



# **2022 Mental Health & Substance Use Public & Nonprofit Resources**

**Fairfield - Bridgeport - Stratford & Surroundings**

# In an Emotional or Addiction Crisis?

As of July 16, 2022, you can dial 988 for the Suicide Prevention Lifeline

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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 (24/7)</a>	Dial 2-1-1, press 1
<a href="#">National Suicide Lifeline (24/7)</a>	800-273-TALK (8255)
<a href="#">Crisis Text Line (24/7)</a>	Text HOME to 741741
<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	203-661-1911
<a href="#">Center for Sexual Assault hotline (24/7)</a> Espanol: 888-568-8332	888-999-5545
<a href="#">Domestic Violence Crisis Hotline (24/7)</a> : Call or text “START” to 88788. Chat is also available: <a href="http://thehotline.org">thehotline.org</a>	800-799-7233
<a href="#">Crisis Hotline for First Responders &amp; Healthcare Workers</a>	800-327-7451
<a href="#">Substance Use Access Line (24/7)</a>	800-563-4086
<a href="#">Problem Gambling Helpline (24/7)</a>	888-789-7777
<a href="#">CT Quitline (smoking cessation) (24/7)</a>	800-QUITNOW
<a href="#">COPLINE: National Law Enforcement Officers Hotline (24/7)</a>	800-COP-LINE
<a href="#">Disaster Distress Helpline (24/7)</a>	800-985-5990
<a href="#">Homeless Outreach Team (HOT)</a>	203-579-7300
Soundview Warmline. 3PM - 9PM	800-921-0359
<a href="#">Young Adult Warmline (Daily, 12PM - 9PM)</a>	855-6HOPENOW
<a href="#">CT Warmline (Mon - Fri, 9AM - 5PM)</a> English: Prompts 1 & 3 En Espanol: Prompts 2 & 2	877-552-8247
<a href="#">Reach Out CT Emotional Support (Mon - Thurs: 8:30AM - 7PM, Fri: 8:30AM - 6PM, Sat &amp; Sun: 11AM - 7PM)</a>	844-TALK-4CT
<a href="#">Friendship Line (24/7)</a> (for ages 60+, 18+ with a disability & caregivers of older and disabled adults)	800-971-0016
<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="#">Bridgeport Social Services</a>	203-576-7416	Bridgeport
<a href="#">Easton Social Services</a>	203-268-1137	Easton
<a href="#">Fairfield Human Services</a>	203-256-3170	Fairfield
<a href="#">Monroe Human Services</a>	203-452-2813	Monroe
<a href="#">Stratford Community Services</a>	203-385-4095	Stratford
<a href="#">Trumbull Social Services</a>	203-377-6832	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

<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="#">Southwestern CT Agency on Aging (swcaa.org)</a>	203-333-9288
<a href="#">Southwest CT Mental Health System (DMHAS Region 1)</a>	203-551-7461
<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)	860-679-1519

## 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> (immigrant help)	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

Find additional resources on our website,  
[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="#">Marrakech</a>	CSP, ED, E	203-389-2970	Bridgeport
<a href="#">Bridge House</a> (psychosocial clubhouse)	E, ED, H	203-335-5339	Bridgeport
<a href="#">Center for Family Justice</a>	DV, CJ	203-334-6154	Bridgeport
<a href="#">Connection, The</a>	CJ, ED, CSP	855-435-7955	Bridgeport
<a href="#">Housing for Success</a> (DCF Youth) Ages 16-20	C, CSP, Ed, E, H,	203-366-8255	Bridgeport
<a href="#">Housing Plus</a> (Homeless Youth)	C, CSP, Ed, E, H,	203-690-1057	Bridgeport
<a href="#">Family Re-Entry</a>	CJ, DV, CSP	203-838-0496	Bridgeport
<a href="#">Kennedy Center</a>	E, H, C, CSP, ED,	203-365-8522	Trumbull
<a href="#">LifeBridge</a> (Formerly FSW)	C, CSP, DV, ED	203-368-4291	Bridgeport
<a href="#">Mental Health CT</a>	H, C, ED, E, R	800-842-1501	Bridgeport
<a href="#">Operation Hope</a> (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
<a href="#">Recovery Network of Programs</a>	H, R	203-929-1954	Bridgeport
<a href="#">RYASAP</a> (StreetSafe, Mediation, Juvenile Justice, JRB, LIST)	CJ	203-579-2727	Bridgeport
<a href="#">St. Vincent's Community Residential Services</a>	H, R, C	475-210-3920	Bridgeport
<a href="#">Veyo</a>	T	855-478-7350	Statewide
<a href="#">Young Adult Space</a> (Drop-in center for ages 18-25)	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.

(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="#">The 24-Hour Hotline (Kids in Crisis)</a>	CSP	203-661-1911	Greenwich
<a href="#">ALLIANCE for Community Empowerment, Inc.</a> Used to be ABCD 203-838-8110	C, S	203-366-8241	Bridgeport-Norwalk
<a href="#">Alpha Community Services</a>	S, H	203-366-2809	Bridgeport
<a href="#">American Job Center</a>	E, ED, V	203-455-2700	Bridgeport
<a href="#">Bridgeport Rescue Mission</a>	S, H	203-333-4087	Bridgeport
<a href="#">Errera Homeless Outreach for Veterans</a>	S, V	203-479-8064	Statewide
<a href="#">Goodwill Industries</a>	E, ED	203-581-5369	Bridgeport
<a href="#">Homes for the Brave</a> (homeless vets only)	C, E, H, R, V	203-338-0669	Bridgeport
<a href="#">Homeless Outreach Team</a>	C, H	203-579-7300	Bridgeport
<a href="#">Malta House</a> (pregnant & parenting women)	C, S, H	203-857-0088	Norwalk
<a href="#">Operation Hope</a> (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
<a href="#">Prospect House</a>	S	203-576-9041	Bridgeport
<a href="#">Victims of Crime Act (VOCA)</a>	C, DV, CJ	800-656-4673	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="#">Bridgeport Hospital psychiatry</a>	MH, SUD	I, O	203-384-3709	Bridgeport
<a href="#">CASA (English and Spanish)</a>	SUD	D, O	203-331-4728	Bridgeport
<a href="#">Connecticut Addiction Medicine</a>	MH, SUD	D,I,IOP, MAT, O	475-284-2500	Bridgeport
<a href="#">CT Renaissance, Inc.</a>	MH, PG, SUD	IOP, O	203-367-7573	Bridgeport
<a href="#">Fairfield Counseling Services/ LifeBridge</a>	MH, SUD	O	203-368-5561	Fairfield
<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
<a href="#">Greater Bridgeport Community Mental Health Center (DMHAS)</a>	MH, SUD	I, O, R	203-551-7507	Bridgeport
<a href="#">Jewish Family Service of CT</a>	MH	O	203-366-5438	Fairfield
<a href="#">Liberation Programs</a>	SUD	D, MAT, O	203-851-2077	Bridgeport
<a href="#">LifeBridge (formerly FSW)- walk-in access</a>	MH	O	203-368-4291	Bridgeport
<a href="#">Mary J. Sherlach Counseling Center (Only serves Trumbull)</a>	MH	O	203-452-5193	Trumbull
<a href="#">New Era</a>	SUD	D, IOP, MAT, O	203-372-3333	Bridgeport

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**Substance Use Access Line: 800-563-4086 Statewide**

**Addiction Services: bed availability (detox, sober homes, etc.)  
www.ctaddictionservices.com**

<a href="#">Norwalk Hospital</a>	MH, SUD	D, I, IOP, O, PHP	203-852-2988	Norwalk
<a href="#">Optimus Healthcare Behavioral Health</a>	MH	O	203-696-3260	Bridgeport
<a href="#">Positive Directions (includes problem gambling)</a>	MH, PG, SUD	O	203-227-7644	Westport
<a href="#">REACH Adult Program by Bridgeport Hospital</a>	MH, SUD	IOP	203-384-3377	Bridgeport
<a href="#">Recovery Network of Programs</a>	MH, PG, SUD	D, O, MAT, IOP	203-366-5817	Bridgeport
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-921-4161	Bridgeport
<a href="#">Silver Hill Hospital</a>	MH, SUD	I, IOP, MAT, R	866-542-4455	New Canaan
<a href="#">Southwest Community Health Center</a>	MH, SUD	IOP, MAT, O	203-330-6000	Bridgeport
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	D, I, IOP, MAT, O	203-362-3900	Bridgeport, Norwalk
<a href="#">St. Vincent's Behavioral Health Services</a>	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

<a href="#">Boys and Girls Village</a>	MH, SUD	H, O	203-330-6790	Bridgeport
<a href="#">Community Counseling Centers, Inc.</a>	MH	O	203-323-8560	Fairfield
<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	IOP, O	203-367-7573	Bridgeport
<a href="#">Child &amp; Family Guidance of Greater Bridgeport</a>	MH, SUD	O	203-394-6529	Various
<a href="#">Child First</a>	MH	H	203-384-4555	Bridgeport
<a href="#">Family &amp; Children's Aid</a>	MH	H, O, R	203-748-5689	Bridgeport, various
<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
<a href="#">Jewish Family Service of CT</a>	MH	O	203-366-5438	Fairfield
<a href="#">LifeBridge (formerly FSW) walk-in access</a>	MH	O	203-368-4291	Bridgeport
<a href="#">Positive Directions (ages 12+)</a>	MH,PG, SUD	O	203-227-7644	Westport
<a href="#">REACH Children's Program by Bridgeport Hospital</a>	MH, SUD	IOP	203-384-3377	Bridgeport
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-921-4161	Bridgeport
<a href="#">Silver Hill Hospital (Ages 13+)</a>	MH, SUD	I, O, R	866-542-4455	New Canaan
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	O	203-362-3900	Bridgeport
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	I	203-227-1251	Westport
<a href="#">St. Vincent's Hotline</a>	MH, SUD		800-LIFE NOW	Toll Free
<a href="#">Turning Point Substance Use Program (teens)</a>	MH, SUD	O	203-394-6529	Regional

## 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="#">AWARE Recovery (in-home addiction recovery)</a>	MH, SUD	In-home	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, PHP, R	855-955-2764	Various
<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	877-383-4036	Norwalk
<a href="#">Lebanon Pines - Treatment Services for Men</a>	MH, SUD	I, MAT,	860-889-1717 x214	Lebanon
<a href="#">Mountainside Treatment Center</a>	MH, SUD	D, IOP, O, MAT	203-665-1148	Wilton
<a href="#">Newport Academy (therapeutic day school)</a>	MH, SUD	IOP, O, R	844-498-2483	Darien
<a href="#">Progressive Institute</a>	MH, SUD	IOP, MAT, O	203-816-6424	Shelton
<a href="#">Turnbridge (addiction)</a>	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](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.