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.

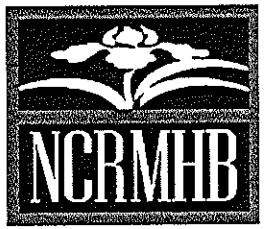
Treatable Medical Disorders
Anxiety Disorders, Chronic Depression, Bipolar Disorder, and Schizophrenia are treatable medical disorders. They are not reflective of a person's character, intelligence, or "will power".

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

Avon, Canton, Farmington, Simsbury & West Hartford



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, INC.
367 Russell Road, Newington, CT 06111

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

July 2012

STATE FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULT RESIDENTS OF AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD

The CT Department of Mental Health and Addiction Services (DMHAS) funds mental health and substance abuse services for adults.
DMHAS funded services are provided locally by

CAPITOL REGION MENTAL HEALTH CENTER (CRMHC)

500 Vine Street, Hartford, CT 06112
Call 860-297-0800 to Access Services

Services Provided at CRMHC:

- Mobile Crisis Team/Intake/Brief Treatment
- Acute Care Unit
- HOPE Team (Homeless Services and Outreach)
- Forensic Services
- General Psychiatry Unit
- Co-occurring Disorders Unit
- Nursing Team/Medication Management
- Young Adult Services
- Deaf/Hard of Hearing Team
- Case Management / Service Coordinator
- Jail Diversion
- Medication Management
- Outpatient Counseling
- Shelter Plus Care
- DMHAS-Funded Mental Health Services Provider Relations
- Entitlements/Housing Supports
- Peer Support Center
- Independence Program
- Warm Line / Peer Supports on Telephone
- Daily Living Skills Development
- Employment Supports
- Money Management

CRMHC provides services for people who have private insurance, Medicaid, Medicare, or no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
DMHAS information at: www.ct.gov/dmhas
Service information at: www.ct.networkofcare.org

THE CITIZEN'S VOICE IN MENTAL HEALTH SERVICES

North Central Regional Mental Health Board is a grassroots citizen's advisory board to DMHAS. Members evaluate state services and promote development of needed services. For information call 860-667-6388. Website at www.ncrmhb.org.

NON-EMERGENCY

MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES
AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD *ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED*

INFORMATION AND REFFERAL

Capitol Region Mental Health Center (CRMHC) Access to State Mental Health & Substance Abuse Svc	279-0800
Connecticut Clearinghouse (Educational Materials)	800-232-4424
INFOLINE (Can Provide Additional Service Listings)	211
HelpLine (Wheeler Clinic Support Phone Service)	524-1182
Warmline (CRMHC Peer Phone Support) Monday - Friday	297-0884
Weekends	297-0920

ENTITLEMENTS / BENEFITS

Care for Kids (Childcare Subsidies)	888-214-KIDS
CT Dept. of Social Services, 3580 Main St (Main Tel)	723-1000
Social Security Administration (Medicare Info)	1-877-619-2251
SAGA (State Administered General Assistance)	842-1508
WIC - CT Dept. of Public Health	741-2142
WIC - Hartford Dept. of Health & Human Services	543-8835
U.S. Dept. of Veteran's Affairs	800-827-1000

FAMILY SUPPORT ORGANIZATIONS

African Caribbean American Parents of Children with Disabilities (AFCAMP)	297-4358
Asian Family Services	951-8770
Families United for Children's Mental Health	866-439-0788
PADRES Abriendo Puertas	297-4391
National Alliance on Mental Illness - CT (NAMI-CT)	800-215-3021
Southeast Asian Collaboration	951-3325

FOOD ASSISTANCE / PANTRIES

Avon - Dept. of Social Services	409-4346
Canton Food Bank - Trinity Episcopal Church	693-4606
Farmington Food Pantry	675-2390
Meals on Wheels - Community Renewal Team	560-5828
Meals on Wheels - CW Resources	229-7700
Simsbury Department of Social Services	658-3283
West Hartford Department of Human Services	561-7561

HEALTH & HUMAN SERVICES

Avon Dept. of Social Services (for Avon and Canton)	409-4346
Town of Farmington Community Services	675-2390
Simsbury Department of Social Services	658-3283
West Hartford Department of Human Services	561-7561

HEATING / UTILITY / ENERGY ASSISTANCE

(or call town Human/Social Services Depts. listed above)

Community Renewal Team	560-5800
AT &T	800-288-2020

HIV/AIDS TESTING

National AIDS HOTLINE	800-342-2437

HOSPITALS

Bristol Hospital, Bristol	585-3000
Charlotte Hungerford Hospital, Torrington	496-6666
John Dempsey Hospital—UCONN, Farmington	679-2000
Hartford Hospital, Hartford	545-5000
St. Francis Hospital, Hartford	714-4000
Behavioral Health Admissions	714-2470
The Hospital of Central Connecticut, New Britain	224-5561

HOUSING ASSISTANCE PROGRAMS

Imagineers (Section 8 / Moderate Rehabilitation)	522-1028
My Sister's Place (Bridge Subsidy, Security Deposit Loans)	522-0416

LEGAL ASSISTANCE

Connecticut Legal Rights Project	877-402-2299
Protection & Advocacy for Persons w/Disabilities	800-842-7303
Statewide Legal Services of Connecticut	800-453-3320

NON-EMERGENCY

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MENTAL HEALTH SERVICES (Adult)

Capitol Region Mental Health Center	297-0800
Chrysalis Center (Community Resource Services), W Hartford	263-4400
CRT - Behavioral Health Services	714-9200
Hartford Hospital—Outpatient Psychiatric Clinic	545-7330
Institute of Living Assessment Center	545-7200
John Dempsey Hospital—Outpatient Counseling	679-6700
The Hospital of Central CT - Counseling Center	224-5804
St. Francis Hospital Outpatient Counseling Center	714-2747
Wheeler Clinic Access Center (Hartford Site)	793-3588

MENTAL HEALTH SERVICES (Children/Adolescents)

The Bridge Family Center	521-8035
Catholic Family Services	524-8974
CRT (Adolescents with HIV / AIDS)	714-2996
HopeWorks	561-1175
Klingberg Family Centers	224-9113
Family Services of Central Connecticut	589-6333
The Village for Families	236-4511
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
National Alliance on Mental Illness - CT (NAMI-CT)	800-215-3021
Phoenix Club	231-2603

METHADONE MAINTENANCE

Community Substance Abuse	247-8300
Hartford Dispensary - Hartford Clinic, 345 Main St	525-2181
New Britain Clinic, 19 Rockwell Ave	827-3313

POLICE DEPARTMENTS

Avon Police Department	677-9746
Canton Police Department	693-0221
Farmington Police Department	675-2400
Simsbury Police Department	658-3100
West Hartford Police Department	523-5203

SUBSTANCE ABUSE SERVICES

Alcoholics Anonymous	282-5924
Alcohol & Drug Recovery Centers, Hartford (ADRC)	714-3700
Alliance Treatment Center - CMHA, New Britain	223-7707
Blue Hills Hospital (Detox for those w/o payment source)	293-6400
Community Renewal Team	714-9200
John Dempsey Hospital - UCONN, Farmington	679-2553
Latinos Community Services, Hartford	296-6400
Narcotics Anonymous	800-627-3543
Substance Abuse Treatment & Enhancement Project	800-563-4086
Wheeler Clinic Access Center	793-3588

SHELTERS - INFOLINE (can provide additional listings @ 211)

Friendship Center, 241-249 Arch Street, New Britain	225-0211
Immaculate Conception Shelter, 560 Park St., Hartford (men in shelter/women in day program)	724-4823
Marshall House, 225 So. Marshall St., Hartford	543-8423
My Sister's Place, 102 Capen St, (women & children)	522-0416
Open Hearth, 437 Sheldon St. (men only)	525-3447
South Park Inn, 75 Main St. (men, women & children)	724-0071
Stewart McKinney Shelter, 34 Huyshope Ave. (men only)	722-6920
YWCA of the Hartford Region, 135 Broad St, Hartford	525-1163

TRANSPORTATION

CT Transit (Handicapped or Discount Travel Passes)	525-9181
Dial-A-Ride	724-5340
Med Cab (State Assistance Clients)	953-9501

EMERGENCY SERVICES

AVON, CANTON, FARMINGTON, SIMSBURY & WEST HARTFORD
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The following services are available 24 hours/day, 7 days/week unless noted otherwise.

IF IMMEDIATE DANGER (Medical, Fire, Police or Person is dangerous to self or others.) **911**

MENTAL HEALTH OR SUBSTANCE ABUSE CRISIS NEEDING IMMEDIATE HELP

Capitol Region Mental Health Center For emergency psychiatric or substance abuse crisis.	297-0999

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Wheeler Clinic For any crisis involving children/youth ages birth to 17	866-261-0893

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)

Bristol Hospital, Bristol	585-3273
Connecticut Children's Medical Ctr, @ Hartford Hosp	545-9000
Charlotte Hungerford Hospital, Torrington	496-6650
John Dempsey Hospital - UCONN, Farmington	679-2588
Hartford Hospital, 85 Jefferson St, Hartford	545-2515
Hospital of Central CT, 100 Grand St, New Britain	224-5671
St. Francis Hospital, 114 Woodland St, Hartford	714-4001

POISON CONTROL CENTER - CONNECTICUT 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225

(Open 5 days/week from 8 - 4)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

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

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

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

SUICIDE

National Suicide Prevention Lifeline (English)	800-273-8255
(Spanish)	800-628-9454
Suicide INFOLINE	211
Wheeler Clinic Helpline	524-1182

THIS RESOURCE CARD IS PROVIDED BY
THE NORTH CENTRAL REGIONAL MENTAL HEALTH BOARD
367 Russell Road w Newington, CT 06111
For more cards or information call 860-667-6388
Rev. July. '12