

Town Social Services		
Town services can help with benefits, case managment & 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	203-854-7785	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 Treatment (ages 0-18)			
Key: (MH) Mental Health, (SUD) Substance Use Disorder ,(D)etox,(H)ome, (I)npatient, Intensive (IOP), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital, (R)esidential			
Catholic Charities	MH	O	203-750-9711 Norwalk
Child & Family Guidance Turning Point teen substance use program.....	MH, SUD	O	203-394-6529 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	203-866-2541 Various
Family and Children's Agency	MH	H, O	203-855-8765 Norwalk
Family Centers, Inc.	MH	O	203-629-2822 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	Schools	203-869-7279 Greenwich
Norwalk Youth Services (ages 11-18, Norwalk only)	MH	O	203-854-7785 Norwalk
Positive Directions (ages 12+)	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	203-221-8899 Norwalk
Saint Vincent's Behavioral Health Services	MH, SUD	D, I	203-227-1251 Westport

Specialty Services			
The for-profit agencies below offer specialized services.			
Anxiety Institute (ages 18-25)	MH	O	203-489-0888 Greenwich
AWARE Recovery (in-home addiction recovery).....	MH, SUD	H	844-292-7372 Various
Causeway Collaborative (failure to launch young men)	MH	O, mentoring	203-255-0301 Westport
Center for Discovery (eating disorders, mental health).....	MH	IOP, O, R	866-690-0875 Various
Centro Bienestar (EN ESPANOL).....	MH	O	203-883-8135 Stamford
Clearpoint Recovery Center (addiction)	MH, SUD	IOP, MAT, O	203-293-1723 Westport
High Focus Centers (teen mental health).....	MH	IOP, PHP	800-877-3628 Norwalk
Institute for Restoring Cognitive Health.....	MH	O	203-302-9883 Greenwich
Mountainside Treatment Center	MH, SUD	D, IOP, O	860-717-3198 Wilton
Newport Academy (therapeutic day school)	MH, SUD	IOP, O	844-895-1689 Darien
Renfrew Center for Eating Disorders.....	MH	IOP, O	800-RENFREW Greenwich
Spire School (specialized school for social-emotional).....			203-661-1609 Stamford
Wilkins Center for Eating Disorders.....	MH	O	203-531-1909 Greenwich

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 Various
Community Health Center, Day Street Center.....	MH, SUD	MAT, O	203-854-9292 Norwalk
Community Health Center, Franklin Street Center	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	203-523-5790 Norwalk
Family Centers, Inc.	MH	O	203-324-3167 Stamford
Family Centers, Inc.	MH	O	203-629-2822 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,PG, 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.....	MH, SUD	D, I, IOP, MAT, O	866-542-4455 New Canaan
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!

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Ability Beyond	E	888-832-8247	Stmfd-Norwalk
Bridge House (<i>psvchosocial clubhouse</i>)	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.knowhowtogotoct.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 (<i>needle exchanae</i>)	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 (<i>females 18-21 only</i>)	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 (<i>LGBTQ</i>)	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.

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.	H, S	203-388-0100	Stamford
Malta House (<i>pregnant & parenting women</i>)	C, S	203-857-0088	Norwalk
Open Door Shelter	E, H, S	203-866-1057	Norwalk
Pacific House (<i>formerly Shelter for the Homeless</i>)	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

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

6/12/2020



2020 Mental Health & Substance Use
Public & Nonprofit Resources
Greenwich - Stamford - Norwalk & surroundings

The Hub: Behavioral Health Action Organization for Southwestern CT (www.thehubct.org)

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

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

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

cal Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: thehubct.org

Resources to Recover (free mental health info & resources)..... 203-724-9070, www.rtor.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

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 Refugees and Immigrants..... 203-336-0141

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

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)

Departr 866-737-0330

Departr 860-713-6543

Departr 203-251-9430

Regional Agencies:

Commu 203-588-0457

FS Dubr 203-388-1600

203-333-9288