



# **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) 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.

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<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

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**Addiction Services: bed availability (detox, sober homes, etc.)  
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<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 Turning Point teen substance use program</a>	MH, SUD	O	203-394-6529 ext. 3557	Regional
<a href="#">Child Guidance of Mid-Fairfield County</a>	MH	O	203-299-1315	Norwalk
<a href="#">Child Guidance Center of Southern CT</a>	MH	O	203-324-6127	Various
<a href="#">Community Counseling Centers (formerly Stamford Counseling)</a>	MH, SUD	O	203-323-8560	Various
<a href="#">Community Health Center, Day Street</a>	MH, SUD	O	203-854-9292	Norwalk
<a href="#">Community Health Center, Franklin Street</a>	MH, SUD	O	203-969-0802	Stamford
<a href="#">CT Renaissance</a>	MH, PG, 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, PHP	800-528-6624	Katonah, NY
<a href="#">Jewish Family Services of Greenwich</a>	MH	O	203-622-1881	Greenwich
<a href="#">Liberation Programs (Youth &amp; Family Resources)</a>	SUD, MH	Schools, O, I, IOP	855-LIB- PROG	Greenwich
<a href="#">Norwalk Youth Services (ages 11-18, Norwalk only)</a>	MH	O	203-854-7785	Norwalk
<a href="#">Positive Directions (ages 12+)</a>	MH, SUD, PG	O	203-227-7644	Westport
<a href="#">Schoke Jewish Family Services</a>	MH, PG, SUD	O	203-921-4161	Stamford
<a href="#">Silver Hill Hospital (ages 13+)</a>	MH, SUD	I, O	866-542-4455	New Canaan
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	IOP, O, I	203-221-8899	Norwalk

## 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 addiction recovery)</a>	MH, SUD	H	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, R	877-649-8241	Various
<a href="#">Centro Bienestar (EN ESPAÑOL)</a>	MH	O	203-883-8135	Stamford
<a href="#">Clearpoint Recovery Center (addiction)</a>	MH, SUD	IOP, MAT, O	203-293-1723	Westport
<a href="#">High Focus Centers (teen mental health)</a>	MH, SUD	IOP, PHP, O	877-770-2731	Norwalk
<a href="#">Institute for Restoring Cognitive Health</a>	MH, SUD	O	203-302-9883	Greenwich
<a href="#">Mountainside Treatment Center</a>	MH, SUD	D, IOP, O, MAT	800-500-0399	Wilton
<a href="#">Newport Academy (therapeutic day school)</a>	MH, SUD	IOP, O	844-895-1689	Darien
<a href="#">Renfrew Center for Eating Disorders</a>	MH	IOP, O, R	800-RENFREW (800-736-3739)	Greenwich
<a href="#">Spire School (specialized school for social-emotional)</a>	MH	O	203.409.0066	Stamford
<a href="#">Wilkins Center for Eating 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)**



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.