	203-622-3800	Greenwich
New Canaan Human Services	203-594-3076	New Canaan
Norwalk Community Services	203-854-7718	Norwalk
Stamford Social Services	203-977-4050	Stamford
Weston Social Services	203-222-2663	Weston
Westport Human Services	203-341-1050	Westport
Wilton Social Services	203-834-6238	Wilton

Looking for Regional & State Referral Resources?

Not sure how to start? Call 211 first!

Select option 1 for crisis, option 3 for basic needs

The Hub (Behavioral Health Action Organization for Southwestern CT) Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: thehubct.org	203-840-1187
The 24-Hour Hotline (Kids in Crisis)	203-661-1911
Resources to Recover (free mental health info & resources)	203-724-9070,
Southwestern CT Agency on Aging (SWCAA)	203-333-9288
Southwest CT Mental Health System (DMHAS Region 1)	860-418-7000
Courage to Speak Foundation (prevention programs & support groups)	203-247-3975
CT Behavioral Health Partnership (for Medicaid population)	877-552-8247
Department of Children and Families (DCF)	203-384-5300
Department of Mental Health & Addiction Services (DMHAS)	800-446-7348
Department of Rehabilitative Services (DORS, BRS)	203-251-9430
Department of Social Services (DSS)	855-626-6632
Kidsmentalhealthinfo.com (trauma resources for kids)	

Looking for Advocacy & Support for Your Rights?

Advocacy Unlimited	800-573-6929
CT Commission on Human Rights	860-541-3400
CT Family Support Network (help for families with special needs)	203-727-9564
CT Institute for Immigrants & Refugees (immigrant help)	203-336-0141
CT Juvenile Justice Alliance	203-579-2727
CT Legal Rights Project (CLRP)	877-402-2299
CT Parent Advocacy Center (CPAC)	860-739-3089
Disability Rights Connecticut	800-842-7303
FAVOR (Family Advocacy for Children's Mental Health)	860-563-3232
Keep the Promise (KTP)	860-788-6180
National Alliance for Mental Illness (NAMI) Fairfield, CT	800-215-3021
Office of the Healthcare Advocate (OHA)	866-466-4446
State Education Resource Center	860-632-1485
Statewide Legal Services of CT	800-453-3320

**Find additional resources on our website,
www.thehubct.org**



Follow The Hub on Social Media!



Support Services for Behavioral Health

(C)ase Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox, (DV)Domestic Violence, Supported (Ed)ucation, Supported (E)mployment, Supported (H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

Ability Beyond	E	888-832-8247	Stmfd-Norwalk
Bridge House (psychosocial clubhouse)	C, E, R	203-335-5339	Bridgeport
Continuum Crisis & Respite Services	C, R, S	475-282-4985	Regional
CT Community for Addiction Recovery (CCAR)	C, E	800-708-9145	Statewide
Domestic Violence Crisis Center	C, DV	203-588-9100	Stmfd-Norwalk
Domestic Abuse Services of YWCA	C, DV	203-622-0003	Greenwich
Family & Children's Agency - Senior Outreach	C	203-831-2900	Norwalk
Family Centers, Inc.	E, V	203-324-3167	Grwch-Stmfd
Family Re-Entry	CJ, DV	203-838-0496	Norwalk
Jewish Family Services	C	203-622-1881	Greenwich
Keystone House, Inc.	CSP, E, H, R	203-855-7920	Norwalk
Kids in Crisis	C, S	203-327-KIDS	Stamford
Know How To Go	T	203-365-8522 ext. 263	
Laurel House, Inc.	C, CSP, Ed, E, H, R	203-324-1816	Stamford
Liberation Programs	H	203-851-2077	Various
Mental Health CT	C, CSP, H	203-323-3337	Stamford
Mid-Fairfield AIDS Project (needle exchange)	C, H, needle	203-855-9535	Norwalk
Norwalk Hospital	CSP	866-642-9355	Norwalk
Pathways	CSP, E, H, R	203-869-5656	Greenwich
Project Return (females 18-21 only)	H, R	203-222-8129	Westport
Rowan Center for Sexual Assault	DV	203-348-9346	Stamford

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(H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

St. Vincent's Community Residential Services	H, R	203-362-3920	Bridgeport
Triangle Community Center (LGBTQ)	C	203-853-0600	County
Veyo	T	855-478-7350	Statewide
Young Adult Space (Drop-in center, Mon-Thu 1-6pm)	C	203-853-0600	Norwalk

Basic Needs (shelter, benefits, energy assistance)

Homeless and need shelter? Dial 2-1-1, Option 3

Need food? Text 211food to 898211, then send your zip code to get options near you.

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(H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

The 24-Hour Hotline (Kids in Crisis)		203-661-1911	Greenwich
ALLIANCE for Community Empowerment, Inc. Used to be ABCD 203-838-8110	C, S	203-366-8241	Norwalk
American Job Center	E	203-353-1702	Stamford
Community Action Agency of Western CT	C	203-602-8833	Various
Errera Homeless Outreach for Veterans	S, V	203-932-5711	Statewide
Homes for the Brave (homeless vets only)	E, H, R, V	203-338-0669	Bridgeport
Homes with Hope	E, H, S	203-226-3426	Westport
Inspirica, Inc.	H, S	203-388-0100	Stamford
Malta House (pregnant & parenting women)	C, S	203-857-0088	Norwalk
Open Door Shelter	E, H, S	203-866-1057	Norwalk
Pacific House (formerly Shelter for the Homeless)	S, V	203-348-2792	Stamford
Person-to-Person	C	203-939-1650	Norwalk
Person-to-Person	C	203-655-0048	Darien
Victims of Crime Act (VOCA)	C	800-505-9000	Various
Housing for Success (DCF Youth)	H	203-333-2335	Various
Housing Plus - (Homeless Youth)	H	203-690-1057	Various

Adult Behavioral Health Treatment

Key: (MH) Mental Health, (SUD) Substance Use Disorder (D)etox, (H)ome, (I)npatient, Intensive (IOP), (MAT) Medication-Assisted Treatment (Opioid Dependence), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital Program, (R)esidential

Substance Use Access Line: 800-563-4086 Statewide

**Addiction Services: bed availability (detox, sober homes, etc.)
www.ctaddictionservices.com**

Catholic Charities	MH	O	203-750-9711	Norwalk
Center for Hope (grief counseling)	MH	O	203-655-4693	Darien
Christian Counseling Center	MH	O	203-846-4626	Norwalk
Circle Care (specializing in LGBTQ)	MH	O	203-852-9525	Norwalk
Community Counseling Centers, Inc.	MH	O	203-323-8560	Stamford
Community Health Center, Day Street	MH, SUD	MAT, O	203-854-9292	Norwalk
Community Health Center, Franklin Street	MH, SUD	O	203-969-0802	Stamford
CT Counseling Centers	MH, SUD	IOP, MAT, O	203-838-6508	Norwalk
CT Counseling Centers	MH, SUD	IOP, MAT, O	203-653-3038	Stamford
CT Renaissance, Inc. (includes problem gambling)	MH, PG, SUD	IOP, O	203-866-2541	Various
Family & Children's Agency	MH	O	203-855-8765	Norwalk
Family & Children's Agency (Project Reward/women)	SUD	IOP, O	203-855-8765	Norwalk
Family Centers, Inc.	MH	O	203-324-3167	Stamford
Family Centers, Inc.	MH	O	203-869-4848	Greenwich
Family Centers, Inc.	MH,	O	203-655-0547	Darien
Families in Recovery Program (pregnant & parenting)	SUD	I, R	203-851-2077	Norwalk
Four Winds Hospital	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY

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<u>F.S. Dubois Center (DMHAS) (appointments)</u>	MH, SUD	O	203-388-1600	Stamford
<u>Greenwich Hospital Addiction Recovery Center</u>	SUD	D, I, IOP, O	203-863-4673	Greenwich
<u>Greenwich Hospital Behavioral Health</u>	MH	O	203-863-3627	Greenwich
<u>Jewish Family Services of Greenwich</u>	MH	O	203-622-1881	Greenwich
<u>Liberation Programs</u>	SUD, MH	Schools, O, I, IOP	855-LIB-PROG	Regional
<u>Norwalk Community Health Center</u>	MH	O	203-899-1770	Norwalk
<u>Norwalk Hospital</u>	MH, SUD	D, I, IOP, O, PHP	203-852-2988	Norwalk
<u>Optimus Behavioral Health</u>	MH	O	203-621-3700	Stamford
<u>Positive Directions (includes problem gambling)</u>	MH,PG, SUD	O	203-227-7644	Westport
<u>Saint Vincent's Behavioral Health Services</u>	MH, SUD	IOP, MAT, O	203-221-8899	Norwalk
<u>Saint Vincent's Behavioral Health Services</u>	MH, SUD	D, I	203-227-1251	Westport
<u>Schoke Jewish Family Services</u>	MH	O	203-921-4161	Stamford
<u>Schoke Jewish Family Services</u>	MH	O	203-454-4992	Westport
<u>Silver Hill Hospital</u>	MH, SUD	D, I, IOP, MAT, O	866-542-4455	New Canaan
<u>Stamford Hospital</u>	MH	I	203-276-7010	Stamford

Children's Behavioral Health Treatment (ages 0-18)

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Catholic Charities	MH	O	203-750-9711	Norwalk
Child & Family Guidance Turning Point teen substance use program	MH, SUD	O	203-394-6529 ext. 3557	Regional
Child Guidance of Mid-Fairfield County	MH	O	203-299-1315	Norwalk
Child Guidance Center of Southern CT	MH	O	203-324-6127	Various
Community Counseling Centers (formerly Stamford Counseling)	MH, SUD	O	203-323-8560	Various
Community Health Center, Day Street	MH, SUD	O	203-854-9292	Norwalk
Community Health Center, Franklin Street	MH, SUD	O	203-969-0802	Stamford
CT Renaissance	MH, PG, SUD	H, IOP, O	203-336-5225	Various
Family and Children's Agency	MH	H, O	203-855-8765	Norwalk
Family Centers, Inc.	MH	O	203-869-4848	Regional
Four Winds Hospital	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
Jewish Family Services of Greenwich	MH	O	203-622-1881	Greenwich
Liberation Programs (Youth & Family Resources)	SUD, MH	Schools, O, I, IOP	855-LIB- PROG	Greenwich
Norwalk Youth Services (ages 11-18, Norwalk only)	MH	O	203-854-7785	Norwalk
Positive Directions (ages 12+)	MH, SUD, PG	O	203-227-7644	Westport
Schoke Jewish Family Services	MH, PG, SUD	O	203-921-4161	Stamford
Silver Hill Hospital (ages 13+)	MH, SUD	I, O	866-542-4455	New Canaan
St. Vincent's Behavioral Health Services	MH, SUD	IOP, O, I	203-221-8899	Norwalk

Specialty Services

The for-profit agencies below offer specialized services.

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<u>Anxiety Institute (ages 18-25)</u>	MH	O	203-489-0888	Greenwich
<u>AWARE Recovery (in-home addiction recovery)</u>	MH, SUD	H	844-292-7372	Various
<u>Causeway Collaborative (failure to launch young men)</u>	MH	O, mentoring	203-255-0301	Westport
<u>Center for Discovery (eating disorders, mental health)</u>	MH	IOP, O, R	877-649-8241	Various
<u>Centro Bienestar (EN ESPANOL)</u>	MH	O	203-883-8135	Stamford
<u>Clearpoint Recovery Center (addiction)</u>	MH, SUD	IOP, MAT, O	203-293-1723	Westport
<u>High Focus Centers (teen mental health)</u>	MH, SUD	IOP, PHP, O	877-770-2731	Norwalk
<u>Institute for Restoring Cognitive Health</u>	MH, SUD	O	203-302-9883	Greenwich
<u>Mountainside Treatment Center</u>	MH, SUD	D, IOP, O, MAT	800-500-0399	Wilton
<u>Newport Academy (therapeutic day school)</u>	MH, SUD	IOP, O	844-895-1689	Darien
<u>Renfrew Center for Eating Disorders</u>	MH	IOP, O, R	800-RENFREW (800-736-3739)	Greenwich
<u>Spire School (specialized school for social-emotional)</u>	MH	O	203.409.0066	Stamford
<u>Wilkins Center for Eating Disorders</u>	MH	O	203-531-1909	Greenwich

Download copies of this guide and our support group list on our website, www.thehubct.org



The Hub is the state-designated Regional Behavioral Health Action Organization (RBHAO) serving Southwestern Connecticut—the 14 communities from Greenwich to Stratford. We are a division of the Regional Youth-Adult Social Action Partnership (RYASAP), whose mission is to serve as a catalyst for community change.

Our role is to serve as a strategic partner and resource for the region, supporting and coordinating initiatives related to mental health, suicide, substance misuse, and problem gambling, and liaising between the region and the state. We do this by:

- **Conducting regional needs assessments** — to develop epidemiological profiles and priority recommendations for behavioral health prevention, treatment, and recovery.
- **Supporting Local Prevention Councils** — helping our towns prevent substance misuse and promote mental health through technical assistance, coordination, and mini grants, including the State Opioid Response grants.
- **Organizing Catchment Area Councils** — bringing behavioral health consumers and providers together to identify service needs and make recommendations about treatment and recovery.
- **Convening the Southwest CT Suicide Advisory Board** — to develop regional strategies and capacity to address suicide from prevention through postvention.
- **Supporting the Region 1 Gambling Awareness Team** — to provide education about problem gambling and gaming.
- **Serving as strategic community partners** — advising and providing resources to stakeholder groups such as the Community Health Improvement Projects and Opening Doors Fairfield County, and representing our region on many state-level advisory boards.
- **Leading and supporting advocacy efforts** — educating elected officials and other leaders.
- **Helping address the opioid epidemic** — providing community trainings, Narcan, and awareness campaigns.

Please visit our website, www.TheHubCT.org, for resource guides, lists of free peer supports, online screenings, awareness videos and downloadable resources on a wide range of topics, a searchable calendar of events and trainings, and more information.