



GETTING HELP IN EASTERN CONNECTICUT

CRISIS HELPLINES

- For emergency services for all ages call **211**
- For adult emergency services in the Southeast call SMHA at **860-886-9302**
- For adult emergency services in the Northeast call United Services at **860-774-2020**

MENTAL HEALTH

SUICIDE

- National Suicide lifeline: **800-273-8255**
- TREVOR LGBTQ Crisis Line: **866-488-7386**
- Crisis Text Line: Text **HELLO** to **741741**

- National Domestic Violence Helpline: **800-799-7233** or text **START** to **88788**
- Sexual Assault Helpline: **800-656-4673**
- Suspected Child Abuse/Neglect: **800-842-2288**

VIOLENCE

RECOVERY

- Problem Gambling Helpline: **888-789-7777**
- Smoking Cessation: **800-784-8669**
- Alcoholics Anonymous: **800-433-7300**
- Brian's Healing Hearts (Coping with loss from suicide): **860-451-8354**
- Peer Recovery Coach Services: **211**
- SAMHSA Opioid Detox Access/Treatment: **800-662-4357**

Behavioral Health and Substance Abuse Treatment Resources for Connecticut's Region Three:

Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, East Lyme, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Lyme, Mansfield, Montville, New London, North Stonington, Norwich, Old Lyme, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

BEHAVIORAL HEALTH RESOURCES (DMHAS Funded)

NORTHEAST CT

- **United Services, Inc.: 860-774-2020**

Provides a comprehensive array of behavioral health, prevention, education, treatment and social services to children, youth, families, and adults. They have multiple locations including Columbia, Mansfield, Windham, and Dayville.

- **CHR: 877-884-3751**

Offers a wide range of personalized services for children, families, and adults whose lives have been touched by mental illness, addiction, or trauma. Locations in Putnam, Mansfield, Danielson, and Willimantic.

- **Natchaug Hospital: 860-456-1311**

The hospital's outpatient programs provide clients with structured clinical treatment for their psychiatric or chemical dependency issues without inpatient care.

- **United Community and Family Services: 860-892-7042**

UCFS provides a full array of behavioral health services, school-based health centers, and other social service programs.

- **Bettor Choice Gambling Program: 860-892-7042**

- **Perception Programs: 860-450-0151**

Outpatient and inpatient substance abuse treatment in NE CT

SOUTHEAST CT

- **Southeastern Mental Health Authority: 860-859-4500**

Provides behavioral health services to those in the community with mental health and substance use disorders who are 18 years or older and reside in New London County and its surrounding towns.

- **Reliance Health, Inc.: 860-887-6536**

RH works with people 18 years or older to provide tools and resources for individuals to move forward in their lives, focusing on positive relationships and mental wellness.

- **United Community and Family Services: 860-889-7042**

UCFS provides a full array of behavioral health services, school-based health centers, and other social service programs.

- **Sound Community Services: 860-439-6400**

Dedicated to education, empowering, and creating opportunities for individuals with behavioral health and substance abuse diseases.

- **Child and Family Agency of SECT: 860-443-2896**

Provides behavioral health services to children, youth, and families and provide a variety of home-based and other social service programs.

- **Southeastern Council on Alcoholism and Drug Dependence (SCADD): 860-886-2495**

Provides inpatient substance abuse treatment, sober house and after care services.

MISSION SERAC unites the communities of Eastern CT to reduce the impact of substance abuse, problem gambling, and mental health challenges. This is achieved through prevention theory, needs assessment, capacity building, and advocacy.

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