



# **2023 Mental Health & Substance Use Public & Nonprofit Resources**

**Greenwich - Stamford - Norwalk & Surroundings**

## In an Emotional or Addiction Crisis?

In Connecticut, call or text 988 or chat online at [988lifeline.org/chat](https://988lifeline.org/chat).

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**Text HELLO to 741741**  
Free, 24/7, Confidential

<a href="#">Adult Crisis Telephone Intervention and Options Network (ACTION) Line</a> for adults who are in distress (18+).	800-467-3135, Available 24/7, 365 days.
<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)	Text “HOME” to 741741
<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	203-661-1911
<a href="#">Crisis Hotline for First Responders &amp; Healthcare Workers</a>	800-327-7451
<a href="#">Connecticut Behavioral Health Partnership warmline:</a> (Mon - Fri, 9AM - 7PM) English: Prompts 1 & 3 En Espanol: Prompts 2 & 2	1-877-552-8247
<a href="#">Center for Sexual Assault hotline</a> (24/7) Espanol: 888-568-8332	888-999-5545
<a href="#">Domestic Violence Crisis Hotline</a> (24/7) Call or text “START” to 88788. Chat is also available: <a href="http://www.thehotline.org">www.thehotline.org</a>	800-799-7233
<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="#">Soundview Warmline</a> . 7 days/week, 3PM - 9PM	800-921-0359
<a href="#">JOINRISEB Young Adult Warmline</a> (Daily & holidays, 12 - 9PM)	855-6HOPENOW
<a href="#">SAMHSA’s National Helpline</a> for treatment referral and information service (English & Spanish)	800-662-4357
<a href="#">CCAR - Telephone Recovery Support for Addiction</a>	Visit CCAR website

## 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>	203-854-7999	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>	203-579-2727
<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.org)</a>	203-333-9288
<a href="#">Southwest CT Mental Health System (DMHAS Region 1)</a>	203-551-7400
<a href="#">Courage to Speak Foundation</a> (prevention programs & support groups)	203-831-9700
<a href="#">CT Behavioral Health Partnership</a> (for Medicaid population)	877-552-8247
<a href="#">Department of Children and Families (DCF)</a>	860-550-6300
<a href="#">Department of Mental Health &amp; Addiction Services (DMHAS)</a>	860-418-7000
<a href="#">Department of Rehabilitative Services (DORS, BRS)</a>	800-842-7303
<a href="#">Department of Social Services (DSS)</a>	855-6-CONNECT
<a href="http://Kidsmentalhealthinfo.com">Kidsmentalhealthinfo.com</a> (trauma resources for kids)	

## Looking for Advocacy & Support for Your Rights?

<a href="#">Advocacy Unlimited</a>	860-505-7581
<a href="#">CT Commission on Human Rights</a>	860-541-3400
<a href="#">CT Family Support Network</a> (help for families with special needs)	860-744-4074
<a href="#">CT Institute for Immigrants &amp; Refugees</a>	203-336-0141
<a href="#">CT Juvenile Justice Alliance</a>	203-814-4318
<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) Fairfield, CT</a>	203-586-0826
<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

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



[www.TheHubCT.org](http://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

<a href="#">Ability Beyond</a>	E, T, Ed	888-832-8247	Stmfd-Norwalk
<a href="#">Bridge House (psychosocial clubhouse)</a>	C, E, R, H	203-335-5339	Bridgeport
<a href="#">CBT Westport</a>		203-220-6486	Westport
<a href="#">Continuum Crisis &amp; Respite Services</a>	C, R, S	203-562-2264	Regional
<a href="#">CT Community for Addiction Recovery (CCAR)</a>	C, E	866-205-9770	Statewide
<a href="#">Domestic Violence Crisis Center</a>	C, DV, S	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 - Senior Outreach</a>	C	203-831-2900	Norwalk
<a href="#">Family Centers, Inc.</a>	E, V	203-869-4848	Grwch-Stmfd
<a href="#">Family Re-Entry</a>	CJ, DV, H	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	203-661-1911	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	203-852-2000	Norwalk
<a href="#">Pathways</a>	CSP, E, H, R	203-869-5656	Greenwich
<a href="#">Project Return (females 18-21 only)</a>	H, R, Ed	203-222-8129	Westport
<a href="#">Queer Space</a>	MH, IOP, SUD	203-801-2217	New Canaan
<a href="#">Rowan Center for Sexual Assault</a>	DV	203-348-9346	Stamford

## Support Services for Behavioral Health

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<a href="#">St. Vincent's Community Residential Services</a>	H, R	203-362-3920	Bridgeport
<a href="#">Triangle Community Center (LGBTQ)</a>	C, CSP	203-853-0600	County
<a href="#">Veyo</a>	T	855-478-7350	Statewide
<a href="#">Young Adult Space (Drop-in center, Mon-Thu 1-6pm)</a>	C, H	203-853-0600	Norwalk
<a href="#">YWCA Greenwich</a>		203-869-6501	Greenwich

### 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. Used to be ABCD 203-838-8110</a>	C, S	203-366-8241	Norwalk
<a href="#">American Job Center</a>	E	203-455-2700	Stamford
<a href="#">Community Action Agency of Western CT</a>	C	203-744-4700	Various
<a href="#">Errera Homeless Outreach for Veterans</a>	S, V	203-932-5711	Statewide
<a href="#">Homes for the Brave (homeless vets only)</a>	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, E	203-388-0100	Stamford
<a href="#">Malta House (pregnant, parenting women)</a>	C, S	203-857-0088	Norwalk
<a href="#">Open Door Shelter</a>	E, H, S	203-866-1057	Norwalk
<a href="#">Pacific House (formerly Shelter for the Homeless)</a>	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
<a href="#">Victims of Crime Act (VOCA)</a>	C	203-324-3167	Various
<a href="#">Housing for Success (DCF Youth)</a>	H	203-333-2335	Various
<a href="#">Housing Plus - (Homeless Youth)</a>	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 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="#">Connecticut Addiction Medicine</a>	MH, SUD	D,I,IOP, MAT, O	475-284-2500	Bridgeport
<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="#">Elevate</a>			203-450-4882	Westport
<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	203-391-7940	Norwalk

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<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Saratoga & Westchester, NY
<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	203-852-2000	Norwalk
<a href="#">Optimus Behavioral Health</a>	MH	O	203-621-3700	Stamford
<a href="#">Positive Directions (includes problem gambling)</a>		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 Health Center, Day St.</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="#">Connecticut Addiction Medicine</a>	MH, SUD	D, I, IOP, MAT, O	475-284-2500	Bridgeport
<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
<a href="#">Saint Vincent's Behavioral Health Services</a>	MH, SUD	D, I	203-227-1251	Westport

## 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	877-287-7982	Various
<a href="#">Centro Bienestar (EN ESPANOL)</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="#">Confidant Health - Virtual Services</a>	MH, SUD	MAT	203.767.8696	Greenwich
<a href="#">High Focus Centers (adults &amp; teens)</a>	MH, SUD	IOP, PHP	203-803-4170	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	844-498-2483	Darien
<a href="#">Renfrew Center for Eating Disorders</a>	MH	IOP, O, R	800-RENFREW (800-736-3739)	White Plains, NY
<a href="#">Spire School (specialized school for social-emotional)</a>	MH	IOP, O, R	203.409.0066	Stamford
<a href="#">Turnbridge</a>	MH, SUD	IOP, MAT, O, R	877-575-0350	Westport
<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.
- **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](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.