



2024 Mental Health & Substance Use Public & Nonprofit Resources

Fairfield - Bridgeport - Stratford & Surroundings

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Text HELLO to 741741
Free, 24/7, Confidential

In an Emotional or Addiction Crisis?

In Connecticut, call or text 988 or chat online at 988lifeline.org/chat.

Adult Crisis Telephone Intervention and Options Network (ACTION) Line for adults who are in distress (18+).	800-467-3135, Available 24/7, 365 days.
Child (<18yo) mobile psychiatric crisis (24/7)	Dial 2-1-1, press 1
Suicide and Crisis Lifeline (24/7)	988
Crisis Text Line (24/7)	Text HOME to 741741
The 24-Hour Hotline (Kids in Crisis)	203-661-1911
Center for Sexual Assault hotline (24/7) Espanol: 888-568-8332	888-999-5545
Domestic Violence Crisis Hotline (24/7) : Call or text “START” to 88788. Chat is also available: thehotline.org	800-799-7233
Crisis Hotline for First Responders & Healthcare Workers	800-327-7451
Substance Use Access Line (24/7)	800-563-4086
Problem Gambling Helpline (24/7) Online chat available	888-789-7777
CT Quitline (smoking cessation) (24/7)	800-QUITNOW
COPLINE: National Law Enforcement Officers Hotline (24/7)	800-COP-LINE
Disaster Distress Helpline (24/7)	800-985-5990
Homeless Outreach Team (HOT)	203-579-7300
Soundview Warmline . 7 days/week, 3PM - 9PM	800-921-0359
JOINRISEB Young Adult Warmline (Daily & holidays, 12-9PM)	855-6HOPENOW
Reach Out CT Emotional Support (Mon. - Thurs. 12PM-8PM, Friday 12PM-6PM, Saturday & Sunday 11AM-7PM)	844-TALK-4CT
SAMHSA’s National Helpline for treatment referral and information service (English & Spanish)	800-662-4357
Connecticut Behavioral Health Partnership warmline: (Mon - Fri, 9AM - 7PM) English: Prompts 1 & 3 En Espanol: Prompts 2 & 2	1-877-552-8247
CCAR - Telephone Recovery Support for Addiction	Visit CCAR website

Town Social Services

Town services can help with benefits, case management & sometimes counseling.

Bridgeport Social Services	203-576-7416	Bridgeport
Easton Social Services	203-268-1137	Easton
Fairfield Human Services	203-256-3170	Fairfield
Monroe Human Services	203-452-2813	Monroe
Stratford Community Services	203-385-4095	Stratford
Trumbull Social Services	203-452-5198	Trumbull

Looking for Regional & State Referral Resources?

Not sure how to start? Call 211 first!
Select option 1 for crisis, option 3 for basic needs

The Hub (Behavioral Health Action Organization for Southwestern CT) Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: thehubct.org	203-579-2727
The 24-Hour Hotline (Kids in Crisis)	203-661-1911
Southwestern CT Agency on Aging (swcaa.org)	203-333-9288
Southwest CT Mental Health System (DMHAS Region 1)	203-551-7400
Courage to Speak Foundation (prevention programs, prevention education presentations and support groups)	203-831-9700
CT Behavioral Health Partnership (for Medicaid population)	877-552-8247
Department of Children and Families (DCF)	860-550-6300
Department of Mental Health & Addiction Services (DMHAS)	860-418-7000
Department of Rehabilitative Services (DORS, BRS)	860-424-4840
Department of Social Services (DSS)	855-6-CONNECT
Kidsmentalhealthinfo.com (trauma resources for kids)	860-679-1519
Resources to Recover (free mental health info & resources)	203-724-9070

Looking for Advocacy & Support for Your Rights?

Advocacy Unlimited	860-505-7581
CT Commission on Human Rights and Opportunities	860-541-3400
CT Family Support Network (help for families with special needs)	860-744-4074
CT Institute for Refugees and Immigrants	203-336-0141
CT Justice Alliance	203-814-8452
CT Legal Rights Project (CLRP)	877-402-2299
CT Parent Advocacy Center (CPAC)	860-739-3089
Disability Rights Connecticut	800-842-7303
FAVOR (Family Advocacy for Children's Mental Health)	860-563-3232
Keep the Promise (KTP)	860-788-6180
Make the Road CT	475-302-6022
National Alliance for Mental Illness (NAMI) Southwest, CT	203-400-NAMI (6264)
Office of the Healthcare Advocate (OHA)	866-466-4446
State Education Resource Center	860-632-1485
Statewide Legal Services of CT	800-453-3320

Find additional resources on our website,
www.thehubct.org



Support Services for Behavioral Health

(C)ase Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox,
 (DV)Domestic Violence, Supported (E)ducation, Supported (E)mployment, Supported
 (H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

Marrakech	CSP, ED, E, H, C	203-389-2970	Bridgeport
Bridge House (psychosocial clubhouse)	E, ED, H	203-335-5339	Bridgeport
Center for Family Justice	DV, CJ	203-334-6154	Bridgeport
The Connection	CJ, ED, CSP, H, S	855-435-7955	Bridgeport
Housing for Success (DCF Youth) Ages 16-20	C, CSP, Ed, E, H,	203-366-8255	Bridgeport
Family Re-Entry	CJ, DV, CSP	203-838-0496	Bridgeport
Kennedy Collective	E, H, C, CSP, ED,	203-365-8522	Trumbull
LifeBridge (Formerly FSW)	C, CSP, DV, ED	203-368-4291	Bridgeport
Mental Health CT	H, C, ED, E, R	860-529-1970	Bridgeport
Operation Hope (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
Recovery Network of Programs	H, R	203-583-8181	Bridgeport
RYASAP (StreetSafe, Mediation, Juvenile Justice, JRB, LIST)	CJ	203-579-2727	Bridgeport
St. Vincent's Community Residential Services	H, R, C Referral only	475-210-3920	Bridgeport
Veyo (For HUSKY Health/Medicaid Members)	T	855-478-7350	Statewide
Triangle Community Center: Young-adult space (Drop-in center for ages 18-25)	C, H	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.

(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

The 24-Hour Hotline (Kids in Crisis)	CSP	203-661-1911	Greenwich
ALLIANCE for Community Empowerment, Inc. Used to be ABCD 203-838-8110	C, S	203-366-8241	Bridgeport-Norwalk
YMCA Alpha Community Services	S, H	203-366-2809	Bridgeport
American Job Center	E, ED, V	203-455-2700	Bridgeport
Bridgeport Rescue Mission	S, H	203-333-4087	Bridgeport
Errera Homeless Outreach for Veterans	S, V	203-932-5711	Statewide
Goodwill Industries	E, ED, V, H	203-581-5369	Bridgeport
Homes for the Brave (homeless vets only)	C, E, H, R, V	203-338-0669	Bridgeport
Homeless Outreach Team	C, H	203-579-7300	Bridgeport
Malta House (pregnant & parenting women)	C, S, H	203-857-0088	Norwalk
Operation Hope (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
Prospect House	S	203-576-9041	Bridgeport
Family Centers: Victims of Crime Act (VOCA)	C, DV, CJ	203-324-3167	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**

<u>CASA (English and Spanish)</u>	SUD	D, O	203-331-4728	Bridgeport
<u>Connecticut Addiction Medicine</u>	MH, SUD	IOP, MAT, O	860-969-1101	Bridgeport
<u>Connecticut Healing Center</u>	MH, SUD	O	203-288-4325	Statewide
<u>CT Renaissance, Inc.</u>	MH, PG, SUD	IOP, O	203-336-5225	Bridgeport, Norwalk
<u>Fairfield Counseling Services/ LifeBridge</u>	MH, SUD	O	203-368-4291	Bridgeport, Fairfield
<u>Families in Recovery Program (pregnant & parenting)</u>	SUD	I, R	203-962-4516	Norwalk
<u>Fairfield County Trauma Response Team</u>	MH	O	203-331-7458	Various
<u>Four Winds Hospital</u>	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
<u>Greater Bridgeport Community Mental Health Center (DMHAS)</u>	MH, SUD	I, O, R	203-551-7400	Bridgeport
<u>Liberation Programs</u>	SUD	D, MAT, O	855-LIB-PROG	Regional
<u>Mary J. Sherlach Counseling Center (Only serves Trumbull)</u>	MH	O	203-452-5193	Trumbull
<u>New Era</u>	MH, SUD	D, IOP, MAT, O	203-372-3333	Bridgeport

Adult Behavioral Health Treatment

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**Addiction Services: bed availability (detox, sober homes, etc.)
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Norwalk Hospital	MH, SUD	D, I, IOP, O, PHP	203-852-2000	Norwalk
Optimus Healthcare Behavioral Health	MH	O	203-696-3260	Bridgeport
Positive Directions (includes problem gambling)	MH, PG, SUD	O	203-227-7644	Westport
REACH Adult Program by Bridgeport Hospital	MH, SUD	O, IOP	203-384-3377	Bridgeport
Recovery Network of Programs: Recovery Counseling Services	MH, PG, SUD	D, O, MAT, IOP	203-366-5817	Bridgeport
Schoke Jewish Family Services	MH	O	203-921-4161	Stamford
Schoke Jewish Family Services	MH	O	203-628-4508	Fairfield
Silver Hill Hospital	MH, SUD	I, IOP, MAT, R	866-542-4455	New Canaan
Southwest Community Health Center	MH, SUD	IOP, MAT, O	203-330-6000	Bridgeport
St. Vincent's Behavioral Health Services	MH, SUD	D, I, IOP, MAT, O	203-362-3900	Bridgeport
St. Vincent's Behavioral Health Services	MH, SUD	D, I	203-227-1251	Westport

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

Boys and Girls Village	MH, SUD	H, O	203-877-0300	Bridgeport
Connecticut Addiction Medicine	MH, SUD	IOP, MAT, O	860-969-1101	Bridgeport
CT Renaissance, Inc.	MH, PG, SUD	IOP, O	203-336-5225	Bridgeport, Norwalk
Child & Family Guidance of Greater Bridgeport	MH, SUD	O	203-394-6529	Bridgeport, Norwalk
Child First Program at Bridgeport Hospital	MH	H	203-384-4555	Bridgeport
Family & Children's Aid	MH	H, O, R	203-748-5689	Bridgeport, various
Four Winds Hospital	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
LifeBridge (formerly FSW) walk-in access	MH, SUD	O	203-368-4291	Bridgeport
Positive Directions (ages 12+)	MH,PG, SUD	O	203-227-7644	Westport
REACH Children's Program by Bridgeport Hospital	MH, SUD	O, IOP	203-384-3377	Bridgeport
Schoke Jewish Family Services	MH	O	203-921-4161	Stamford
Schoke Jewish Family Services	MH	O	203-628-4508	Fairfield
Silver Hill Hospital (Ages 13+)	MH, SUD	I, O, R	866-542-4455	New Canaan
St. Vincent's Behavioral Health Services	MH, SUD	I, O	203-362-3900	Bridgeport
St. Vincent's Behavioral Health Services	MH, SUD	I	203-227-1251	Westport
St. Vincent's Hotline	MH, SUD		800-LIFE NOW	Toll Free

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

AWARE Recovery (in-home addiction recovery)	MH, SUD	In-home	844-292-7372	Various
Causeway Collaborative (failure to launch young men)	MH	O, mentoring	203-255-0301	Westport
Center for Discovery (eating disorders, mental health)	MH	IOP, O, PHP, R	877-287-7982	Various
Confidant Health - Virtual Services	MH, SUD	MAT	203.767.8696	Greenwich
High Focus Centers (adults & teens)	MH, SUD	IOP, PHP	203-803-4170	Norwalk
Mountainside Treatment Center	MH, SUD	D, IOP, O, MAT	203-665-1148	Wilton
Newport Academy (therapeutic day school)	MH, SUD	IOP, O, R	888-693-0426	Darien
Progressive Institute	MH, SUD	IOP, MAT, O	203-816-6424	Shelton
Turnbridge	MH, SUD	IOP, MAT, O, R	877-575-0350	Westport

Scan below to follow The Hub on social media and visit our website for additional resources.



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.
- **Promoting Recovery Friendly Workplace Initiative** — Conduct outreach and support organizations who want to be a Recovery Friendly Workplace – helping employers shift to a policy environment that emphasizes help, hope, and the economic potential of healthy employees even as they recover from substance misuse. Contact us for your organization’s certification.

Please visit our website, 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.