Region 5 Behavioral Health Services- Adults

24 HOUR CRISIS SERVICES / HOTLINES / INFORMATION

Emergency calls (all situations) ................................................................. 911
INFOLINE (Statewide) ........................................................................... 211
Hotline and Mobile Outreach – Western CT Mental Health Network ........ 1-888-447-3339
Charlotte Hungerford Hospital Emergency Department Crisis Intervention Services ...(860) 496-6880
Access Line for opioid treatment and services (DMHAS 24 hour call center) .............................................................................. 1-800-563-4086
Connecticut Council on Problem Gambling Helpline ............................. (800) 346-6238/1-888-789-7777
Help/ Watkins Network: Substance abuse/opioid walk-in assessment center ... (860) 482-7242
National Suicide Prevention Lifeline.................................................. 1-800-273-TALK (8255)
Access Health CT .................................................................................. accesshealthct.com
Greenwoods Counseling Referrals, Inc. ................................................. www.greenwoodsreferrals.org ......(860) 567-4437

MENTAL HEALTH SERVICES

Authentic Recovery (outpatient, med. Management, MH and SA, child and adolescent) ... (860) 805-2267
Catholic Charities ……(outpatient) .......................................................... (860) 482-5558
Charlotte Hungerford Hospital ................................................................ (860) 496-6350
Behavioral Health Center (outpatient, intensive outpatient, co-occurring, impatient care)
Partial Hospital Program ......................................................................... (860) 496-6380
Mental Health Services for homeless .................................................... (860) 496-6350
CMHA – Community Mental Health Affiliates- Torrington Office .............. (860) 482-8561
Psychiatric assessment, medication management, individual, group and family, co-occurring
treatment, care/case management, peer recovery support, EMDR, Equine-Assisted Therapy
Tides of Mind Counseling ........................................................................ (203) 819-0789

Other mental health programs and services may be available for individuals who qualify
for services provided directly by or funded through
the Department of Mental Health and Addiction Services (DMHAS). See following page.

SUBSTANCE ABUSE SERVICES

Catholic Charities .................................................................................. (860) 482-5558
CCAR (CT Community for Addiction Recovery) telephone recovery support
.......................................................... enroll online at www.ccar.us or call (866) 205-9770
Charlotte Hungerford Hospital ................................................................ (860) 496-6350
Dual diagnosis Intensive outpatient program, opiate case management
CMHA (Community Mental Health Affiliates) ..................................... (860) 482-8561
Medication maintenance and medication assisted treatment, equine facilitated psychotherapy
Community Health and Wellness Center (must be enrolled as health patient) .......(860) 489-0931
Counseling and MAT (Medication Assisted Therapy – buprenorphine and Naltrexone)
Help Inc. / Watkins Network ................................................................. (860) 482-7242
Walk-in assessment center, outpatient, intensive outpatient, peer support, employment services,
substance abuse treatment, medication assisted treatment
Key Community Care ............................................................................ (860) 618-5959
Assessment, MAT, individual and group therapy, assistance in sober living housing
McCall Center for Behavioral Health (Canaan, Torrington and Winsted) ......... (860) 496-2100
Residential/inpatient, outpatient, intensive outpatient, co-occurring disorders, case management,
Suboxone and Vivitrol programs. Senior services. Supportive housing for people in recovery.
Prevention and education.
MCCA Torrington programs: ................................................................. (860) 482-2613
Substance Abuse Treatment: Outpatient, Intensive Outpatient, MAT
Better Choice Gambling Program, DWI/DUI Pretrial Diversion Program.
Trinity Glen, long-term Women’s Residential treatment: (Kent) ..................... (860) 592-3200
Trinity Glen, long-term Men’s Residential treatment program (Sharon) .......... (860) 672-6680
Hartford Dispensary – Torrington Clinic (methadone treatment) ...................(860) 482-8796
NAMI-Connecticut ................................................................................ 1-(800) 215-3021

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**DEPT. of MENTAL HEALTH and ADDICTION SERVICES** (not listed above)
Available only for persons with major psychiatric illness, access via WCMHN – Torrington Area.

Western CT Mental Health Network – Torrington Area (WCMHN-Torrington Area) …… (860) 496-3700
   Intake/assessment, Clinical Services, Community Support Services, Recovery and Wellness
   Instruction Classes, Young Adult Services, Young Adult Transitional Housing Program
   Regional programs: ABI/TBI Program, Jail Diversion
Center for Human Development (CHD) / Adult Mental Health…………………………………… (860) 496-1075
   Residential Services and PILOTs
EdAdvance (formerly Education Connection) TRED (Transportation services)………………. (860) 482-1852
Guardian Ad Litem Services Inc. (for persons with a conservator only) ………………… (203) 723-4332
Help, Inc.- residential services (Wynnewood)………………………………………………….. (860) 482-1319
Mental Health Connecticut (Residential Support, Transitional Housing, Supported Education)… (860) 496-7670
   Supported and transitional housing, supervised apartments, transitional housing for young adults
Prime Time House …
   Psychosocial Clubhouse ……………………………………………………………………… (860) 618-2479
   Supported Employment/ Career services …………………………………………………. (860) 496-2177
WarmLine (Peer Support by phone; evenings and weekends) ……………………………… (860) 482-1783

**USEFUL WEB SITES**

Access Health CT…………………………………………………………………………………… accesshealthct.com
Behavioral Health Website……………………………………………………………………. connecticut.networkofcare.org/mh
CT Clearinghouse ………………………………………………………………………………… www.ctclearinghouse.org
CT’s Department of Mental Health and Addiction Services………………………………………… www.ct.gov/dmhas
Infoline …………………………………………………………………………………………… www.infoline.org
Mental Health America………………………………………………………………………. www.mentalhealthamerica.net
National Alliance on Mental Illness (NAMI)…………………………………………… www.nami.org
National Institute of Mental Health …………………………………………………………… www.nimh.nih.gov
Young Adult website (developed and operated in CT) ……………………………………… www.TurningPointCT.org

Alcoholics Anonymous meetings in CT …………………………………………………………… ct-aa.org
Narcotics Anonymous in CT …………………………………………………………………….. call 1 (800) 627-3543 or ctna.org
Disordered Gambling www.portal.ct.gov/DCP/Gaming-Division/Gaming/Resources-for-Problem-Gambling

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