

Mental Health and Substance Abuse Services in the Greater Danbury Area

Adult Services:

24 Hour Crisis Numbers, Hotlines and Emergency Information

- Emergency Help..... 911
- Helpline for health and human services
information & crisis referrals.....211
- National Suicide Prevention Lifeline..... 988
- CT Dept of Mental Health & Addiction Services.....1-800-418-7000
Access Line for opioid treatment & services/ 24 -71-800-563-4086
- Greater Danbury Mobile Crisis Hotline203-739-7799
Available 8am -10pm, other hours call 211
- Help Inc./Travisano Network Assessment Center- Info line
walk-in center for opioid /substance abuse..... 203-794-1975
- Crisis Text Line to speak with trained counselor..... 741741
- ACTION Line(Adult Crisis Telephone Intervention & Options Network) 24 / 7
Centralized phone number offering support for those in distress.1-800-HOPE-135
1-800-467-3135
- National Eating Disorders Association.....1-800-931-2237

Mental Health Treatment Services

- Catholic Charities (Outpatient Treatment).....203-743-4412
- CT Institute for Communities, Inc. Outpatient Services-
Medication Management, Individual/Group Therapy.....203-791-5005
- Danbury Hospital Center for Behavioral Health –
Inpatient and Intensive Outpatient Services only.....203-207-5480
- New Milford Hospital Behavioral Health –
Outpatient Services only.....860-354-3762
- Newtown Youth and Family Services/ Sandy Hook.....203-270-4335
- Perspectives Center for Care, Inc.-
Counseling and treatment programs and services.....203-778-0004

Family Support Services

- National Alliance for Mental Illness (NAMI) CT.....1-800-215-3121
- NAMI – DANBURY (under development)
Contact Sarah Bell at.....203-942-3615
- National Association for Children of Alcoholics.....1-888-55-4COAS

Adult Services (continued)

DMHAS: CT Dept of Mental Health & Addiction Services Programs

(Must have a diagnosis of severe and persistent mental illness)

- **Western CT Mental Health Network/ Danbury Area.....203-448-3200**
Assessment, Clinical Services, Medication Management
Case Management, Young Adult Services, Acquired Brain Injury
& Traumatic Brain Injury Services, Jail Diversion
- **Ability Beyond.....888-832-8247**
Supported Employment & Interlude Residential Services
- **Catholic Charities of Fairfield County**
 - **Community Support Program.....203-748-0848**
Provides skill building and life skill services to adults with psychiatric disabilities in the Greater Danbury area.
 - **Homeless Outreach Services.....203-733-3745 / 203-240-8383**
The only program in the greater Danbury area that meets with homeless individuals where they are at and provides services right there.
 - **C.C.R. (Connecticut Collaborative on Re-Entry)....203-726-0709**
Intensive strengths-based case management and permanent housing targeted to 35 individuals with a history of chronic homelessness due to substance/mental health disorders, and repetitive incarceration.
 - **Permanent Supportive Housing.....203-814-0603**
Provides subsidized housing and strengths-based case management for up to 17 families whose head of household has a mental health or co-occurring disorder.
 - **New Heights Center.....203-794-0819**
Wellness and recovery center, which is member run and member driven, many staff identify as being in recovery. Holistic programming includes classes in Food and Nutrition, Mindfulness, Anger Management, Walking, & Positive Thinking to address every aspect of emotional and physical wellness.
- **Center for Human Development/ Adult Mental Health.....203-797-0691**
Supports adults with chronic mental health issues so they can live successfully in the community.
- **Guardian Ad Litem Services Inc.203-723-4332**
For people whose mental illness has reached a level of severity where a conservator is appointed by the probate court. They work to significantly decrease hospitalizations, incarcerations, court involvement and develop treatment and recovery goals.
- **Mental Health Connecticut.....203-798-2853**
Residential services, supported housing, transitional housing and Supervised apartments.
Supported education.....203-757-5431
- **NAMI Helpline.....1-800-950-(NAMI) 6264**
Information, Resources and Support Monday- Friday 10am-6pm ET/ email info@nami.org

Useful Web Sites:

- **DMHAS** (Department of Mental Health & Addiction Services)...www.ct.gov/dmhas
- **Access Health CT**.....accesshealthct.com
Connecticut's official health insurance marketplace
- **Behavioral Health Website**.....www.ct.networkofcare.org
Services searched by type and location
- **CT Clearinghouse**.....www.ctclearinghouse.org
Connecticut's Library & Information Center on Drugs, Alcohol, and Mental Health
- **CT Department of Mental Health & Addiction Services**.....www.ct.gov/dmhas
Official State website for all government programs and services
- **Housatonic Valley Coalition Against Substance Abuse**.....www.hvcasa.org
DMHAS Regional Behavioral Action Organization for our area 203-743-7741
- **Infoline**.....www.infoline.org
Website version of the 211-information program
- **Mental Health America**.....nmha.org/ 1-800-969-6642
Programs and initiatives with mission of promoting mental health and preventing mental illness through advocacy, education, research and services
- **National Alliance on Mental Illness (NAMI)**.....www.nami.org
Provides support, education and advocacy to people with mental illness
- **National Institute of Mental Health**.....www.nimh.nih.gov
NIMH is the lead federal agency for research on mental disorders
- **Turning Point CT**.....www.TurningPointCT.org
Developed by young people in CT in recovery from mental health and substance use issues to provide information and support to other young adults
- **Alcoholics Anonymous – meetings in CT**..... <https://ct-aa.org/meetings/>
A worldwide fellowship of men and women who help each other to stay sober
- **Narcotics Anonymous CT**..... <https://ctna.org>
Nonprofit society of men and women for whom drugs had become a major problem. Recovering addicts who meet regularly to help each other stay clean
- **Problem Gambling:**
www.portal.ct.gov/DCP/Gaming-Division/Gaming/Resources-for-Problem-Gambling
- **Substance Abuse & Mental Health Services Administration**.....www.samhsa.gov
1-800-726-4727

Information Courtesy of:

Northwest Regional Mental Health Board 203-757-9603

www.nwrmb.org