

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, inpatient 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

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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