

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 Youth Services	203-854-7911	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

Children's Behavioral Health (ages 0-18)		
Key: (D)etox,(H)ome, (I)npatient, Intensive (IOP), (O)utpatient, (PHP) Partial Hospital, (R)esidential, (SUD) Substance Use Disorder		
Catholic Charities	O	203-750-9711 Norwalk
Child Guidance of Mid-Fairfield County	O	203-299-1315 Norwalk
Child Guidance of Southern CT	O	203-324-6127 Stamford
Child Guidance of Southern CT	O	203-983-5294 Greenwich
Child Guidance of Southern CT	O	203-662-9380 Darien
Child Guidance of Southern CT	O	203-324-6127 New Canaan
Community Health Center, Day Street.....	O	203-854-9292 Norwalk
Community Health Center, Franklin Street.....	O	203-969-0802 Stamford
CT Renaissance	H, IOP, O	203-866-2541 Various
Family and Children's Agency	H, O	203-855-8765 Norwalk
Family Centers, Inc.	O	203-629-2822 Regional
Four Winds Hospital	I, IOP, O, PHP	800-528-6624 Katonah, NY
Jewish Family Services of Greenwich	O	203-622-1881 Greenwich
Liberation Programs (Youth & Family Resources).	Schools	203-869-7279 Greenwich
Positive Directions (ages 12+)	O	203-227-7644 Westport
Schoke Jewish Family Services	O	203-921-4161 Stamford
Silver Hill Hospital (ages 13+)	I, O	866-542-4455 New Canaan
Stamford Counseling Center	O	203-323-8560 Stamford
St. Vincent's Behavioral Health Services	IOP, O	203-221-8899 Norwalk
Saint Vincent's Behavioral Health Services	D, I	203-227-1251 Westport
Turning Point Regional Substance Use Program (teens)	O	203-394-6529 Regional

Specialty Services		
The for-profit agencies below offer specialized services.		
Anxiety Institute (ages 18-25)	O	203-489-0888 Greenwich
AWARE Recovery (in-home addiction recovery).....	H	844-292-7372 Various
Causeway Collaborative (failure to launch young men)	O, mentoring	203-255-0301 Westport
Center for Discovery (eating disorders, mental health).....	IOP, O, R	866-690-0875 Various
Centro Bienestar (EN ESPANOL).....	O	203-883-8135 Stamford
Clearpoint Recovery Center (addiction)	IOP, MAT, O	203-293-1723 Westport
Institute for Restoring Cognitive Health.....	O	203-302-9883 Greenwich
Mountainside Treatment Center	D, IOP, O	860-717-3198 Wilton
Newport Academy (therapeutic day school)	IOP, O	844-895-1689 Darien
Renfrew Center for Eating Disorders.....	IOP, O	800-RENFREW Greenwich
Spire School (specialized school for social-emotional)		203-661-1609 Stamford
Wilkins Center for Eating Disorders.....	O	203-531-1909 Greenwich

Adult Behavioral Health			
Key: (MH) Mental Health, (SUD) Substance Use Disorder (D)etox,(H)ome, (I)npatient, Intensive (IOP), (MAT) Medication-Assisted Treatment (Opioid Dependence), (O)utpatient, (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 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, 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	203-523-5790	Norwalk
Family Centers, Inc.	MH O	203-324-3167	Stamford
Family Centers, Inc.	MH O	203-869-4848	Greenwich
Family Centers, Inc.	MH O	203-655-4693	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
F.S. Dubois Center (DMHAS) (appointments)	MH, SUD O	203-388-1600	Stamford
Greenwich Hospital Addiction Recovery Center	SUD D, I, IOP, O	203-863-4673	Greenwich
Greenwich Hospital Behavioral Health	MH O	203-863-3316	Greenwich
Jewish Family Services of Greenwich	MH O	203-622-1881	Greenwich
Liberation Programs	SUD D, I, MAT, O	203-851-2077	Regional
Norwalk Community Health Center.....	MH O	203-899-1770	Norwalk
Norwalk Hospital	MH, SUD D, I, IOP, O, PHP	203-852-2988	Norwalk
Optimus Behavioral Health	MH O	203-621-3754	Stamford
Positive Directions (includes problem gambling)	MH, SUD O	203-227-7644	Westport
Saint Vincent's Behavioral Health Services	MH, SUD IOP, MAT, O	203-221-8899	Norwalk
Saint Vincent's Behavioral Health Services	MH, SUD D, I	203-227-1251	Westport
Schoke Jewish Family Services	MH O	203-921-4161	Stamford
Schoke Jewish Family Services	MH O	203-454-4992	Westport
Silver Hill Hospital (includes eating disorders)	MH, SUD D, I, IOP, MAT, O	866-542-4455	New Canaan
Stamford Counseling Center	MH O	203-323-8560	Stamford
Stamford Hospital	MH I	203-276-7010	Stamford

Support Services for Behavioral Health

Also see inserted list of Free Peer Support Groups for Behavioral Health in Southwest CT!

(J)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	www.knowhowtogooct.org	
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	203-855-3528	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
St. Vincent's Community Residential Services	H, R	475-210-3920	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? Call 2-1-1, Option 3

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

ABCD	C, S	203-833-8110	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	E, H, R, V	203-338-0669	Bridgeport
Homes with Hope	E, H, S	203-226-3426	Westport
Inspirica, Inc. (formerly St. Luke's)	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

Download copies of this guide at TheHubCT.org or call 203-840-1187



2019 Mental Health & Substance Use
Public & Nonprofit Resources
Greenwich - Stamford - Norwalk areas

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In an Emotional or Addiction Crisis?

Adult mobile psychiatric crisis (8am-4:30pm)	800-586-9903 after 4:30pm call 911
Child (<18yo) mobile psychiatric crisis (24/7)	Dial 2-1-1, press 1
	In Greenwich, dial 800-203-1234
National Suicide Lifeline (24/7)	800-273-TALK (8255)
Crisis Text Line (24/7)	Send text to 741741
Kids in Crisis (24 hour hotline & face to face).....	203-327-KIDS
Center for Sexual Assault hotline (24/7)	888-999-5545
Domestic Violence Crisis Center 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
Homeless Outreach Team (HOT)	203-579-7300
Warm Line (mental health peer support, 5-10pm daily)	800-921-0359
Young Adult Warmline (Mon-Sun 12-9pm)	855-6HOPENOW

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)	203-840-1187
Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: thehubct.org	
Southwestern CT Agency on Aging (SWCAA)	203-333-9288
Southwest CT Mental Health System (DMHAS Region 1)	860-418-7000
Communities 4 Action (lower Fairfield County).....	203-588-0457
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

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 Juvenile Justice Alliance	203-579-2727
CT Legal Rights Project (CLRP)	877-402-2299
CT Parent Advisory Center (CPAC)	860-739-3089
Disability Rights Connecticut	800-842-7303
FAVOR (Family Advocacy for Children's Mental Health)	860-563-3232
IIConn (immigrant help)	203-336-0141
Keep the Promise (KTP)	860-788-6180
National Alliance for Mental Illness (NAMI) Southwest 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

The Hub is a program of the Regional Youth Adult Social Action Partnership (RYASAP)