

MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES FOR ADULTS in the Greater WATERBURY AREA

Crisis, Hotlines and Emergency Information

Emergency calls (all situations)	911
INFOLINE (Statewide)	211
Waterbury area Hotline and Mobile Outreach (18 and over)	1-866-794-0021
Access Line for opioid treatment and services (DMHAS 24 hour call center)	1-800-563-4086
Help Inc/ Renato Network: Substance abuse/opioid walk-in assessment center	(203) 754-0322
Connecticut Council on Problem Gambling Helpline	(800) 346-6238/1-888-789-7777
National Suicide Prevention Lifeline.....	1-800-273-TALK (8255)
Text support for people in crisis:	text "CT" to 741741
Access Health CT.....	accesshealthct.com

Mental Health Services

Authentic Recovery (outpatient, med. Management, MH and SA, child and adolescent) ...	(860) 805-2267
Catholic Charities (outpatient individual, group and medication management)	(203) 596-9359
HELP, Inc. (Outpatient treatment for co-occurring disorders, med management)	(203) 754-0322
Community Health Center, Inc. (Mental Health Services for enrolled medical clients)	(203) 574-4000
CMHA (Community Mental Health Affiliates)	(860) 224-8194
Outpatient including individual/group/family, medication management	
Family Intervention Center	(203) 753-2153
Newtown Youth and Family Services, Sandy Hook	(203) 270-4335
Perspectives Counseling (outpatient, medication management).....	(860) 276-3000
Stokes Counseling (outpatient, LGBTQ)	(203) 729-0341
St. Mary's Hospital Behavioral Health Services	
Outpatient, Intensive Outpatient (IOP), med. management, inpatient care.....	(203) 709-6201
StayWell Health Center (outpatient, med management, co-occurring treatment) ..	(203) 756-8021x3529
Wellspring (adult outpatient)	(203) 758-2296
Waterbury Hospital Behavioral Health Services (outpatient, DBT IOP, inpatient)	(203) 573-6500
Waterbury Youth Service System (18-21 only)	(203) 573-0264
Tides of Mind Counseling	(203) 819-0789

Substance Abuse Treatment/ Services

CCAR (CT Community for Addiction Recovery)	telephone recovery support
.....enroll online at www.ccar.us or call	(866) 205-9770
CT Counseling Center (Opioid treatment, Methadone Maintenance).....	(203) 755-8874
CMHA (Community Mental Health Affiliates) ...outpatient, medication assisted treatment	(203) 596-9724
Family Intervention Center	(203) 753-2153
Help, Inc.- Rev. Ed Dempsey Program residential program	(203) 756-8984
Help, Inc., Renato Network:	(203) 754-0322
Outpatient group, IOP group, Medication assisted treatment with Vivitral, suboxone and naltrexone, peer support, employment services	
MCCA	(203) 597-0643
Outpatient, intensive outpatient, co-occurring treatment, problem gambling, Latino outreach	
Perspectives Counseling (outpatient, intensive outpatient).....	(860) 276-3000
Rushford (Cheshire office)	1 (877) 577-3233
St. Mary's Hospital Behavioral Health Care Services	(203) 709-6201
Outpatient treatment, intensive outpatient	
Waterbury Hospital - Addiction Services	(203) 573-7500
Outpatient, intensive outpatient, follow-up Suboxone treatment, co-occurring disorders	
Wellmore.....	(203) 755-1143
Adult outpatient, intensive outpatient, case management and Suboxone treatment (at Wellmore via StayWell), Therapeutic shelter program for age 18+ /short-term residential program for men; Women & Children's residential, Morris Recovery House	

Al-Anon Family Groups (AFG) www.CTAI-Anon.org 888-425-2666
 NAMI-Waterbury (family support group, separate spousal support group)..... (860) 274-5841
 NAMI-Connecticut (800) 215-3021

The following 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.

*Access is via Western CT Mental Health Network – Waterbury Area (WCMHN- WA)
 DMHAS eligibility criteria apply. These include a diagnosis of severe and persistent mental illness.*

WCMHN-Waterbury Area: (203) 805-5300
 Services provided directly by WCMHN-WA: Outpatient Clinical Services, Community Support Program/Case Management, Mobile outreach and Crisis Intervention, Homeless Outreach, Peer Companion, Respite Services, Young Adult services, Medication assisted treatment for co-occurring disorders.
 Regional programs for ABI/TBI Services, Jail Diversion
 Catholic Charities (Hispanic and English Outpatient Services and Case Management).... (203) 596-9359
 Center for Human Development (CHD)/Adult Mental Health (203) 596-9323
 Residential Services Programs, PILOT's
 Central Naugatuck Valley Help, Inc. (Residential Services) (203) 756-8984
 Guardian Ad Litem Services Inc. (care coordination, for persons with a conservator only) (203) 723-4332
 Kennedy Center (Supported Employment) (203) 573-9077
 Mental Health Connecticut (formerly MHAC):
 Residential Support Services..... (203) 757-8153
 Supported Employment Services/Supported Education..... (203) 757-5431
 The Independence Center (Recovery Resource Center) (203) 756-5772
 St. Vincent De Paul Mission of Waterbury, Inc. (Residential Services)..... (203) 757-0567
 SELF, Inc. (Residential Services) (203) 759-2074
 Warmline for DMHAS-enrolled clients (Mental Health Support) (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