

# Mental Health Resources

## Look inside for:

- **2021 Mental Health & Substance Use Public & Nonprofit Resources for Fairfield, Bridgeport, Stratford & Surrounding Area (English/Spanish)**
- **2021 Mental Health & Substance Use Public & Nonprofit Resources for Greenwich, Stamford, Norwalk & Surrounding Area (English/Spanish)**
- **Free Peer Support Groups for Behavioral Health in Southwest Connecticut (for individuals & families)**
- **CT 24-Hour Crisis Support Hotlines**
- **Nutrition Tips to Improve Your Mood**

**For more information on ways to lead a healthier lifestyle  
visit our website [GetHeathyCT.org](https://GetHeathyCT.org)**



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**May 2021**





# **2021 Mental Health & Substance Use Public & Nonprofit Resources**

**Fairfield - Bridgeport - Stratford & Surroundings**

# In an Emotional or Addiction Crisis?



**CRISIS TEXT LINE |**

**Text HELLO to 741741**

**Free, 24/7, Confidential**

|                                                                                                                          |                                       |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| <a href="#">Adult mobile psychiatric crisis (24/7)</a>                                                                   | 800-586-9903                          |
| <a href="#">Adult Crisis Telephone Intervention and Options Network (24/7)</a>                                           | 800-467-3135                          |
| <a href="#">Child (&lt;18yo) mobile psychiatric crisis (24/7)</a>                                                        | Dial 2-1-1, press 1                   |
| <a href="#">National Suicide Lifeline (24/7)</a>                                                                         | 800-273-TALK (8255)                   |
| <a href="#">Crisis Text Line (24/7)</a>                                                                                  | Text HOME to 741741                   |
| <a href="#">The 24-Hour Hotline (Kids in Crisis)</a>                                                                     | 203-661-1911                          |
| <a href="#">Sexual Assault Crisis Hotline</a>                                                                            | 203-333-2233                          |
| <a href="#">Domestic Violence Crisis Hotline (24/7)</a>                                                                  | 203-384-9559<br>Espanol: 888-568-8332 |
| <a href="#">Crisis Hotline for First Responders &amp; Healthcare Workers</a>                                             | 800-327-7451                          |
| <a href="#">Substance Use Access Line (24/7)</a>                                                                         | 800-563-4086                          |
| <a href="#">Problem Gambling Helpline (24/7)</a>                                                                         | 888-789-7777                          |
| <a href="#">CT Quitline (smoking cessation) (24/7)</a>                                                                   | 800-QUITNOW                           |
| <a href="#">COPLINE: National Law Enforcement Officers Hotline (24/7)</a>                                                | 800-COP-LINE                          |
| <a href="#">Disaster Distress Helpline (24/7)</a>                                                                        | 800-985-5990                          |
| <a href="#">Homeless Outreach Team (HOT)</a>                                                                             | 203-579-7300                          |
| <a href="#">Soundview Warmline (Daily, 9AM - 9PM)</a>                                                                    | 800-921-0359                          |
| <a href="#">Young Adult Warmline (Daily, 12PM - 9PM)</a>                                                                 | 855-6HOPENOW                          |
| <a href="#">CT Warmline (Mon - Fri, 9AM - 5PM)</a><br>English: Prompts 1 & 3 En Espanol: Prompts 2 & 2                   | 877-552-8247                          |
| <a href="#">Reach Out CT Emotional Support (Mon - Thurs: 8:30AM - 7PM, Fri: 8:30AM - 6PM, Sat &amp; Sun: 11AM - 7PM)</a> | 844-TALK-4CT                          |
| <a href="#">Friendship Line (24/7)</a> (for ages 60+, 18+ with a disability & caregivers of older and disabled adults)   | 800-971-0016                          |

## Town Social Services

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

|                                              |              |            |
|----------------------------------------------|--------------|------------|
| <a href="#">Bridgeport Social Services</a>   | 203-576-7416 | Bridgeport |
| <a href="#">Easton Social Services</a>       | 203-268-1137 | Easton     |
| <a href="#">Fairfield Human Services</a>     | 203-256-3170 | Fairfield  |
| <a href="#">Monroe Human Services</a>        | 203-452-2813 | Monroe     |
| <a href="#">Stratford Community Services</a> | 203-385-4095 | Stratford  |
| <a href="#">Trumbull Social Services</a>     | 203-377-6832 | Trumbull   |

## Looking for Regional & State Referral Resources?

Not sure how to start? Call 211 first!  
Select option 1 for crisis, option 3 for basic needs

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

## Looking for Advocacy & Support for Your Rights?

|                                                                                  |              |
|----------------------------------------------------------------------------------|--------------|
| <a href="#">Advocacy Unlimited</a>                                               | 800-573-6929 |
| <a href="#">CT Commission on Human Rights</a>                                    | 860-541-3400 |
| <a href="#">CT Family Support Network</a> (help for families with special needs) | 877-376-2329 |
| <a href="#">CT Institute for Immigrants &amp; Refugees</a> (immigrant help)      | 203-336-0141 |
| <a href="#">CT Juvenile Justice Alliance</a>                                     | 203-579-2727 |
| <a href="#">CT Legal Rights Project (CLRP)</a>                                   | 877-402-2299 |
| <a href="#">CT Parent Advocacy Center (CPAC)</a>                                 | 860-739-3089 |
| <a href="#">Disability Rights Connecticut</a>                                    | 800-842-7303 |
| <a href="#">FAVOR (Family Advocacy for Children's Mental Health)</a>             | 860-358-3401 |
| <a href="#">Keep the Promise (KTP)</a>                                           | 860-788-6180 |
| <a href="#">National Alliance for Mental Illness (NAMI)</a> Fairfield, CT        | 203-586-0826 |
| <a href="#">Office of the Healthcare Advocate (OHA)</a>                          | 866-466-4446 |
| <a href="#">State Education Resource Center</a>                                  | 860-632-1485 |
| <a href="#">Statewide Legal Services of CT</a>                                   | 800-453-3320 |

Find additional resources on our website,  
[www.thehubct.org](http://www.thehubct.org)



## Support Services for Behavioral Health

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

|                                                                             |                   |              |            |
|-----------------------------------------------------------------------------|-------------------|--------------|------------|
| <a href="#">Marrakech</a>                                                   | CSP, ED, E        | 203-389-2970 | Bridgeport |
| <a href="#">Bridge House</a><br>(psychosocial clubhouse)                    | E, ED, H          | 203-335-5339 | Bridgeport |
| <a href="#">Center for Family Justice</a>                                   | DV, CJ            | 203-334-6154 | Bridgeport |
| <a href="#">Connection, The</a>                                             | CJ, ED, CSP       | 855-435-7955 | Bridgeport |
| <a href="#">Housing for Success</a> (DCF Youth)<br>Ages 16-20               | C, CSP, Ed, E, H, | 203-333-2335 | Bridgeport |
| <a href="#">Housing Plus</a> (Homeless Youth)                               | C, CSP, Ed, E, H, | 203-690-1057 | Bridgeport |
| <a href="#">Family Re-Entry</a>                                             | CJ, DV, CSP       | 203-838-0496 | Bridgeport |
| <a href="#">Kennedy Center</a>                                              | E, H, C, CSP, ED, | 203-365-8522 | Trumbull   |
| <a href="#">LifeBridge</a> (Formerly FSW)                                   | C, CSP, DV, ED    | 203-368-4291 | Bridgeport |
| <a href="#">Mental Health CT</a>                                            | H, C, ED, E, R    | 800-842-1501 | Bridgeport |
| <a href="#">Operation Hope</a> (Homeless Resource Center & soup kitchen)    | C, H, CSP         | 203-292-5588 | Fairfield  |
| <a href="#">Recovery Network of Programs</a>                                | H, R              | 203-929-1954 | Bridgeport |
| <a href="#">RYASAP</a> (StreetSafe, Mediation, Juvenile Justice, JRB, LIST) | CJ                | 203-579-2727 | Bridgeport |
| <a href="#">St. Vincent's Community Residential Services</a>                | H, R, C           | 475-210-3920 | Bridgeport |
| <a href="#">Veyo</a>                                                        | T                 | 855-478-7350 | Statewide  |
| <a href="#">Young Adult Space</a><br>(Drop-in center for ages 18-25)        | 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.

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

|                                                                                       |               |              |                    |
|---------------------------------------------------------------------------------------|---------------|--------------|--------------------|
| <a href="#">The 24-Hour Hotline (Kids in Crisis)</a>                                  | CSP           | 203-661-1911 | Greenwich          |
| <a href="#">ALLIANCE for Community Empowerment, Inc.</a> Used to be ABCD 203-838-8110 | C, S          | 203-366-8241 | Bridgeport-Norwalk |
| <a href="#">Alpha Community Services</a>                                              | S, H          | 203-366-2809 | Bridgeport         |
| <a href="#">American Job Center</a>                                                   | E, ED, V      | 203-455-2700 | Bridgeport         |
| <a href="#">Bridgeport Rescue Mission</a>                                             | S, H          | 203-333-4087 | Bridgeport         |
| <a href="#">Errera Homeless Outreach for Veterans</a>                                 | S, V          | 203-479-8064 | Statewide          |
| <a href="#">Goodwill Industries</a>                                                   | E, ED         | 203-581-5369 | Bridgeport         |
| <a href="#">Homes for the Brave</a> (homeless vets only)                              | C, E, H, R, V | 203-338-0669 | Bridgeport         |
| <a href="#">Homeless Outreach Team</a>                                                | C, H          | 203-579-7300 | Bridgeport         |
| <a href="#">Janus Center for Youth in Crisis</a><br>(24/7 hotline)                    | C, S          | 203-334-1121 | Bridgeport         |
| <a href="#">Malta House</a><br>(pregnant & parenting women)                           | C, S, H       | 203-857-0088 | Norwalk            |
| <a href="#">Operation Hope</a> (Homeless Resource Center & soup kitchen)              | C, H, CSP     | 203-292-5588 | Fairfield          |
| <a href="#">Prospect House</a>                                                        | S             | 203-576-9041 | Bridgeport         |
| <a href="#">Victims of Crime Act (VOCA)</a>                                           | C, DV, CJ     | 800-656-4673 | 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**

|                                                                           |             |                |              |             |
|---------------------------------------------------------------------------|-------------|----------------|--------------|-------------|
| <a href="#">Bridgeport Hospital psychiatry</a>                            | MH, SUD     | I, O           | 203-384-3709 | Bridgeport  |
| <a href="#">CASA (English and Spanish)</a>                                | SUD         | D, O           | 203-331-4728 | Bridgeport  |
| <a href="#">Community Counseling Centers, Inc.</a>                        | MH          | O              | 203-323-8560 | Fairfield   |
| <a href="#">CT Renaissance, Inc.</a>                                      | MH, PG, SUD | IOP, O         | 203-367-7573 | Bridgeport  |
| <a href="#">Fairfield Counseling Services/ LifeBridge</a>                 | MH, SUD     | O              | 203-255-5777 | Fairfield   |
| <a href="#">Families in Recovery Program (pregnant &amp; parenting)</a>   | SUD         | I, R           | 203-851-2077 | Norwalk     |
| <a href="#">Four Winds Hospital</a>                                       | MH          | I, IOP, O, PHP | 800-528-6624 | Katonah, NY |
| <a href="#">Greater Bridgeport Community Mental Health Center (DMHAS)</a> | MH, SUD     | I, O, R        | 203-551-7507 | Bridgeport  |
| <a href="#">Jewish Family Service of CT</a>                               | MH          | O              | 203-366-5438 | Fairfield   |
| <a href="#">Liberation Programs</a>                                       | SUD         | D, MAT, O      | 203-851-2077 | Bridgeport  |
| <a href="#">LifeBridge (formerly FSW)- walk-in access</a>                 | MH          | O              | 203-368-4291 | Bridgeport  |
| <a href="#">Mary J. Sherlach Counseling Center (Only serves Trumbull)</a> | MH          | O              | 203-452-5193 | Trumbull    |
| <a href="#">New Era</a>                                                   | SUD         | D, IOP, MAT, O | 203-372-3333 | Bridgeport  |

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|                                                                 |             |                   |              |                     |
|-----------------------------------------------------------------|-------------|-------------------|--------------|---------------------|
| <a href="#">Norwalk Hospital</a>                                | MH, SUD     | D, I, IOP, O, PHP | 203-852-2988 | Norwalk             |
| <a href="#">Optimus Healthcare Behavioral Health</a>            | MH          | O                 | 203-696-3260 | Bridgeport          |
| <a href="#">Positive Directions (includes problem gambling)</a> | MH, PG, SUD | O                 | 203-227-7644 | Westport            |
| <a href="#">REACH Adult Program by Bridgeport Hospital</a>      | MH, SUD     | IOP               | 203-384-3377 | Bridgeport          |
| <a href="#">Recovery Network of Programs</a>                    | MH, PG, SUD | D, O, MAT, IOP    | 203-366-5817 | Bridgeport          |
| <a href="#">Schoke Jewish Family Services</a>                   | MH          | O                 | 203-921-4161 | Bridgeport          |
| <a href="#">Silver Hill Hospital</a>                            | MH, SUD     | I, IOP, MAT, R    | 866-542-4455 | New Canaan          |
| <a href="#">Southwest Community Health Center</a>               | MH, SUD     | IOP, MAT, O       | 203-330-6000 | Bridgeport          |
| <a href="#">St. Vincent's Behavioral Health Services</a>        | MH, SUD     | D, I, IOP, MAT, O | 203-362-3900 | Bridgeport, Norwalk |
| <a href="#">St. Vincent's Behavioral Health Services</a>        | MH, SUD     | D, I              | 203-227-1251 | Westport            |

**Follow The Hub on Social Media!**





## 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

|                                                                   |             |                |              |                     |
|-------------------------------------------------------------------|-------------|----------------|--------------|---------------------|
| <a href="#">Boys and Girls Village</a>                            | MH, SUD     | H, O           | 203-330-6790 | Bridgeport          |
| <a href="#">Community Counseling Centers, Inc.</a>                | MH          | O              | 203-323-8560 | Fairfield           |
| <a href="#">CT Renaissance</a>                                    | MH, PG, SUD | IOP, O         | 203-367-7573 | Bridgeport          |
| <a href="#">Child &amp; Family Guidance of Greater Bridgeport</a> | MH, SUD     | O              | 203-394-6529 | Various             |
| <a href="#">Child First</a>                                       | MH          | H              | 203-384-4555 | Bridgeport          |
| <a href="#">Family &amp; Children's Aid</a>                       | MH          | H, O, R        | 203-748-5689 | Bridgeport, various |
| <a href="#">Four Winds Hospital</a>                               | MH          | I, IOP, O, PHP | 800-528-6624 | Katonah, NY         |
| <a href="#">Jewish Family Service of CT</a>                       | MH          | O              | 203-366-5438 | Fairfield           |
| <a href="#">LifeBridge (formerly FSW) walk-in access</a>          | MH          | O              | 203-368-4291 | Bridgeport          |
| <a href="#">Positive Directions (ages 12+)</a>                    | MH, PG, SUD | O              | 203-227-7644 | Westport            |
| <a href="#">REACH Children's Program by Bridgeport Hospital</a>   | MH, SUD     | IOP            | 203-384-3377 | Bridgeport          |
| <a href="#">Schoke Jewish Family Services</a>                     | MH          | O              | 203-921-4161 | Bridgeport          |
| <a href="#">Silver Hill Hospital (Ages 13+)</a>                   | MH, SUD     | I, O, R        | 866-542-4455 | New Canaan          |
| <a href="#">St. Vincent's Behavioral Health Services</a>          | MH, SUD     | O              | 203-362-3900 | Bridgeport          |
| <a href="#">St. Vincent's Behavioral Health Services</a>          | MH, SUD     | I              | 203-227-1251 | Westport            |
| St. Vincent's Hotline                                             | MH, SUD     |                | 800-LIFE NOW | Toll Free           |
| <a href="#">Turning Point Substance Use Program (teens)</a>       | MH, SUD     | O              | 203-394-6529 | Regional            |

## Specialty Services

The for-profit agencies below offer specialized services.

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

|                                                                        |         |                |              |          |
|------------------------------------------------------------------------|---------|----------------|--------------|----------|
| <a href="#">AWARE Recovery (in-home addiction recovery)</a>            | MH, SUD | In-home        | 844-292-7372 | Various  |
| <a href="#">Causeway Collaborative (failure to launch young men)</a>   | MH      | O, mentoring   | 203-255-0301 | Westport |
| <a href="#">Center for Discovery (eating disorders, mental health)</a> | MH      | IOP, O, PHP, R | 877-816-4692 | Various  |
| <a href="#">Turnbridge (addiction)</a>                                 | MH, SUD | IOP, MAT, O, R | 877-575-0350 | Westport |
| <a href="#">Mountainside Treatment Center</a>                          | MH, SUD | D, IOP, O, MAT | 203-665-1148 | Wilton   |
| <a href="#">Newport Academy (therapeutic day school)</a>               | MH, SUD | IOP, O, R      | 877-274-4921 | Darien   |
| <a href="#">Progressive Institute</a>                                  | MH, SUD | IOP, MAT, O    | 203-816-6424 | Shelton  |

Download copies of this guide and our support group list on our website, [www.thehubct.org](http://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](http://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.



| Servicios sociales municipales                                                                 |              |            |
|------------------------------------------------------------------------------------------------|--------------|------------|
| Las servicios municipales proveen ayuda para beneficios, manejo de casos y a veces consejería. |              |            |
| Bridgeport Social Services .....                                                               | 203-576-7416 | Bridgeport |
| Easton Social Services .....                                                                   | 203-268-1137 | Easton     |
| Fairfield Human Services .....                                                                 | 203-256-3170 | Fairfield  |
| Monroe Human Services .....                                                                    | 203-452-2813 | Monroe     |
| Stratford Community Services .....                                                             | 203-385-4095 | Stratford  |
| Trumbull Social Services .....                                                                 | 203-377-6832 | Trumbull   |

| Servicios de salud mental y adicción - niños (0 a 18 años)                                                      |           |                |              |
|-----------------------------------------------------------------------------------------------------------------|-----------|----------------|--------------|
| (SM) Salud mental, (AS) Abuso de sustancias, (PG) Problemas de juegos (MAT) tratamiento para opioides           |           |                |              |
| (A)mbulatorio, en (C)asa, (H)ospitalizado, Intensivo (IOP), (PHP) Programa parcial hospitalizado, (R)esidencial |           |                |              |
| Boys and Girls Village .....                                                                                    | SM, AS    | A, H           | 203-330-6790 |
| CT Renaissance .....                                                                                            | SM        | A, IOP         | 203-866-2541 |
| Child and Family Guidance of Greater Bridgeport .....                                                           | SM,PG, AS | A              | 203-394-6529 |
| Child First .....                                                                                               | SM, AS    | C              | 203-384-4555 |
| Community Counseling Centers, Inc.....                                                                          | SM        | A              | 203-323-8560 |
| Family & Children's Aid .....                                                                                   | SM        | A, C           | 203-748-5689 |
| Four Winds Hospital .....                                                                                       | SM        | A, H, IOP, PHP | 800-528-6624 |
| Jewish Family Service of CT .....                                                                               | SM, AS    | A              | 203-366-5438 |
| LifeBridge (anteriormente FSW) <b>sin cita</b> .....                                                            | SM        | A              | 203-368-4291 |
| Positive Directions (a partir de 12 años) .....                                                                 | SM,PG, AS | A              | 203-227-7644 |
| REACH programa para niños de Bridgeport Hospital .....                                                          | SM, AS    | IOP            | 203-384-3377 |
| Schoke Jewish Family Services .....                                                                             | SM        | A              | 203-921-4161 |
| St. Vincent's Behavioral Health Services .....                                                                  | SM, AS    | A, IOP         | 203-221-8899 |
| St. Vincent's Behavioral Health Services .....                                                                  | SM, AS    | H              | 203-227-1251 |
| St. Vincent's Hotline .....                                                                                     | SM, AS    |                | 800-LIFE NOW |
| Silver Hill Hospital (a partir de 13 años ) .....                                                               | SM, AS    | A, H           | 866-542-4455 |
| Turning Point (abuso de sustancias / adolescentes) .....                                                        | SM, AS    | A              | 203-394-6529 |

| Servicios de salud mental y adicción - adultos                                                                  |        |                             |              |
|-----------------------------------------------------------------------------------------------------------------|--------|-----------------------------|--------------|
| (SM) Salud mental, (AS) Abuso de sustancias, (MAT) tratamiento para opioides                                    |        |                             |              |
| (A)mbulatorio, en (C)asa, (H)ospitalizado, Intensivo (IOP), (PHP) Programa parcial hospitalizado, (R)esidencial |        |                             |              |
| Línea de acceso para abuso de sustancia                                                                         |        | 800-563-4086                | Estatal      |
| Servicios para adicción: disponibilidad para detoxificación. hogares sobrios                                    |        | www.ctaddictionservices.com |              |
| Bridgeport Hospital psychiatry.....                                                                             | SM, AS | A, H                        | 203-384-3709 |
| CASA.....                                                                                                       | AS     | A, D                        | 203-339-4112 |
| Community Counseling Centers, Inc.....                                                                          | AS     | A                           | 203-323-8560 |
| CT Renaissance, Inc. (incluye el juego problemático) .....                                                      | SM, AS | A, IOP                      | 203-866-2541 |
| Fairfield Counseling Services/LifeBridge .....                                                                  | SM     | A                           | 203-255-5777 |
| Families in Recovery Program (madres y mujeres embarazadas).....                                                | AS     | H, R                        | 203-851-2077 |
| Four Winds Hospital .....                                                                                       | SM     | A, H, IOP, PHP              | 800-528-6624 |
| Greater Bridgeport Community Mental Health Center .....                                                         | SM, AS | A, H                        | 203-551-7507 |
| Jewish Family Service of CT .....                                                                               | SM     | A                           | 203-366-5438 |
| Liberation Programs .....                                                                                       | AS     | A, D, MAT                   | 203-851-2077 |
| LifeBridge (anteriormente FSW) <b>sin cita</b> .....                                                            | SM     | A                           | 203-368-4291 |
| Mary J. Sherlach Counseling (residentes de Trumbull ) .....                                                     | SM     | A                           | 203-261-5110 |
| New Era.....                                                                                                    | AS     | A, D, IOP, MAT              | 203-372-3333 |
| Norwalk Hospital .....                                                                                          | SM, AS | A, D, H, IOP, PHP           | 203-852-2988 |
| Optimus Healthcare Behavioral Health .....                                                                      | SM     | A                           | 203-696-3260 |
| Positive Directions (incluye el juego problemático) .....                                                       | SM, AS | A                           | 203-227-7644 |
| REACH programa para adultos de Bridgeport Hospital .....                                                        | SM, AS | D, IOP                      | 203-384-3377 |
| Recovery Network of Programs .....                                                                              | SM, AS | A, D, MAT, R                | 203-366-5817 |
| Schoke Jewish Family Services .....                                                                             | SM     | A                           | 203-921-4161 |
| Silver Hill Hospital .....                                                                                      | SM, AS | D, H, IOP, MAT              | 866-542-4455 |
| Southwest Community Health Center .....                                                                         | SM, AS | A, IOP, MAT                 | 203-330-6000 |
| St. Vincent's Behavioral Health Services .....                                                                  | SM, AS | A, D, H, IOP, MAT           | 203-362-3900 |
| St. Vincent's Behavioral Health Services .....                                                                  | SM, AS | D, H                        | 203-227-1251 |

| Servicios especializados                                           |        |              |              |
|--------------------------------------------------------------------|--------|--------------|--------------|
| Las siguientes agencias privadas ofrecen servicios especializados: |        |              |              |
| AWARE Recovery (adicción).....                                     | SM, AS | En casa      | 844-292-7372 |
| Causeway Collaborative (varones jóvenes) .....                     | SM     | A, tutoría   | 203-255-0301 |
| Center for Discovery (trastornos alimenticios, salud mental) ..... | SM     | A, R         | 866-690-0875 |
| Clearpoint Recovery Center (adicción) .....                        | SM, AS | A, IOP, MAT  | 203-293-1723 |
| Mountainside Treatment Center .....                                | SM, AS | A, D, IOP, R | 860-717-3198 |
| Newport Academy (escuela terapéutica ) .....                       | SM, AS | A, IOP       | 844-895-1689 |
| Progressive Institute.....                                         | SM, AS | A, IOP, MAT  | 203-816-6424 |

Servicios de apoyo relacionados a la salud mental y adicción
Véase el listado adjunto de grupos de apoyo gratuitos en la región

(A)lbergue, (C)oordinación de casos, (CSP) Programa de apoyo en la comunidad, (D)etoxificación, (Ed)ucación apoyada, (E)mpleo apoyado, (J)usticia criminal, (R)ehabilitación psicosocial, (T)ransporte, (Vet)eranos, (VD) Violencia doméstica, (V)ivienda apoyada

|                                                                   |          |                       |            |
|-------------------------------------------------------------------|----------|-----------------------|------------|
| Academy for Human Service Training, Marrakech .....               | E        | 203-338-0642          | Bridgeport |
| Bridge House .....                                                | E, Ed, R | 203-335-5339          | Bridgeport |
| Bridgeport Health Dept. (intercambio de agujas) .....             | C        | 203-576-8086          | Bridgeport |
| Center for Family Justice .....                                   | VD       | 203-334-6154          | Bridgeport |
| Connection, The .....                                             | J, V     | 855-435-7955          | Bridgeport |
| Continuum Crisis & Respite Services .....                         | A, C, R  | 475-282-4985          | Bridgeport |
| Family Re-Entry (justicia criminal) .....                         | J, VD    | 203-576-6924          | Bridgeport |
| Hope Dispensary of Greater Bridgeport .....                       | Farmacia | 203-332-5653          | Bridgeport |
| Kennedy Center .....                                              | E, V     | 203-365-8522          | Trumbull   |
| Know How To Go .....                                              | T        | www.knowhowtogoct.org |            |
| LifeBridge (Anteriormente FSW ) .....                             | C, CSP   | 203-368-4291          | Bridgeport |
| Mental Health CT .....                                            | C, V     | 203-365-8444          | Bridgeport |
| Operation Hope .....                                              | C, V     | 203-292-5588          | Fairfield  |
| Recovery Network of Programs .....                                | R, V     | 203-929-1954          | Bridgeport |
| RYASAP (StreetSafe, Mediación, Justicia juvenil, JRB, LIST) ..... | J        | 203-579-2727          | Bridgeport |
| St. Vincent's Community Residential Services.....                 | R, V     | 475-210-3920          | Bridgeport |
| Veyo .....                                                        | T        | 855-478-7350          | Estatal    |
| Young Adult Space (Centro para jóvenes de 18 a 25 años) .....     | C        | 203-853-0600          | Norwalk    |

Necesidades básicas (albergue, beneficios, asistencia para energía)

¿Sintecho? ¿Necesita albergue? Marque el 2-1-1 y seleccione la opción 3

Para comida: Mande 211food a 898211, luego mande el código zip para obtener recursos en su área.

|                                                                   |                 |              |            |
|-------------------------------------------------------------------|-----------------|--------------|------------|
| Action for Bridgeport Community Development (ABCD) .....          | A, C            | 203-366-8241 | Bridgeport |
| Alpha Community Services .....                                    | A, C            | 203-366-2809 | Bridgeport |
| American Job Center .....                                         | E               | 203-333-5129 | Bridgeport |
| Bridgeport Rescue Mission .....                                   | A, C            | 203-333-4087 | Bridgeport |
| Errera Homeless Outreach for Veterans .....                       | A, Vet          | 203-932-5711 | Estatal    |
| Goodwill Industries .....                                         | E, V            | 203-368-6511 | Bridgeport |
| Homes for the Brave (veteranos) .....                             | C, E, R, V, Vet | 203-338-0669 | Bridgeport |
| Homeless Outreach Team .....                                      | A, C            | 800-586-9903 | Bridgeport |
| Janus Center para jóvenes en crisis (24/7) .....                  | A, C            | 203-374-9473 | Bridgeport |
| Malta House (madres y mujeres embarazadas) .....                  | A, C            | 203-857-0088 | Norwalk    |
| Operation Hope (centro de recursos/comedor de beneficencia) ..... | C               | 203-254-2935 | Fairfield  |
| Prospect House .....                                              | A               | 203-576-9041 | Bridgeport |
| Victims of Crime Act (VOCA) .....                                 | C               | 800-505-9000 | Various    |

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Guía 2020 para la Salud Mental y Adicción
Recursos públicos y sin fines de lucro
Región de Bridgeport - Fairfield - Stratford

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¿En una crisis emocional o de adicción?

|                                                               |                                   |
|---------------------------------------------------------------|-----------------------------------|
| Urgencia psiquiatra para adultos (8am-4:30pm) .....           | 800-586-9903                      |
| .....                                                         | despues de las 4:30pm, marque 911 |
| Urgencia psiquiatra para niños menores de 18 años (24/7)..... | Marque 2-1-1, seleccione 1        |
| Línea nacional de prevención del suicidio (24/7).....         | 888-628-9454                      |
| Crisis Text Line (24/7) .....                                 | Mande un texto al 741741          |
| Kids in Crisis (línea de crisis para niños, 24/7).....        | 203-327-KIDS                      |
| Abuso sexual - línea de crisis(24/7) .....                    | 888-568-8332                      |
| Violencia doméstica - línea de crisis (24/7) .....            | 844-831-9200                      |
| Línea de acceso para adicción (24/7).....                     | 800-563-4086                      |
| Ayuda para el juego problemático (24/7).....                  | 888-789-7777                      |
| CT Quitline (para dejar de fumar) (24/7).....                 | 800-QUITNOW                       |
| COPLINE: Línea de crisis para policía (24/7).....             | 800-COP-LINE                      |
| Equipo de alcance para sintechos (HOT) .....                  | 203-579-7300                      |
| Línea de apoyo en inglés, 5-10pm diario ) .....               | 800-921-0359                      |
| Línea de apoyo para jóvenes (12pm-9pm diario ) .....          | 855-6HOPENOW                      |

¿Buscando recursos regionales o estatales?

¿No sabe cómo empezar? ¡Marque el 2-1-1! Opción1=crisis, 3=albergue, 7=español

|                                                                                                                                  |              |
|----------------------------------------------------------------------------------------------------------------------------------|--------------|
| The Hub (Behavioral Health Action Organization for Southwestern CT) .....                                                        | 203-840-1187 |
| Cada municipio tiene un Consejo Local para la Prevención del abuso de sustancias y promoción de salud mental. Vease thehubct.org |              |
| Southwestern CT Agency on Aging (agencia para ancianos) .....                                                                    | 203-333-9288 |
| Southwest CT Mental Health System (DMHAS-región suroeste) .....                                                                  | 203-551-7400 |
| Courage to Speak Foundation (prevención y grupo de apoyo) .....                                                                  | 203-247-3975 |
| CT Behavioral Health Partnership (para Medicaid) .....                                                                           | 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).....                                                                        |              |

¿Buscando abogacía o apoyo para sus derechos?

|                                                                              |              |
|------------------------------------------------------------------------------|--------------|
| Advocacy Unlimited .....                                                     | 800-573-6929 |
| CT Commission on Human Rights .....                                          | 860-541-3400 |
| CT Family Support Network (apoyo a familias con necesidades especiales)..... | 203-727-9564 |
| CT Institute for Refugees & Immigrants (apoyo para inmigrantes) .....        | 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 (abogacía para familias para la salud mental de niños) .....           | 860-563-3232 |
| Keep the Promise (KTP) .....                                                 | 860-788-6180 |
| National Alliance for Mental Illness (NAMI), Fairfield, CT .....             | 203-586-0826 |
| Office of the Healthcare Advocate (OHA) .....                                | 866-466-4446 |
| State Education Resource Center (educación especial) .....                   | 860-632-1485 |

| Servicios sociales municipales                                                                 |              |            |
|------------------------------------------------------------------------------------------------|--------------|------------|
| Los servicios municipales proveen ayuda para beneficios, manejo de casos y a veces consejería. |              |            |
| 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     |

| Servicios de salud mental y adicción - niños (0 a 18 años)                                                      |            |                |                            |
|-----------------------------------------------------------------------------------------------------------------|------------|----------------|----------------------------|
| (SM) Salud mental, (AS) Abuso de sustancias, (PG) Problemas de juegos (MAT) tratamiento para opioides           |            |                |                            |
| (A)mbulatorio, en (C)asa, (H)ospitalizado, Intensivo (IOP), (PHP) Programa parcial hospitalizado, (R)esidencial |            |                |                            |
| Catholic Charities .....                                                                                        | SM         | A              | 203-750-9711 Norwalk       |
| Child & Family Guidance .....                                                                                   | SM, AS     | A              | 203-394-6529 Regional      |
| /Turning Point abuso de sustancias/adolescentes                                                                 |            |                |                            |
| Child Guidance of Mid-Fairfield County .....                                                                    | SM         | A              | 203-299-1315 Norwalk       |
| Child Guidance of Southern CT .....                                                                             | SM         | A              | 203-324-6127 Stamford      |
| Child Guidance of Southern CT .....                                                                             | SM, AS     | A              | 203-983-5294 Greenwich     |
| Community Counseling Centers (anteriormente Stamford Coi                                                        | SM, AS     | A              | 203-323-8560 Stmfd/New Can |
| Community Health Center, Day Street.....                                                                        | SM, AS     | A              | 203-854-9292 Norwalk       |
| Community Health Center, Franklin Street.....                                                                   | SM, PG, AS | A              | 203-969-0802 Stamford      |
| CT Renaissance .....                                                                                            | SM         | A, C, IOP      | 203-866-2541 Various       |
| Family and Children's Agency .....                                                                              | SM         | A, C           | 203-855-8765 Norwalk       |
| Family Centers, Inc. ....                                                                                       | SM         | A              | 203-629-2822 Regional      |
| Four Winds Hospital .....                                                                                       | SM         | A, H, IOP, PHP | 800-528-6624 Katonah, NY   |
| Jewish Family Services of Greenwich .....                                                                       | SUD        | A              | 203-622-1881 Greenwich     |
| Liberation Programs (recursos para familias y jóvenes) .....                                                    | SM         | AS, A          | 203-869-7279 Greenwich     |
| Norwalk Youth Services (edades de 11 a18) .....                                                                 | PG         | A              | 203-854-7785 Norwalk       |
| Positive Directions (a partir de 12 años) .....                                                                 | SM, PG, AS | A              | 203-227-7644 Westport      |
| Shoke Jewish Family Services .....                                                                              | SM, AS     | A              | 203-921-4161 Stamford      |
| Silver Hill Hospital (a partir de 13 años) .....                                                                | SM, AS     | A,H            | 866-542-4455 New Canaan    |
| St. Vincent's Behavioral Health Services .....                                                                  | SM, AS     | A, IOP         | 203-221-8899 Norwalk       |
| St. Vincent's Behavioral Health Services .....                                                                  | D, H       |                | 203-227-1251 Westport      |

| Servicios especializados                                           |        |              |                         |
|--------------------------------------------------------------------|--------|--------------|-------------------------|
| Las siguientes agencias privadas ofrecen servicios especializados: |        |              |                         |
| Anxiety Institute (edades de 18 a 25) .....                        | SM     | A            | 203-489-0888 Greenwich  |
| AWARE Recovery (adicción).....                                     | SM, AS | C            | 844-292-7372 Varios     |
| Causeway Collaborative (varones jóvenes) .....                     | SM     | A, tutoría   | 203-255-0301 Westport   |
| Center for Discovery (trastornos alimenticios) .....               | SM     | A, R         | 866-690-0875 Varios     |
| CENTRO BIENESTAR (EN ESPANOL).....                                 | SM     | A            | 203-883-8135 Stamford   |
| Clearpoint Recovery Center (adicción) .....                        | SM, AS | A, IOP, MAT  | 203-293-1723 Westport   |
| High Focus Centers (tsalud mental adolescente) .....               | SM     | IOP, PHP     | 800-877-3628 Norwalk    |
| Institute for Restoring Cognitive Health.....                      | SM     | A            | 203-302-9883 Greenwich  |
| Mountainside Treatment Center .....                                | SM, AS | A, D, IOP, R | 860-717-3198 Wilton     |
| Newport Academy (escuela terapeútica ) .....                       | SM, AS | A, IOP       | 844-895-1689 Darien     |
| Renfrew Center (trastornos alimenticios) .....                     | SM     | A, IOP, R    | 1-800-RENFREW Greenwich |
| Spire School (escuela especializada en salud social-emocional)     |        |              | 203-661-1609 Stamford   |

| Servicios de salud mental y adicción - adultos                                                                  |        |                             |                           |
|-----------------------------------------------------------------------------------------------------------------|--------|-----------------------------|---------------------------|
| (SM) Salud mental, (AS) Abuso de sustancias, (MAT) tratamiento para opioides                                    |        |                             |                           |
| (A)mbulatorio, en (C)asa, (H)ospitalizado, Intensivo (IOP), (PHP) Programa parcial hospitalizado, (R)esidencial |        |                             |                           |
| Línea de acceso para abuso de sustancia                                                                         |        | 800-563-4086                | Estatal                   |
| Servicios para adicción: disponibilidad para detoxificación, hogares sobrios                                    |        | www.ctaddictionservices.com |                           |
| Catholic Charities .....                                                                                        | SM     | A                           | 203-750-9711 Norwalk      |
| Center for Hope (terapia para aflicción) .....                                                                  | SM     | A                           | 203-655-4693 Darien       |
| Christian Counseling Center.....                                                                                | SM     | A                           | 203-846-4626 Norwalk      |
| Circle Care (LGBTQ) .....                                                                                       | SM     | A                           | 203-852-9525 Norwalk      |
| Community Counseling Centers, Inc.....                                                                          | SM     | A                           | 203-323-8560 Stmfd/New Ca |
| Community Health Center, Day Street Center .....                                                                | SM, AS | A, MAT                      | 203-854-9292 Norwalk      |
| Community Health Center, Franklin Street Center .....                                                           | SM, AS | A                           | 203-969-0802 Stamford     |
| CT Counseling Centers .....                                                                                     | SM, AS | A, IOP, MAT                 | 203-838-6508 Norwalk      |
| CT Counseling Centers .....                                                                                     | SM, AS | A, IOP, MAT                 | 203-653-3038 Stamford     |
| CT Renaissance, Inc. (incluye el juego problemático) .....                                                      | SM, AS | A, IOP                      | 203-866-2541 Varios       |
| Family & Children's Agency .....                                                                                | SM     | A                           | 203-855-8765 Norwalk      |
| Family & Children's Agency (proyecto Reward mujeres ) ..                                                        | AS     | A, IOP                      | 203-523-5790 Norwalk      |
| Family Centers, Inc. ....                                                                                       | SM     | A                           | 203-324-3167 Stamford     |
| Family Centers, Inc. ....                                                                                       | SM     | A                           | 203-629-2822 Greenwich    |
| Family Centers, Inc. ....                                                                                       | SM     | A                           | 203-655-4693 Darien       |
| Families in Recovery Program (mujeres con niños).....                                                           | AS     | R                           | 203-851-2077 Norwalk      |
| Four Winds Hospital .....                                                                                       | SM     | A, IOP, H, PHP              | 800-528-6624 Katonah, NY  |
| F.S. Dubois Center (citas) .....                                                                                | SM, AS | A                           | 203-388-1600 Stamford     |
| Greenwich Hospital Addiction Recovery Center .....                                                              | AS     | A, D, IOP, H                | 203-863-4673 Greenwich    |
| Greenwich Hospital Behavioral Health .....                                                                      | SM     | A                           | 203-863-3316 Greenwich    |
| Jewish Family Services of Greenwich .....                                                                       | SM     | A                           | 203-622-1881 Greenwich    |
| Liberation Programs.....                                                                                        | AS     | A, D, MAT, R                | 203-851-2077 Regional     |
| Norwalk Community Health Center.....                                                                            | SM     | A                           | 203-899-1770 Norwalk      |
| Norwalk Hospital .....                                                                                          | SM, AS | A, D, IOP, H, PHP           | 203-852-2988 Norwalk      |
| Optimus Behavioral Health .....                                                                                 | SM     | A                           | 203-621-3754 Stamford     |
| Positive Directions (incluye el juego problemático) .....                                                       | SM, AS | A                           | 203-227-7644 Westport     |
| Saint Vincent's Behavioral Health Services .....                                                                | SM, AS | A, IOP, MAT                 | 203-221-8899 Norwalk      |
| Saint Vincent's Behavioral Health Services .....                                                                | SM, AS | D, H                        | 203-227-1251 Westport     |
| Schoke Jewish Family Services .....                                                                             | SM     | A                           | 203-921-4161 Stamford     |
| Schoke Jewish Family Services .....                                                                             | SM     | A                           | 203-454-4992 Westport     |
| Silver Hill Hospital.....                                                                                       | SM, AS | A, D, IOP, H                | 866-542-4455 New Canaan   |
| Stamford Hospital .....                                                                                         | SM     | H                           | 203-276-7010 Stamford     |

Servicios de apoyo relacionados a la salud mental y adicción

Véase el listado adjunto de grupos de apoyo gratuitos en la región

(A)lbergue, (C)oordinación de casos, (CSP) Programa de apoyo en la comunidad, (D)etoxificación, (Ed)ucación apoyada, (E)mpleo apoyado, (I)usticia criminal, (R)ehabilitación psicosocial, (T)ransporte, (Vet)eranos, (VD) Violencia doméstica, (V)ivienda apoyada

|                                                                    |                     |                        |               |
|--------------------------------------------------------------------|---------------------|------------------------|---------------|
| Ability Beyond .....                                               | E                   | 888-832-8247           | Stmfd-Norwalk |
| Bridge House .....                                                 | C, E, R             | 203-335-5339           | Bridgeport    |
| Continuum Crisis & Respite Services .....                          | A, C, R             | 475-282-4985           | Regional      |
| CT Community for Addiction Recovery (CCAR) .....                   | C, E                | 800-708-9145           | Estatad       |
| Domestic Violence Crisis Center .....                              | C, VD               | 203-588-9100           | Stmfd-Norwalk |
| Domestic Abuse Services of YWCA .....                              | C, VD               | 203-622-0003           | Greenwich     |
| Family & Children's Agency ( <i>alcanze a los ancianos</i> ) ..... | C                   | 203-831-2900           | Norwalk       |
| Family Centers, Inc. ....                                          | E                   | 203-324-3167           | Grwch-Stmfd   |
| Family Re-Entry ( <i>justicia criminal</i> ) .....                 | J, VD               | 203-838-0496           | Norwalk       |
| Jewish Family Services .....                                       | C                   | 203-622-1881           | Greenwich     |
| Keystone House, Inc. ....                                          | CSP, E, R, V        | 203-855-7920           | Norwalk       |
| Kids in Crisis .....                                               | A, C, R             | 203-327-KIDS           | Stamford      |
| Know How To Go .....                                               | T                   | www.knowhowtogooct.org |               |
| Laurel House, Inc. ....                                            | C, CSP, Ed, E, R, V | 203-324-1816           | Stamford      |
| Liberation Programs.....                                           | V                   | 203-851-2077           | Regional      |
| Mental Health CT .....                                             | C, CSP, V           | 203-323-3337           | Stamford      |
| Mid-Fairfield AIDS Project ( <i>intercambio de agujas</i> ) .....  | C, V                | 203-855-9535           | Norwalk       |
| Norwalk Hospital .....                                             | CSP                 | 203-855-3528           | Norwalk       |
| Pathways .....                                                     | CSP, E, R, V        | 203-869-5656           | Greenwich     |
| Project Return ( <i>mujeres de 18 a 21 años</i> ) .....            | R, V                | 203-222-8129           | Westport      |
| Rowan Center ( <i>abuso sexual</i> ) .....                         | VD                  | 203-348-9346           | Stamford      |
| St. Vincent's Community Residential Services.....                  | R, V                | 475-210-3920           | Bridgeport    |
| Triangle Community Center ( <i>LGBTQ</i> ) .....                   | C                   | 203-853-0600           | Regional      |
| Veyo .....                                                         | T                   | 855-478-7350           | Estatad       |
| Young Adult Space ( <i>Centro para jóvenes/18 a 25 años</i> ) ..   | C                   | 203-853-0600           | Norwalk       |

Necesidades básicas

¿Sintecho? ¿Necesita albergue? Marque el 2-1-1 y seleccione la opción 3

Para comida: Mande **211food** a 898211, luego mande el código zip para obtener recursos en su área.

|                                                                   |              |              |            |
|-------------------------------------------------------------------|--------------|--------------|------------|
| ABCD .....                                                        | A, C         | 203-833-8110 | Norwalk    |
| American Job Center .....                                         | E            | 203-353-1702 | Stamford   |
| Community Action Agency of Western CT .....                       | C            | 203-602-8833 | Varios     |
| Errera Homeless Outreach for Veterans .....                       | A, Vet       | 203-932-5711 | Estatad    |
| Homes for the Brave .....                                         | E, R, V, Vet | 203-338-0669 | Bridgeport |
| Homes with Hope .....                                             | A, E, V      | 203-226-3426 | Westport   |
| Inspirica, Inc. ....                                              | A, V         | 203-388-0100 | Stamford   |
| Malta House ( <i>madres y mujeres embarazadas</i> ) .....         | A, C         | 203-857-0088 | Norwalk    |
| Open Door Shelter .....                                           | A, E, V      | 203-866-1057 | Norwalk    |
| Pacific House ( <i>anteriormente Shelter for the Homeless</i> ) . | A, 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 | Varios     |

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Guía 2020 para la Salud Mental y Adicción  
Recursos públicos y sin fines de lucro  
Greenwich - Stamford - Norwalk y suburbios

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¿En una crisis emocional o de adicción?

|                                                                 |                                  |
|-----------------------------------------------------------------|----------------------------------|
| Urgencia psiquiatra para adultos (8am-4:30pm) .....             | 800-586-9903                     |
|                                                                 | despues de las 4:30pm marque 911 |
| Urgencia psiquiatra para niños menores de 18 años (24/7).....   | Marque 211, seleccione 1         |
|                                                                 | En Greenwich: 800-203-1234       |
| Línea nacional de prevención del suicidio (24/7).....           | 888-628-9454                     |
| Crisis Text Line (24/7) .....                                   | Mande un texto al 741741         |
| Kids in Crisis ( <i>línea de crisis para niños, 24/7</i> )..... | 203-327-KIDS                     |
| Abuso sexual - línea de crisis (24/7) .....                     | 888-568-8332                     |
| Violencia doméstica - línea de crisis (24/7) .....              | 844-831-9200                     |
| Línea de acceso para adicción (24/7).....                       | 800-563-4086                     |
| Ayuda para el juego problemático (24/7).....                    | 888-789-7777                     |
| CT Quitline ( <i>para dejar de fumar</i> ) (24/7).....          | 800-QUITNOW                      |
| COPLINE: Línea de crisis para policía (24/7).....               | 800-COP-LINE                     |
| Equipo de alcance para sintechos (HOT) .....                    | 203-579-7300                     |
| Línea de apoyo en inglés ( <i>5-10pm diario</i> ) .....         | 800-921-0359                     |
| Línea de apoyo para jóvenes ( <i>12pm-9pm diario</i> ) .....    | 855-6HOPENOW                     |

¿Buscando recursos regionales o estatales?

¿No sabe cómo empezar? ¡Marque el 2-1-1! Opción1=crisis, 3=albergue, 7=español

|                                                                                                                                    |              |
|------------------------------------------------------------------------------------------------------------------------------------|--------------|
| The Hub (Behavioral Health Action Organization for Southwestern CT) .....                                                          | 203-840-1187 |
| Cada municipio tiene un Consejo Local para la Prevención del abuso de sustancias y promoción de salud mental. Vease a thehubct.org |              |
| Southwestern CT Agency on Aging (agencia para ancianos) .....                                                                      | 203-333-9288 |
| Southwest CT Mental Health System (DMHAS-región suroeste) .....                                                                    | 860-418-7000 |
| Communities 4 Action.....                                                                                                          | 203-588-0457 |
| Courage to Speak Foundation ( <i>prevención y apoyo</i> ) .....                                                                    | 203-247-3975 |
| CT Behavioral Health Partnership ( <i>para Medicaid</i> ) .....                                                                    | 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).....                                                                          |              |

¿Buscando abogacía o apoyo para sus derechos?

|                                                                                        |              |
|----------------------------------------------------------------------------------------|--------------|
| Advocacy Unlimited .....                                                               | 800-573-6929 |
| CT Commission on Human Rights .....                                                    | 860-541-3400 |
| CT Family Support Network ( <i>apoyo a familias con necesidades especiales</i> ) ..... | 203-727-9564 |
| CT Institute for Refugees & Immigrants ( <i>apoyo para inmigrantes</i> ) .....         | 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 ( <i>abogacía para familias para la salud mental de niños</i> ) .....            | 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 ( <i>educación especial</i> ) .....                    | 860-632-1485 |



# **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**

|                                                                                                      |                                    |
|------------------------------------------------------------------------------------------------------|------------------------------------|
| <a href="#">Adult mobile psychiatric crisis</a> (8am-4:30pm)                                         | 800-586-9903 after 4:30pm call 911 |
| <a href="#">Child (&lt;18yo) mobile psychiatric crisis</a> (24/7)<br>In Greenwich, dial 800-203-1234 | Dial 2-1-1, press 1                |
| <a href="#">National Suicide Lifeline</a> (24/7)                                                     | 800-273-TALK (8255)                |
| <a href="#">Crisis Text Line</a> (24/7)                                                              | Send text to 741741                |
| <a href="#">The 24-Hour Hotline (Kids in Crisis)</a>                                                 | 203-661-1911                       |
| <a href="#">Center for Sexual Assault hotline</a> (24/7)                                             | 888-999-5545                       |
| <a href="#">Domestic Violence Crisis Hotline</a> (24/7)                                              | 888-774-2900                       |
| <a href="#">Substance Use Access Line</a> (24/7)                                                     | 800-563-4086                       |
| <a href="#">Problem Gambling Helpline</a> (24/7)                                                     | 888-789-7777                       |
| <a href="#">CT Quitline (smoking cessation)</a> (24/7)                                               | 800-QUITNOW                        |
| <a href="#">COPLINE: National Law Enforcement Officers Hotline</a> (24/7)                            | 800-COP-LINE                       |
| <a href="#">Disaster Distress Helpline</a> (24/7)                                                    | 800-985-5990                       |
| <a href="#">Homeless Outreach Team (HOT)</a>                                                         | 203-579-7300                       |
| <a href="#">Talk It Out Warmline</a> (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.

|                                                   |              |            |
|---------------------------------------------------|--------------|------------|
| <a href="#">Darien Human Services</a>             | 203-656-7328 | Darien     |
| <a href="#">Greenwich Dept. of Human Services</a> | 203-622-3800 | Greenwich  |
| <a href="#">New Canaan Human Services</a>         | 203-594-3076 | New Canaan |
| <a href="#">Norwalk Community Services</a>        | 203-854-7718 | Norwalk    |
| <a href="#">Stamford Social Services</a>          | 203-977-4050 | Stamford   |
| <a href="#">Weston Social Services</a>            | 203-222-2663 | Weston     |
| <a href="#">Westport Human Services</a>           | 203-341-1050 | Westport   |
| <a href="#">Wilton Social Services</a>            | 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

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

## Looking for Advocacy & Support for Your Rights?

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

Find additional resources on our website,  
[www.thehubct.org](http://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

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

## 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

|                                                                   |      |              |            |
|-------------------------------------------------------------------|------|--------------|------------|
| <a href="#">St. Vincent's Community Residential Services</a>      | H, R | 203-362-3920 | Bridgeport |
| <a href="#">Triangle Community Center</a> (LGBTQ)                 | C    | 203-853-0600 | County     |
| <a href="#">Veyo</a>                                              | T    | 855-478-7350 | Statewide  |
| <a href="#">Young Adult Space</a> (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.

(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

|                                                                                       |            |              |            |
|---------------------------------------------------------------------------------------|------------|--------------|------------|
| <a href="#">The 24-Hour Hotline (Kids in Crisis)</a>                                  |            | 203-661-1911 | Greenwich  |
| <a href="#">ALLIANCE for Community Empowerment, Inc.</a> Used to be ABCD 203-838-8110 | C, S       | 203-366-8241 | Norwalk    |
| <a href="#">American Job Center</a>                                                   | E          | 203-353-1702 | Stamford   |
| <a href="#">Community Action Agency of Western CT</a>                                 | C          | 203-602-8833 | Various    |
| <a href="#">Errera Homeless Outreach for Veterans</a>                                 | S, V       | 203-932-5711 | Statewide  |
| <a href="#">Homes for the Brave</a> (homeless vets only)                              | E, H, R, V | 203-338-0669 | Bridgeport |
| <a href="#">Homes with Hope</a>                                                       | E, H, S    | 203-226-3426 | Westport   |
| <a href="#">Inspirica, Inc.</a>                                                       | H, S       | 203-388-0100 | Stamford   |
| <a href="#">Malta House</a> (pregnant & parenting women)                              | C, S       | 203-857-0088 | Norwalk    |
| <a href="#">Open Door Shelter</a>                                                     | E, H, S    | 203-866-1057 | Norwalk    |
| <a href="#">Pacific House</a> (formerly Shelter for the Homeless)                     | S, V       | 203-348-2792 | Stamford   |
| <a href="#">Person-to-Person</a>                                                      | C          | 203-939-1650 | Norwalk    |
| <a href="#">Person-to-Person</a>                                                      | 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**

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

## 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**

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

## 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

|                                                                                              |                |                       |                           |                |
|----------------------------------------------------------------------------------------------|----------------|-----------------------|---------------------------|----------------|
| <a href="#">Catholic Charities</a>                                                           | MH             | O                     | 203-750-9711              | Norwalk        |
| <a href="#">Child &amp; Family Guidance<br/>Turning Point teen substance<br/>use program</a> | MH, SUD        | O                     | 203-394-6529<br>ext. 3557 | Regional       |
| <a href="#">Child Guidance of Mid-Fairfield<br/>County</a>                                   | MH             | O                     | 203-299-1315              | Norwalk        |
| <a href="#">Child Guidance Center of<br/>Southern CT</a>                                     | MH             | O                     | 203-324-6127              | Various        |
| <a href="#">Community Counseling Centers<br/>(formerly Stamford Counseling)</a>              | MH, SUD        | O                     | 203-323-8560              | Various        |
| <a href="#">Community Health Center, Day<br/>Street</a>                                      | MH, SUD        | O                     | 203-854-9292              | Norwalk        |
| <a href="#">Community Health Center,<br/>Franklin Street</a>                                 | MH, SUD        | O                     | 203-969-0802              | Stamford       |
| <a href="#">CT Renaissance</a>                                                               | MH, PG,<br>SUD | H, IOP, O             | 203-336-5225              | Various        |
| <a href="#">Family and Children's Agency</a>                                                 | MH             | H, O                  | 203-855-8765              | Norwalk        |
| <a href="#">Family Centers, Inc.</a>                                                         | MH             | O                     | 203-869-4848              | Regional       |
| <a href="#">Four Winds Hospital</a>                                                          | MH             | I, IOP, O,<br>PHP     | 800-528-6624              | Katonah,<br>NY |
| <a href="#">Jewish Family Services of<br/>Greenwich</a>                                      | MH             | O                     | 203-622-1881              | Greenwich      |
| <a href="#">Liberation Programs (Youth &amp;<br/>Family Resources)</a>                       | SUD, MH        | Schools,<br>O, I, IOP | 855-LIB-<br>PROG          | Greenwich      |
| <a href="#">Norwalk Youth Services (ages<br/>11-18, Norwalk only)</a>                        | MH             | O                     | 203-854-7785              | Norwalk        |
| <a href="#">Positive Directions (ages 12+)</a>                                               | PG             | O                     | 203-227-7644              | Westport       |
| <a href="#">Schoke Jewish Family Services</a>                                                | MH, PG,<br>SUD | O                     | 203-921-4161              | Stamford       |
| <a href="#">Silver Hill Hospital (ages 13+)</a>                                              | MH, SUD        | I, O                  | 866-542-4455              | New<br>Canaan  |
| <a href="#">St. Vincent's Behavioral Health<br/>Services</a>                                 | MH, SUD        | IOP, O, I             | 203-221-8899              | Norwalk        |
| <a href="#">Saint Vincent's Behavioral<br/>Health Services</a>                               | MH, SUD        | D, I                  | 203-227-1251              | Westport       |

## Specialty Services

The for-profit agencies below offer specialized services.

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

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

**Download copies of this guide and our support group list on  
our website, [www.thehubct.org](http://www.thehubct.org)**



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- **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](http://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.



**Free Peer Support Groups for Behavioral  
Health in Southwest Connecticut  
(for individuals & families)**





## ESPAÑOL/SPANISH Grupos de apoyo en español

- **Alcohólicos Anónimos en español:** 855-377-2628.
- **Narcóticos Anónimos**
- **NAMI:** Apoyo para familiares de individuos con desórdenes de salud mental
- **Servicios de crisis para víctimas de Asalto Sexual:** 888-568-8332
- **“SMART Recovery”:** apoyo para problemas de adicción y salud mental
- **CCAR soporte telefónico durante la recuperación**
- **CCAR - Lengua Espanola ARM (Virtual):** CCAR auspicia la Lengua Espanola Arm cada Jueves de 11:15AM - 12:15PM. Para participar en una conferencia de Zoom, seleccione abajo.

*\*Revise nuestra pagina de COVID para mas información pertinente a grupos específicos de apoyo y actividades de salud\**

## Autism Spectrum

- **Community Autism Socials at Yale:** Social groups for adults with ASD & parents  
Online Events
- **GRASP:** Chat groups with free enrollment to the site, Online.  
Contact Info: info@grasp.org

## Bereavement/Grief (see also Suicide Loss)

- **Family Centers:** Offers a range of specific bereavement/grief support and counseling groups, Zoom. Contact info for different groups available by following this link
- **Jewish Family Service of Fairfield County** – Living with Loss  
Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org

## Brain Injury

- **Brain Injury Alliance of Connecticut:** Online Tele-meetings, Zoom. Contact info for different groups available by following this link.
- **A.B.I. Resources Connecticut Brain Injury:** Helpline 860-942-0365 \*Note: some of the support groups listed on this site are no longer running due to COVID. Contact info for different groups available by following this link.

## Dual Diagnosis:

- **Depression and Bipolar Support Alliance:** Online meetings.

## Eating Disorders

- **National Eating Disorders Association (NEDA)**: Online Chat Helpline (Mon - Thurs: 9AM – 9PM & Fri: 9AM – 5PM), call Hotline at 800-931-2237 (Mon – Thurs: 11M – 9PM, Fri: 11AM – 5PM), or text 800-931-2237 (Pilot hours: Mon – Thurs: 3PM – 6PM)
- **Overeaters Anonymous**: Virtual Online Meetings, Zoom and Telephone meetings. Contact info for different groups available by following this link

## Gambling

- **Connecticut Council on Problem Gambling**: Call Hotline 888-789-7777 (24/7) or text “CTGAMB” to 53342 and [Online Chat](#) (24/7)
- **Connecticut and Western Massachusetts Gamblers Anonymous**: Online, Zoom meetings. Contact Info: 855-222-5542 & ctwmaga@yahoo.com
- **Problem Gambling Helpline**: Call 888-789-7777

## LGBTQIA+

- **Kids in Crisis – Lighthouse LGBTQ Youth Group**: Meetings are at the Avon Theatre at 272 Bedford St, Stamford, every Tuesday, 5PM – 6:45PM \*Note: must wear a mask and respect social distancing at all times. Contact Info: 203-622-6556
- **Kids in Crisis – Lighthouse LGBTQ Youth Hotline**: (24/7) 203-661-1911
- **Connecticut Pride Center – Triangle Community Center**: Online Meetings, Zoom. \*Note: Visit the Upcoming Events calendar, click on the group of your interest, contact info and Zoom links are available
- **Connecticut Pride Center – Triangle Community Center**: Facilitated 24/7 Discord chat space. Contact: Alexandra Raucci – alexandra@ctgay.org for invitation link
- **NAMI – Rainbow Connections**: Online Meetings, Zoom. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vlepoutre@namict.org or Serena – 650-561-5525
- **Trevor Project**: Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)
- **Trans Lifeline**: Call Hotline (Daily, 10AM – 5AM) 877-565-8860

## Mental Health (see also Young Adult & Additional Support Groups)

- **Clutterers Anonymous**: Zoom Meetings, Phone Meetings & Phone Activity Meetings. Contact info for different groups available by following this link and viewing calendar of events.
- **Depression and Bipolar Support Alliance (DBSA)**: Online Support Groups. Call Emergency Hotline: 800-273-8255 or Text “DBSA” to 741- 741. General Contact Info: 800-826-3632
- **Hearing Voices**: Online Zoom Meetings and Call-In Groups. Contact info for different groups available by following this link. General Contact Info: Skye – 860-952-4050 or scollins@advocacyunlimited.org
- **Hoarding Support**: Online Message Boards and Support Groups. Call Helpline (daily, 8AM – 5PM) 800-462-7337 – can also be used to contact with any questions or concerns.
- **First Church Congregational, Fairfield County - OCD Support Group**: Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or fairfielddodcdgroup@gmail.com
- **NAMI – Recovery Support Check Ins**: Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- **Toivo Center – Alternatives to Suicide**: Online, Zoom Meetings. Follow the link to sign up. General Contact Info: 860-296-2338
- **DMHAS & United Way of Connecticut – Adult Telephone Intervention and Options Network (ACTION)**: crisis line for adults 18 years and older experiencing a mental health or emotional crisis. Call crisis line (24/7): 211 or 1-800-HOPE- 135
- **Mental Health Warm Lines**: General Contact Info: Cheri – 860-418-6935

### Warmlines are telephone support services, not crisis lines

- **Bridgeport Soundview Warmline**: 800-921-0359 (Daily, 9AM – 9PM)
- **CT Behavioral Health Partnerships Warmline**: 877-552-8247 – select prompts 1 & 3 (Mon – Fri: 9AM – 5PM)
- **JoinRiseBe Statewide Young Adult Peer Initiative/Warmline**: 855-6-HOPENOW (Daily, 12PM – 9PM)

### Free Support Lines

- **Reach Out Connecticut**: 1-844-TALK-4CT (Mon – Thurs: 8:30AM – 7PM, Fri: 8:30AM – 6PM, Sat & Sun: 11AM – 7PM). Provides connections or resources for any challenges. Including food or infant supplies, worried about COVID-19, racial injustice, or just need someone to talk to.
- **Advocacy Unlimited – Let's Connect**: 888-770-4478 (Mon – Fri: 9AM – 5PM)

## Sex Addiction

- [Sex Addiction Anonymous \(SAA\)](#): Telemeetings, Online Zoom Meetings. Meetings times and contact info available by following this link.

## Interpersonal Violence & Challenges

- [RCT Women's Center](#): Online, Virtual Support Groups.  
Contact Info: 203- 731-5200 ext. 258
  - SOAR: support for women who experienced domestic violent: Tuesdays, 6:30PM – 8PM
  - Voices of Courage: support for men who experienced sexual assault or abuse: Mondays, 6:30PM – 8PM
  - Thrive: support for women with relationship challenges or past traumas: Mondays, 11AM – 12:30PM & Tuesdays, 4PM – 5:30PM
  - Breaking the Silence: support for women who experienced sexual assault or abuse: Mondays, 5PM – 6:30PM
  - Guys' Group: support for men who've experienced unhealthy relationships, verbal, physical abuse: Tuesdays, 5:30PM – 7PM. Email karen.i@wcogd.org
- [The Rowen Center](#): Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- [The Rowen Center](#): Online Self-Care Art Group. Every other Friday, 2PM – 3:30PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **Domestic Violence Hotline**: Call 203-731-5206 or 888-774-2900
- **Sexual Assault Hotline**: Call 203-731-5204 or 888-999-5545

## Substance Use & Addiction

- [CT Alcoholics Anonymous](#): Online & In-Person Meetings. Meetings times and contact info available by following this link. General Contact Info: 866-783-7712
- [RIPPLE](#): Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available by following this link. Contact Info: RockingRecovery.org@gmail.com
- [New Canaan Parent Support Group](#): Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available by following this link. Contact Info: Paul – 203-564-6374
- [C.A.R.E.S.](#): Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- [Positive Directions SMART Recovery – Family & Friends Group](#): Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org

- [NAMI – Friends & Family Community Support Groups](#): Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- [NAMI – Opioid Support – Family Group Meetings](#): Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- [NAMI – Opioid Support – Recovery Group Meetings](#): Online, Google Hangout Meetings. Wednesdays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- [SMART Recovery](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [SMART Recovery Groups for Friends & Family](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [SMART Recovery Groups for Teens](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [CCAR](#): Online Recovery Coach Chat, Online Coffee Lounge Chat, Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available by following this link. Contact Info: 866-205-9770
- [CT Regions of Narcotics Anonymous](#): In-Person & Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-627-3543 or info@ctna.org
- [Women for Sobriety](#): Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 215-536-8026 or contact@womenforsobriety.org
- **Substance Use Access Line**: Call 800-563-4086
- **Smoking Quitline**: Call 800-QUITNOW

## Suicide Loss

- [American Foundation for Suicide Prevention – Healing Conversations](#): Chat on the Phone or Online Meetings. Healing Conversations is an opportunity for those who have lost someone to suicide to speak with a volunteer who is a survivor of suicide loss. Follow the link to fill out a form to be contact.
- [Charter Oak Family Center – Survivors of Suicide Attempts \(SOSA\)](#): Online Meetings. Tuesdays, 6:30PM – 8:00PM. Contact Steve: 860-268-4953

## Youth and Young Adults (see also Mental Health and Additional Support Groups):

- **NAMI – Young Adult Connection Community Groups**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **SMART Young Adult Meetings**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **The Rowen Center – College Student Support Group for victims and survivors of sexual abuse (18 and over)**: Online, Zoom Meetings. Every Monday and Tuesday, 12PM – 1PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **The Den for Grieving Kids – Young Adult Bereavement Group**: Online Meetings. Alternate Wednesdays, 7PM – 8PM. Contact Julianne Green: 203-655-4693
- **Turning Point CT**: Online Forums, Podcasts, and Call Helpline: 800-273-8255 or text “CTL” to 741741
  - Teen Socials: 2nd Tuesday of each month at 6PM & Last Saturday at 1PM
  - Young Adult Socials: 4th Wednesday of each month at 6PM
- **CT Young Adult Warmline**: Call 855-6-HopeNow (Daily, 12PM – 9PM)

## Additional Groups:

- **Positive Directions – Teacher Support Group**: Wednesdays, 7PM – 8PM. Contact Info: Angelina – 203-227-7644 or amiceli@positivedirections.org
- **NAMI –Veteran Connection Recovery Support Group**: The first and third Wednesday of every month at 6:30PM. Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628
- **SMART – Medical & Mental Health Professionals in Recovery**: Online Peer Support Forum
- **The Rowan Center – Empowerment Group for Women**: Online, Zoom Meetings. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **The Rowen Center – Healthy Relationship & Self-Esteem Empowerment Group**: Online, Zoom Meetings. Follow the link to sign up & express interest. Contact Info: 203-348-9346 or info@therowancenter.org
- **CT Legal Services’ Immigrant Legal Advice Hotline**: Call 800-798-0671
- **Institute on Aging – Friendship Hotline/Warmline** for any person 60+ years old living with a disability & caregivers of older disabled adults: Call 800-971-0016 (24/7)

- **Alzheimer’s Association – Caregiver Support Groups**: Online Meetings. Contact Info: Call 800- 272-3900 for program details
- **Jewish Family Service of Fairfield County – Let’s Talk**: Meet new people and engage in meaningful conversation about a variety of topics. Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org
- **Jewish Family Service of Fairfield County – Divorce Support Group**: Contact Info: Lois Meyer at 203-921-4161 or LMeyer@ctjfs.org

## Support for families of individuals with addiction or addiction & mental illness:

- **C.A.R.E.S.**: Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- **SMART Recovery Groups for Friends & Family**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
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- **Mountainside Friends & Family Support Group**: Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-500-0399

## Parenting support for caregivers of children with behavioral & emotional needs:

- **NAMI CAN CT Support Group – Child and Adolescent Network**: Online, Zoom Meeting. January 4th 2021: 7PM – 8:30PM. Contact Info: Grace – 860-693-9310
- **The Youth Mental Health Project – Parent Support Network**: Online Meetings. Available for anyone in the country. Meetings times and contact info available by following this link.
- **Autism Services & Resources CT (ASRC)**: Online Meetings & Events. \*Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available by following this link. General Contact Info: 203-265-7717
- **CT Family Support Network (CTFSN) – Parents Supporting Parents**: Online Meetings. Call for info: 877-376-2329 or commsdirector@ctfsn.org



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**Follow The Hub on Social Media!**



# CT's Crisis Supports



*24/7 hotlines for when you need help now*

Mobile psychiatric crisis: Dial 2-1-1, option 1

Kids in Crisis: 203-327-KIDS

Dial 911 & ask for CIT officer

Sexual Assault hotline: 888-999-5545

Domestic Violence hotline: 888-774-2900

Substance Use Access Line: 800-563-4086

Problem Gambling Helpline: 888-789-7777

Smoking QuitLine: 800-QUITNOW

## **National:**

Crisis Text Line: Send text to 741741

Suicide Lifeline: 800-273-TALK

Law Enforcement Officers Hotline: 800-COPLINE

**COVID19:** Disaster Distress Helpline: 800-985-5990 or  
text "talkwithus" or "hablanos" to 66746



# • NUTRITION TIPS TO IMPROVE YOUR MOOD •

Did you know that the foods you eat affect your mood, mental health, and brain function? If you have noticed you are feeling down, having trouble paying attention, or feeling fatigued, these tips may help you.

We are always told about how nutrition will impact us physically, but it is not as common to hear about how it affects us mentally. Eating a well balanced diet can help improve your mood, energy levels, decision making ability, and attention span. When people are stressed or feeling down, they tend to eat more processed foods such as, fried foods, candy, or baked goods. While these are delicious and may make you feel better in the short term, they will not help you in the long run. Try the tips below to help boost your mood and improve your mental health!



Make 50% of your grains whole grains. Replace white bread with whole wheat or white rice for brown rice. Whole grains will keep you full for longer and keep your energy up throughout the day.

## EAT MORE WHOLE GRAINS

## EAT MORE LEAN PROTEIN

Add some chicken, fish, turkey, eggs, or tofu to your meals to boost your mood and keep your serotonin levels balanced.



Unsaturated fats such as avocado, olive oil, and nuts provide essential fatty acids that are heart healthy and help the brain function properly to reduce anxiety and depression symptoms.

## EAT MORE HEALTHY FATS

## LIMIT PROCESSED FOODS

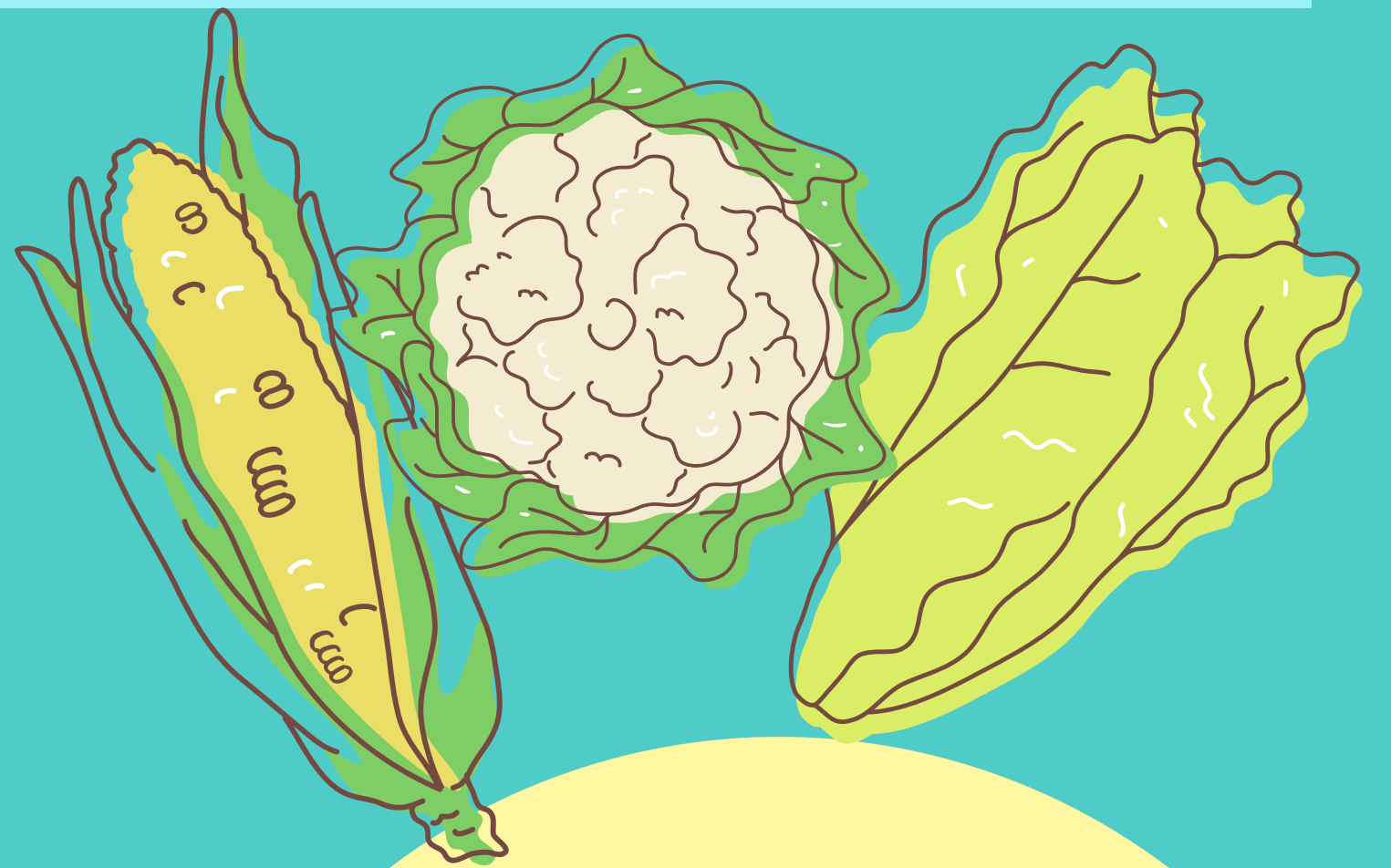
Limit your desserts and snack foods such as chips to once a week. These processed foods are more likely to cause depression and anxiety, but it's always good to treat yourself sometimes.



# • BUILD YOUR OWN POWER BOWL •

## 1. Start with a 1/2 cup base:

- brown rice
- salad greens
- quinoa
- farro
- whole wheat pasta

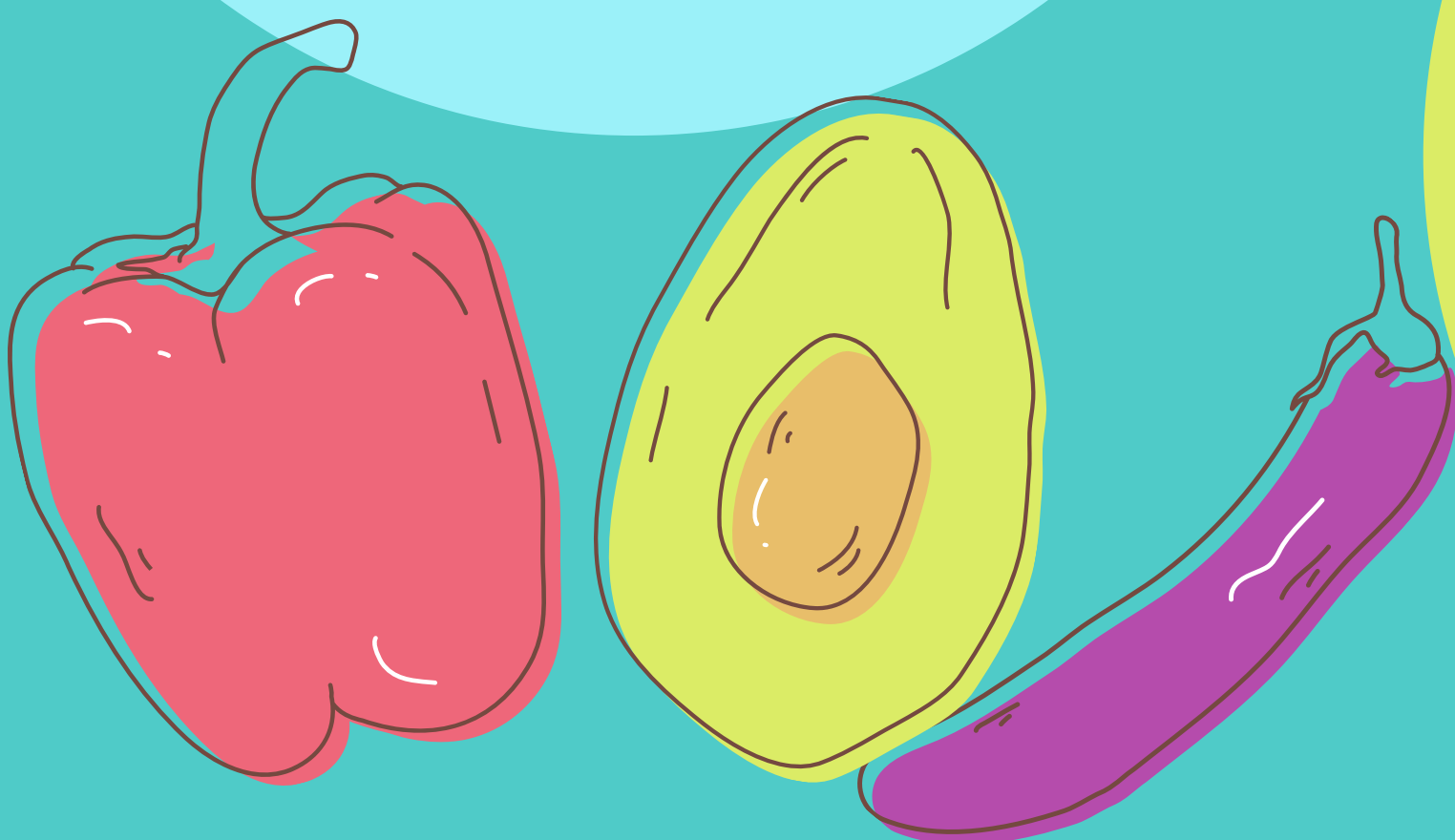


## 2. Choose 3oz of protein

- grilled chicken
- tofu
- edamame
- turkey
- lean ground beef
- beans
- fish

## 3. Add 1/2 cup of veggies

- peppers
- onions
- mushrooms
- broccoli
- carrots
- tomato
- corn
- sweet potato



## 4. Add 2 Tbsp of toppings

- low fat cheese
- avocado
- salsa
- low fat dressing
- low fat sour cream