

Some Facts about Mental Illness

Prevalent Health Problem

Mental illness is the most prevalent health problem in America. It is more common than cancer, lung, and heart disease combined.

Hope for Recovery

If you or someone you know is experiencing difficulty, there is hope for recovery with proper treatment and supports. New developments have led to successes not experienced in the past.

Early Intervention

As with many medical disorders, early identification and treatment increases the prospects for recovery and reduces the harm and suffering of a longer course of illness.

Treatable Medical Disorders

Anxiety Disorders, Chronic Depression, Bipolar Disorder, and Schizophrenia are treatable medical disorders. They are not reflective of a person's character, intelligence, or "will power".

Search for Recovery

Many treatments are available. If one treatment does not work for you, don't lose hope. Try another therapy or therapist. Peer-supports and recovery-oriented initiatives have also helped many individuals. Other supports are available from private and state service providers.

When to Seek Help

The American Psychiatric Association identifies when to seek help:

- Marked personality change
- Excessive anxieties
- Extreme highs & lows
- Prolonged depression and apathy
- Marked changes in eating or sleeping
- Inability to cope with problems & daily activity
- Abuse of alcohol or drugs
- Strange or grandiose ideas
- Excessive anger, hostility, or violent behavior
- Seek immediate help if thinking or talking about suicide or homicide.

City of Hartford



Emergency & Non-Emergency Telephone Directory for Mental Health, Substance Abuse, and Other Services

This card does not include all the services available, but we hope that this brief list will help you begin your search for support.

Information provided by



**NORTH CENTRAL REGIONAL
MENTAL HEALTH BOARD**
367 Russell Road, Newington, CT 06111
and
CITY OF HARTFORD HEALTH DEPARTMENT
MAYOR EDDIE PEREZ

For more cards or information call
860-667-6388
Access cards on line at
www.ncrmhb.org

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STATE FUNDED MENTAL HEALTH & ADDICTION SERVICES FOR ADULT RESIDENTS OF THE CITY OF HARTFORD

The CT Department of Mental Health and Addiction Services (DMHAS) funds mental health and substance abuse services for adults.

DMHAS funded services are provided locally by

**CAPITOL REGION
MENTAL HEALTH CENTER (CRMHC)**
500 Vine Street, Hartford, CT 06112
Call 860-297-0800 to Access Services

Services Provided at **CRMHC**:

- Mobile Crisis Team/Intake/Brief Treatment
- Acute Care Unit
- HOPE Team (Homeless Services and Outreach)
- Forensic Services
- General Psychiatry Unit
- Co-occurring Disorders Unit
- Nursing Team/Medication Management
- Young Adult Services
- Deaf/Hard of Hearing Team
- Case Management / Service Coordinator
- Jail Diversion
- Medication Management
- Outpatient Counseling
- Shelter Plus Care
- DMHAS-Funded Mental Health Services Provider Relations
- Entitlements/Housing Supports
- Peer Support Center
- Independence Program
- Warm Line / Peer Supports on Telephone
- Daily Living Skills Development
- Employment Supports
- Money Management

CRMHC provides services for people who have private insurance, Medicaid, Medicare, or no insurance.

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

DMHAS information at: www.ct.gov/dmhas
Service information at: www.ct.networkofcare.org

THE CITIZEN'S VOICE IN MENTAL HEALTH SERVICES

North Central Regional Mental Health Board is a grassroots citizen's advisory board to DMHAS. Members evaluate state services and promote development of needed services. For information call **860-667-6388**. Website at www.ncrmhb.org.

NON-EMERGENCY**MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES
THE CITY OF HARTFORD****INFORMATION AND REFERRAL**

Capitol Region Mental Health Center (CRMHC)	279-0800
Access to State Mental Health & Substance Abuse Svc	
Connecticut Clearinghouse (Educational Materials)	800-232-4424
INFOLINE (Can Provide Additional Service Listings)	211
HelpLine (Wheeler Clinic Support Phone Service)	524-1182
Warmline (CRMHC - Peer Phone Support) Monday - Friday	297-0844
Weekends	297-0920

ENTITLEMENTS / BENEFITS

Care for Kids (Childcare Subsidies)	888-214-KIDS
CT Dept. of Social Services, 3580 Main St (Main Tel)	723-1000
Dept. of Social Services (Medicaid - Program Info)	842-1508
Social Security Administration (Medicare Info)	493-1857
SAGA (State Administered General Assistance)	842-1508
WIC - CT Dept. of Public Health	509-8084
WIC - Hartford Dept. of Health & Human Services	543-8835
U.S. Dept. of Veteran's Affairs	800-827-1000

FAMILY SUPPORT ORGANIZATIONS

African Caribbean American Parents of Children with Disabilities (AFCAMP)	297-4358
Asian Family Services	951-8770
Families United for Children's Mental Health	866-439-0788
PADRES Abriendo Puertas	297-4391
National Alliance on Mental Illness - CT (NAMI-CT)	800-215-3021
Southeast Asian Collaboration	951-3325
Mi Casa Family Services and Educational Center	522-5222

FOOD ASSISTANCE / PANTRIES

AIDS Project Hartford / Ryan White Title I	247-AIDS
Asylum Avenue Baptist Church Soup Kitchen	522-9350
Blackwell Memorial AME Zion Church Food Pantry	242-9859
Cathedral of St. Joseph Food Pantry	249-8431
Hands on Hartford - Center City Churches	728-3201
Faith 7th Day Adventist Food Pantry & Soup Kitchen	522-0625
Glory Chapel Food Pantry	278-5247
Jackson Memorial Church Food Pantry	728-1080
Meals on Wheels - Community Renewal Team	560-5828
Meals on Wheels - CW Resources	229-7700
Saint Augustine's Church Food Pantry	522-7128
Shiloh Baptist Church Soup Kitchen, Food Pantry	527-2111

HARTFORD PUBLIC SCHOOLS

Social Work and Psychology Department	695-8451
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HEALTH & HUMAN SERVICES

Charter Oak Health Center, 401 New Britain Ave, Hartford	550-7500
Charter Oak Health Center, 21 Grand Street, Hartford	550-7500
Community Health Services	249-9625
Hartford Department of Health & Human Services	543-8860
Hispanic Health Council	527-0856

HIV/AIDS TESTING

Community Health Services, 520 Albany Avenue	249-9625
Hartford Gay/Lesbian Collective, 1841 Broad Street	278-4163
Hartford Hospital AIDS Program, 80 Seymour Street	545-5398
Latino Community Services, 184 Wethersfield Avenue	296-6400
National AIDS HOTLINE	800-342-2437

HOSPITALS

Connecticut Children's Medical Center, Hartford	545-9000
John Dempsey Hospital—UCONN, Farmington	679-2000
Hartford Hospital, Hartford	545-5000
St. Francis Hospital, Hartford	714-4000

HOUSING ASSISTANCE PROGRAMS

Imagineers (Section 8 / Moderate Rehabilitation)	522-1028
My Sister's Place (Bridge Subsidy, Security Deposit Loans)	895-6629

LEGAL ASSISTANCE

AIDS Legal Network	541-5027
Connecticut Legal Rights Project	877-402-2299
Protection & Advocacy for Individuals w//Mental Illness	800-453-3320
Statewide Legal Services of Connecticut	800-453-3320

NON-EMERGENCY**MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES
THE CITY OF HARTFORD****MENTAL HEALTH SERVICES (Adult)**

Capitol Region Mental Health Center	297-0800
Catholic Family Services	522-8241
Chrysalis Center	525-1261
Center for Human Development / CT Outreach (CHD)	951-3325
CRT - Behavioral Health Services	714-9200
Hartford Behavioral Health	727-8703
Hartford Hospital - Outpatient Psychiatric Clinic	545-7330
Institute for the Hispanic Family	524-8974
Institute of Living Assessment Center	545-7200
John Dempsey Hospital—Outpatient Counseling	679-6700
St. Francis Hospital Outpatient Counseling Center	714-2747
Wheeler Clinic (Hartford Site)	793-3588

MENTAL HEALTH SERVICES (Children)

Catholic Family Services	522-8241
Hartford Behavioral Health	727-8703
Institute for the Hispanic Family - Child Guidance	524-8974
Institute of Living	545-7200
Klingberg Family Centers	224-9113
The Village for Families	236-4511
Wheeler Clinic (Hartford Site)	793-3588

MENTAL HEALTH SUPPORT & ADVOCACY GROUPS

Advocacy Unlimited	667-0460
North Central Regional Mental Health Board	667-6388
Mental Health Association of Connecticut	800-842-1501
National Alliance on Mental Illness - CT (NAMI-CT)	800-215-3021

NEEDLE EXCHANGE

AIDS Project Hartford (call for information)	525-2181
Community Health Services, 500 Albany Avenue (Daily 11:00 am-12:45 pm & 8 - 10:30 pm Thurs. & Fri.)	527-5100
Corner of Hungerford & Park Streets (Daily 7:00 a.m.- 9:45 a.m. & 2:00 -3:00 p.m., 11:00 am - 12:45 pm Thurs. & Fri & 9 - 10:30 am Sat.)	922-3173 249-9625

POLICE DEPARTMENT

Hartford Police Department	527-7300
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SHELTERS (INFOLINE can provide additional listings - call 211)

Immaculate Conception Shelter, 560 Park St.	724-4823
My Sister's Place, 102 Pliny St. (women & children only)	522-0416
Open Hearth, 437 Sheldon St. (men only)	525-3447
Salvation Army - Marshall House, 225 So. Marshall St.	543-8423
South Park Inn, 75 Main St. (men, women & children)	724-0071
Stewart McKinney Shelter, 34 Huyshope Ave. (men only)	722-6920
YWCA of the Hartford Region, 135 Broad St.	525-1163

SUBSTANCE ABUSE SERVICES

Alcohol & Drug Recovery Centers (ADRC)	714-3700
Alcoholics Anonymous	282-5924
Blue Hills Hospital (Detox for those w/o payment source)	293-6400
Community Renewal Team	714-9200
Community Substance Abuse	247-8300
CT Community for Addiction Recovery (CCAR)	800-708-9145
Hartford Dispensary—Hartford Clinic, Main Street	525-2181
Hartford Clinic, Weston Street	527-5100
Institute of the Hispanic Family	527-1124
John Dempsey Hospital—Outpatient	679-2553
Latino Community Services	296-6400
Narcotics Anonymous	800-627-3543
Substance Abuse Treatment & Enhancement Project	800-563-4086
Urban League of Greater Hartford (Women's Support)	527-0147

TRANSPORTATION

CT Transit (Handicapped or Discount Travel Passes)	525-9181
Dial-A-Ride	724-5340
Med Cab (State Assistance Clients)	953-9501

UTILITIES ASSISTANCE

Community Renewal Team (Energy Assistance)	560-5800
AT & T	800-288-2020

**EMERGENCY SERVICES
CITY OF HARTFORD**

*The following services are available 24 hours/day,
7 days/week unless noted otherwise.*

IF IMMEDIATE DANGER (Medical, Fire, Police or Person is dangerous to self or others.) 911

MENTAL HEALTH OR SUBSTANCE ABUSE CRISIS

Capitol Region Mental Health Center 297-0999
For emergency psychiatric or substance abuse crisis.

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Wheeler Clinic 866-261-0893
For any crisis involving children/youth ages birth to 17

CHILD ABUSE/NEGLECT 800-842-2288**DOMESTIC VIOLENCE**

Interval House Hotline 658-7227
Statewide Domestic Violence Centers 888-774-2900

EMERGENCY ROOMS (Calling ahead is not required)

Connecticut Children's Medical Ctr., @ Hartford Hosp 545-9000
Hartford Hospital, 85 Jefferson St, Hartford 545-2515
John Dempsey Hospital - UCONN, Farmington 679-2588
St. Francis Hospital, 114 Woodland St, Hartford 714-4001

POISON CONTROL CENTER - CONNECTICUT 800-343-2722

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8 - 4)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

Connecticut Sexual Assault Crisis Svcs (English) 888-999-5545
(Spanish) 888-568-8332

SUBSTANCE ABUSE DETOXIFICATION TREATMENT

Alcohol & Drug Recovery Centers (ADRC), Hartford 714-3700
Alliance Treatment Center, New Britain 673-6115
Access Line for Referrals and Detoxification Center
Blue Hills Hospital, Hartford 293-6400
Substance Abuse Detoxification
Substance Abuse Treatment & Enhancement Project
(SATEP) for Referrals & Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline (English) 800-273-8255
(Spanish) 800-628-9454
Suicide INFOLINE 211
Wheeler Clinic Helpline 524-1182