

# Helping Our Children

## *Supporting Their Mental Health*



This packet is designed to help families in crisis. This provides practical advice for parents of children who are depressed, anxious, suicidal and engaging in self-harm. This information highlights alternatives to the Emergency Department, how to locate counselors for your child, developing family plans, using school resources, etc.

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### TABLE OF CONTENTS

Page 1 - Opening Letter to Families

Page 2 - What are the signs of a mental health crisis?

Page 3 - What constitutes a crisis?

Page 6 - Is this just a stage?

Page 7 - When to seek help

Page 9 - I've decided my child should be evaluated. Where do I go? What do I do?

Page 10- My child isn't in a crisis but I am concerned about their mental well being. How do I begin?

Page 12 - Treatment Options

Page 13 - Choosing a mental health professional

Page 14 - For parents what's next?

Page 15 - Child in crisis quick action guide

Page 16 - CTC Resources for Children and Adolescents

Page 17 - One pager

Page 18 - Southwest CT Resources

Page 22 - South Central CT Resources

Page 27 - Eastern CT Resources

Page 34 - North Central CT Resources

Page 40 - Western CT Resources

Page 44 - Central CT Resources

# HELPING OUR CHILDREN

## Supporting Their Mental Health

Dear friends and neighbors,

The pandemic has been difficult for all of us, but especially for our children. As a parent myself, I've seen the effects on our children of isolation, changes in routine which aren't under our control, fear of contracting COVID, and even the trauma of losing loved ones. I also understand the confusion we parents may feel, wondering if changes in our children are normal adolescent behavior, or the beginning of anxiety, depression, mood disorder, and mental illness. That is why I've put together this booklet, to help you navigate your child's behavior, monitor any concerning issues, and know exactly where to go for help, and when.

This booklet was put together with the help of Michelle Piccerillo from Cheshire Human Services, NAMI: National Alliance on Mental Illness, Department of Children and Families Office of Community Health, and other community partners dedicated to the health and wellness of our children.

In short: you are not alone; you are not overreacting when you choose to find help; we are here to support you and your child as you navigate these challenging times. I get it. I'm there, too.

Warmly,

A handwritten signature in blue ink, appearing to be 'L. O.', written in a cursive style.

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### WHAT ARE THE SIGNS OF A MENTAL HEALTH CRISIS?

Learn the signs to look for that you or someone you know might be experiencing a mental health crisis and learn how to access the help needed through support and treatment.

First, let's be aware of the challenges facing our kids, which could precipitate a crisis. This is not an all-inclusive list, and mental health challenges could also seemingly appear out of the blue.

#### The Challenges...

- The COVID-19 Pandemic/Quarantine - Isolation, lack of socialization, changes in routine, and facing the reality of death from Covid can all contribute to anxiety and depression
- Economic/Financial Issues - If your family is facing these challenges, your children are feeling them, too.
- The Racial Divide - The world's concerns often become our children's concerns. Children often have a fine-tuned sense of justice, and challenges to their internal compass for justice often results in anxiety.
- Politics/Election - It was stressful for all of us!
- Violence - Children are struggling to make sense of the violence they see in the news, and any familial violence is traumatic to all involved.
- Learning Remotely/Working Remotely - Changes in routine can greatly disrupt a child's world
- Natural Disasters/Weather Events - Uncontrollable events are often a source of anxiety
- Constant Exposure through News and Social Media - It's affecting us as adults, just imagine what it does to our children who lack the maturity to keep it all in context
- Grief and Loss - This applies not only to illness and death of loved ones, but there is also a sense of grief and loss for their pre-pandemic lives.

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### SO, WHAT CONSTITUTES A CRISIS?

A crisis situation can be anything which you need help to handle. Being in crisis is NOT a sign of bad parenting, in fact, it may be the opposite. Recognizing that you need help to help your child is selfless, and an act of good parenting!

#### CRISIS SITUATION: YOUR ROLE

To keep the person and others safe for now or get help

Deescalate and help connect to appropriate professional help

#### Types of Crisis Situations

- Medical emergency
- Panic attack
- Aggressive behaviours
- Substance use
- Traumatic event
- Non-suicidal self-injury
- Severe psychotic states
- Suicidal thoughts

#### Signs and Symptoms of a Crisis Situation: Medical Emergencies

- Unintentionally throwing up several times a day
- Fainting
- Collapsing or being too weak to walk
- Painful muscle spasms
- Chest pain or difficulty breathing
- Blood in bowel movements, urine, or vomit
- An irregular or very low heartbeat or respiratory rate
- Cold or clammy skin indicating a low body temperature

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### **Signs and Symptoms of a Crisis Situation: Psychosis**

- Social isolation or withdrawal
- Difficulty concentrating or paying attention
- Decreased work or school performance
- Decline in self-care or personal hygiene
- Changes in appetite
- Unusual sleep disturbances
- Dressing inappropriately for the weather
- Showing limited, flat, or inappropriate emotions or facial expressions
- Confused or disorganized manner of speech
- Suspicion or expressing unusual, intense new, or odd ideas
- Voicing strange feelings
- Delusions or hallucinations

### **Signs and Symptoms of a Crisis Situation: Warning Signs of Suicidal Thoughts**

- Talking or writing about death, dying, or suicide
- Threatening to hurt or kill themselves
- Looking for ways to kill themselves, seeking access to means
- Showing anxiety or agitation
- Being unable to sleep or sleeping all the time
- Feeling no reason for living, no sense of purpose in life
- Feeling trapped, like there is no way out
- Thinking there is no reason for living
- Thinking there is no safe way out of a bad situation

# HELPING OUR CHILDREN

Supporting Their Mental Health

## HOW TO DEESCALATE

Speak slowly and confidently with a caring tone

Do NOT argue

Do NOT threaten

Use positive words

Stay calm and avoid nervous behavior

Do not restrict person's movement

Be aware of what may increase person's fear and aggression

Pause when needed

## CRISIS SITUATIONS: SAFETY CONSIDERATIONS

Safety of all is paramount

Access and intervene in a manner that enhances safety and effective resolution

How you initially respond can have an impact on the safety of all involved

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### IS THIS JUST A STAGE?

Now you know why these changes may happen, let's talk about concrete things to look for which should trigger you to seek an evaluation from a pediatrician or mental health professional.

- **Always seek immediate help if a child engages in unsafe behavior or talks about wanting to hurt him or herself or someone else.**
- Seek help when a child's behavior or emotional difficulties last for more than a few weeks and are causing problems at school, at home, or with friends.
- A thorough evaluation can help determine if treatment is necessary, and which treatments may be most effective.
- Early treatment can help address a child's current difficulties and can also help prevent more serious problems in the future.





# HELPING OUR CHILDREN

## Supporting Their Mental Health

### WHEN TO SEEK HELP

Even under the best of circumstances, it can be hard to tell the difference between challenging behaviors and emotions that are consistent with typical child development and those that are cause for concern. It is important to remember that many disorders like anxiety, attention deficit hyperactivity disorder and depression, do occur during childhood. In fact, many adults who seek treatment reflect back on how these disorders affected their childhood and wish that they had received help sooner. In general, if a child's behavior persists for a few weeks or longer, causes distress for the child or the child's family, and interferes with functioning at school, at home, or with friends, then consider seeking help. If a child's behavior is unsafe, or if a child talks about wanting to hurt him or herself or someone else, then seek help immediately.

#### ***Young children may benefit from an evaluation and treatment if they:***

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomach aches or headaches with no known medical cause
- Are in constant motion and cannot sit quietly (except when they are watching videos or playing video games)
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Are not interested in playing with other children or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things many times out of fear that something bad may happen.

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### ***Older children and adolescents* may benefit from an evaluation if they:**

- Have lost interest in things that they used to enjoy
- Have low energy
- Sleep too much or too little, or seem sleepy throughout the day
- Are spending more and more time alone, and avoid social activities with friends or family
- Fear gaining weight, or diet or exercise excessively
- Engage in self-harm behaviors (e.g., cutting or burning their skin)
- Smoke, drink, or use drugs
- Engage in risky or destructive behavior alone or with friends
- Have thoughts of suicide
- Have periods of highly elevated energy and activity, and require much less sleep than usual
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear.



# HELPING OUR CHILDREN

## Supporting Their Mental Health

### I'VE DECIDED MY CHILD SHOULD BE EVALUATED. WHERE DO I GO, WHAT DO I DO?

First, if your child is actively harming themselves, having suicidal thoughts, or planning to hurt others, call 2-1-1 and press option 1 for the Mobile Crisis Service. This is a 24 hour, 7 day a week free service to have your child immediately evaluated by a mental health professional. NOTE: If calling by cell phone, 2-1-1 can also be reached toll-free at: 800.203.1234

**WHAT TO EXPECT AFTER YOU CALL 2-1-1** - A social worker or other mental health professional will arrive within 45 minutes most times, and will come in a discreet vehicle, unless an ambulance is needed or a 911 phone call is made. The social worker will speak directly with the child to assess any immediate risk, and then make recommendations to the parent for further evaluation, treatment, or other options.

**PLEASE NOTE** - There is no shame in having the Emergency Mobile Crisis team to come to your home. Every professional on the team would rather you err on the side of caution. If you feel you should call, then call. Trust your gut. Do not have any concerns about overreacting, placing any burdens on others by calling, or fear any stigma associated with calling for the service. The service is confidential, it is not listed in the police blotter, there is no fee. This service is available for exactly this reason - to help a child and family in crisis.

**5 Action Steps for Helping Someone in Emotional Pain**

- ASK**  
"Are you thinking about killing yourself?"
- KEEP THEM SAFE**  
Reduce access to lethal items or places.
- BE THERE**  
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**  
Save the National Suicide Prevention Lifeline number 1-800-273-8255.
- STAY CONNECTED**  
Follow up and stay in touch after a crisis.

 [www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### IF YOUR CHILD IS NOT IN CRISIS, BUT YOU HAVE CONCERNS ABOUT YOUR CHILD'S MENTAL WELL-BEING, HERE'S HOW YOU CAN BEGIN

#### First Steps for Parents

- Talk with your child's teacher. What is the child's behavior like in school, daycare, or on the playground?
- Talk with your child's pediatrician. Describe the behavior, and report what you have observed and learned from talking with others.
- Ask for a referral to a mental health professional who has experience and expertise dealing with children.

#### Finding Answers

An evaluation by a health professional can help clarify problems that may be underlying a child's behavior and provide reassurance or recommendations for next steps. It provides an opportunity to learn about a child's strengths and weaknesses and determine which interventions might be most helpful.

#### A comprehensive assessment of a child's mental health includes the following:

- An interview with parents addressing a child's developmental history, temperament, relationships with friends and family, medical history, interests, abilities, and any prior treatment. It is important to get a picture of the child's current situation, for example: has he or she changed schools recently, has there been an illness in the family, or a change with an impact on the child's daily life.
- Information gathering from school, such as standardized tests, reports on behavior, capabilities, and difficulties.
- An interview with the child about his or her experiences, as well as testing and behavioral observations, if needed.

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### TREATMENT OPTIONS

Assessment results may suggest that a child's behavior is related to changes or stresses at home or school; or is the result of a disorder for which treatment would be recommended. Treatment recommendations may include:

- Psychotherapy (“talk therapy”). There are many different approaches to psychotherapy, including structured psychotherapies directed at specific conditions. Information about types of psychotherapies is available on the National Institute of Mental Health (NIMH) [Psychotherapies](https://www.nimh.nih.gov/health/psychotherapies) page ([www.nimh.nih.gov](https://www.nimh.nih.gov); search term: psychotherapies). Effective psychotherapy for children always includes:
  - a. Parent involvement in the treatment (especially for children and adolescents)
  - b. Teaching skills and practicing skills at home or at school (between session “homework assignments”)
  - c. Measures of progress (e.g., rating scales, improvements on homework assignments) that are tracked over time.
- Medications. Medication may be used along with psychotherapy. As with adults, the type of medications used for children depends on the diagnosis and may include antidepressants, stimulants, mood stabilizers, and others. General information on specific classes of medications is available on NIMH's [mental health medications](https://www.nimh.nih.gov/health/mental-health-medications) page ([www.nimh.nih.gov](https://www.nimh.nih.gov); search term: medications). Medications are often used in combination with psychotherapy. If different specialists are involved, treatment should be coordinated.
- Family counseling. Including parents and other members of the family in treatment can help families understand how a child's individual challenges may affect relationships with parents and siblings and vice versa.
- Support for parents. Individual or group sessions that include training and the opportunity to talk with other parents can provide new strategies for supporting a child and managing difficult behavior in a positive way. The therapist can also coach parents on how to deal with schools.
- To find information about treatment options for specific disorders, visit [www.nimh.nih.gov/health/](https://www.nimh.nih.gov/health/).

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### CHOOSING A MENTAL HEALTH PROFESSIONAL

It's especially important to look for a child mental health professional who has training and experience treating the specific problems that your child is experiencing. Ask the following questions when meeting with prospective treatment providers:

- Do you use treatment approaches that are supported by research?
- Do you involve parents in the treatment? If so, how are parents involved?
- Will there be homework between sessions?
- How will progress from treatment be evaluated?
- How soon can we expect to see progress?
- How long should treatment last?



# HELPING OUR CHILDREN

## Supporting Their Mental Health

### FOR PARENTS: WHAT'S NEXT?

You've gotten the ball rolling on finding help for your child, but what should you do to support your child's mental health at home and school?

**First, be active in your child's treatment.** Ask your clinician what changes should be made at home to support your child's treatment.

**Educate yourself.** NAMI: National Alliance on Mental Illness provides wonderful courses for parents and children. NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. NAMI Basics OnDemand is an adaptation of the in-person course offered in 43 states by NAMI affiliates. It is a must-attend for parents and caregivers, and can be done on-demand, at your pace.

[www.nami.org/Videos/NAMI-Basics-OnDemand](http://www.nami.org/Videos/NAMI-Basics-OnDemand)

**Try a Little Tenderness.** Thinking of your child's depression or anxiety as an illness will help remind you that it's not something they can just "get over", or "toughen up" about, just like they can't just "power through" diabetes or broken bones. Recovering from mental illness requires treatment, sometimes it requires medication, and it isn't solved overnight. Prepare yourself for a longer term recovery, and be committed to finding the right accommodations and home structure for your child. It won't be perfect, recovery isn't linear. But a little understanding goes a long way.

**Don't forget to take care of yourself.** Parenting a child with a mental illness isn't easy, but the work is worth it. However, you can't help anyone if you're suffering yourself. Consider this your permission to seek counseling on your own to help you through this difficult time. Family counseling can help everyone come together for a harmonious home.

# HELPING OUR CHILDREN

## Supporting Their Mental Health

### CHILD IN CRISIS: QUICK ACTION GUIDE

- Call 2-1-1 from a landline; when prompted follow 1-1 again. All 211 calls are screened for a police or ambulance. Only dial 911 if it's a medical emergency.
- Call the National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255)
- Text the Crisis Text Line (text HELLO to 741741)
- Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.
- Lifeline Crisis Chat ([www.crisischat.org](http://www.crisischat.org))
- Visit [www.crisischat.org](http://www.crisischat.org) to chat online with crisis centers around the United States.
- The Trevor Project (Call 866-488-7386 or Text "START" to 678678)
- <https://www.thetrevorproject.org>
- Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

#### Help Lines

- Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- The Eldercare Locator: 1-800-677-1116
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255
- Youth or Young Crisis Text Line - Text "LISTEN" to 741-741, or visit <http://www.crisistextline.org/> for more info.



# HELPING OUR CHILDREN

## Supporting Their Mental Health

**If your child is actively harming themselves, having suicidal thoughts, or planning to hurt others, call 911, or 2-1-1 and press option 1 for the Mobile Crisis Service.** This is a 24 hour, 7 day a week free service to have your child immediately evaluated by a mental health professional. NOTE: If calling by cell phone, 2-1-1 can also be reached toll-free at: 800.203.1234

**WHAT TO EXPECT AFTER YOU CALL 2-1-1** - A social worker or other mental health professional will arrive within 45 minutes most times, and will come in a discreet vehicle, unless an ambulance is needed or a 911 phone call is made. The social worker will speak directly with the child to assess any immediate risk, and then make recommendations to the parent for further evaluation, treatment, or other options.



# HELPING OUR CHILDREN

## Supporting Their Mental Health

### CTC RESOURCES FOR CHILDREN AND ADOLESCENTS

*Provided by Connecting to Care CT*

#### DESCRIPTION OF SERVICES



##### **CARE COORDINATION**

*System Navigation*

Care Coordinators work with families to identify their needs, navigate and link to supports and services, coordinate their care and advocate for their needs.



##### **MOBILE CRISIS**

*Crisis Stabilization*

Centralized, toll-free number (2-1-1) for person-to-person assistance and connection to local crisis services; accessible 24/7, 365 days a year. Caller defines crisis & setting.



##### **OUTPATIENT PSYCHIATRIC CLINICS FOR CHILDREN (OPCC)**

*Outpatient Treatment*

Community-based, multi-disciplinary team of psychiatrists, psychologists, clinicians and other professionals that provide a wide array of behavioral health treatment services to children, adolescents and their families.

*\*If you or someone you know is experiencing a crisis, access Mobile Crisis directly by dialing 2-1-1 and then enter 1, 1 when prompted.*

# FOR KIDS ONLY

## FOR THOSE TIMES YOU NEED TO TALK IT OUT

### ANXIETY. EMPTINESS. SADNESS.

One conversation can make all the difference in the world.

*It just takes a simple text.*

- **Text talk to 38255**

You'll immediately be put into contact with a master's-level counselor.

- **Get connected**

As they get started, they'll ask for your birthdate and ZIP code. Although you don't have to answer, this info helps them help others.

- **Start a conversation**

Then they'll just text about what's going on. No issue is too small or too great.



## Southwest Region Resource List

Updated 10.22.21

**For Mobile Crisis, dial 2-1-1, press “1” and “1” again to be directly connected**

### Community Based Behavioral Health

**LEGEND** | Outpatient Psychiatric Clinics for Children (**OPCC**) | Extended Day Treatment (**EDT**) | Care Coordination (**CC**) | Mobile Crisis (**MC**) | Modular Approach to Therapy for Children (**MATCH**) | Trauma-Focused Cognitive Behavioral Therapy (**TF-CBT**)  
*For mobile crisis, dial 2-1-1, press “1” and “1” again to be directly connected*

Name of Agency	Service Provided	Location	Contact
Boys and Girls Village	OPCC/EDT TF-CBT	528 Wheeler Farms Road Milford, CT 06461	203-877-0300
Child and Family Guidance Center	OPCC/ CC/MC	180 Fairfield Avenue Bridgeport, CT 06604	203-394-6529
Child Guidance of Mid Fairfield	OPCC/EDT/CC/ MATCH/TF-CBT	100 East Avenue Norwalk, CT 06851	203-299-1315
Child Guidance of Southern CT	OPCC/CC TF-CBT	103 West Broad Street Stamford, CT 06902	203-324-6127
The Center for Family Justice	OPCC/CC/ TF-CBT	753 Fairfield Avenue Bridgeport, CT 06604	203-334-6154
Family Centers	OPCC/TF-CBT	60 Palmer’s Hill Road Stamford, CT 06902	203-324-3167
Lifebridge	OPCC	475 Clinton Avenue Bridgeport, CT 06694	203-368-4291
Norwalk Community Health Centers	TF-CBT	120 Connecticut Avenue Norwalk, CT 06854	203-851-1000
Southwest Community Health Centers	OPCC/TF-CBT	1046 Fairfield Avenue Bridgeport, CT 06604	203-330-6000

### Youth Services Bureau (YSB)

Name of Agency	Location	Contact
Bridgeport Youth Services Bureau	45 Lyon Terrace Bridgeport, CT 06608	203-576-7110

The Depot Youth Center	25 Heights Road Darien, CT 06820	203-655-0812
Fairfield Youth Services	75 Mill Plain Road Fairfield, CT 06824	203-256-3191
Greenwich Youth Services-United Way	101 Field Point Road Greenwich, CT 06830	203-622-3371
New Canaan Youth Services	77A Main Street New Canaan, CT 06840	860-594-3080
Norwalk Department of Youth Services	125 East Street Norwalk, CT 0685	203-854-7785
Stamford Youth Service Bureau	888 Washington Blvd, 6 <sup>th</sup> Fl Stamford, CT 06901	203-977-5674
Stratford Community Services	468 Birdseye Street Stratford, CT 06615	203-385-4095
Trumbull Counseling Center	5892 Main Street Trumbull, CT 06611	203-261-5110
Weston Youth Services	24 School Road Weston, CT 06883	203-222-2585
Westport Social & Youth Services	110 Myrtle Ave, Rm 200 Westport, CT 06880	203-341-1050
Wilton Youth Services	180 School Road Wilton, CT 06891	203-834-6241

### School Based Health Centers (SBHC)

Eligible students are those that attend the schools in which the SBHC is located

\*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both

Name of School	Location	Contact
Bassick High School	1181 Fairfield Avenue Bridgeport, CT 06605	203-275-3081
Blackham Elementary School	425 Thorne Street Bridgeport, CT 06606	203-275-4751
Central High School	1 Lincoln Boulevard Bridgeport, CT 06606	203-275-1502
Columbus School	275 George Street Bridgeport, CT 06604	203-275-1918
Dunbar Elementary School	445 Union Avenue Bridgeport, CT 06607	203-275-3631
Harding High School	379 Bond Street Bridgeport, CT 06610	203-275-2751

High Horizons Magnet School	700 Palisade Avenue Bridgeport, CT 06610	203-305-7971
Luis Munoz Marin Elementary School	479 Helen Street Bridgeport, CT 06610	203-275-4404
Read Elementary School	130 Ezra Street Bridgeport, CT 06606	203-275-4710
Roosevelt Elementary School	680 Park Avenue Bridgeport, CT 06604	203-275-2100
Brien McMahon High School	300 Highland Avenue Norwalk, CT 06854	203-852-9488
Norwalk High School	23 Calvin Murphy Drive Norwalk, CT 06851	203-838-4881
Cloonan Middle School	11 W North Street Stamford, CT 06902	203-977-4544
Dolan Middle School	51 Toms Road Stamford, CT 06906	203-977-4441
Rippowam Middle School	381 High Ridge Road Stamford, CT 06905	203-977-5255
Stamford High School	55 Strawberry Hill Avenue Stamford, CT 06902	203-977-4223
Westhill High School	125 Roxbury Road Stamford, CT 06902	203-977-4477
Wooster Middle School	150 Lincoln Street Stratford, CT 06614	203-385-4275

### Family Resource Centers (FRC)

<b>Name</b>	<b>Location</b>	<b>Contact</b>
Cesar A. Batalla Elementary School	606 Howard Avenue Bridgeport, CT 06605	203-579-8526
Dunbar School	445 Union Avenue Bridgeport, CT 06607	203-275-3648
Roosevelt School	680 Park Avenue Bridgeport, CT 06604	203-275-2102
Fox Run Elementary School	228 Fallow Street Norwalk, CT 06850	203-899-2326
Side By Side Charter School	10 Chestnut Street Norwalk, CT 06854	203-857-0306

Roger International School	202 Blachley Road Stamford, CT 06902	203-323-0681
Stratford Academy	719 Birdseye Street Stratford, CT 06615	203-381-6992

**Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)**  
 Specific RBHAO town information can be found: <https://portal.ct.gov/-/media/DMHAS/Prevention/RBHAOContacts.pdf>  
 Specific RSAB town information can be found: <https://www.preventsuicidect.org/get-involved/regional-advisory-boards/>

<b>Name of Agency</b>	<b>Service Provided</b>	<b>Location</b>	<b>Contact</b>
The Hub: Behavioral Health Action Organization For Southwestern CT, A Program of RYASAP	RBHAO RSAB	2470 Fairfield Avenue, 3 <sup>rd</sup> Fl Bridgeport, CT 06605	203-450-3328

*The Hub: Behavioral Health Action Organization For Southwestern CT RSAB serving the towns of Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, Wilton*

National Suicide Prevention Lifeline		<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255
Crisis Text Line		<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text CT to 741741

**Statewide Programs**

<b>Name of Agency</b>	<b>Service Provided</b>	<b>Location</b>	<b>Contact</b>
FAVOR, Inc.	Family Advocacy Family Peer Support	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232
Beacon Health Options	CC/Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877- 552-8247

*Disclaimer: This may not be an exhaustive list of the services available in your area. For additional services, you may reach out to your local children's behavioral health collaborative listed at [www.connectingtocarect.org](http://www.connectingtocarect.org) or contact Infoline 2-1-1 Connecticut at [www.211ct.org](http://www.211ct.org).*

## South Central Region Resource List

Updated 10.22.21

**For Mobile Crisis, dial 2-1-1, press “1” and “1” again to be directly connected**

### Community Based Behavioral Health

**LEGEND** | Outpatient Psychiatric Clinics for Children (OPCC) | Extended Day Treatment (EDT) | Care Coordination (CC) | Mobile Crisis (MC) | Modular Approach to Therapy for Children (MATCH) | Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)  
*For mobile crisis, dial 2-1-1, press “1” and “1” again to be directly connected*

Name of Agency	Service Provided	Location	Contact
Bridges Healthcare, Inc.	OPCC/CC MATCH/TF-CBT	949 Bridgeport Avenue Milford, CT 06460	203-878-6365
Bridges Healthcare, Inc.	OPCC/CC MATCH/TF-CBT	98 Elm Street West Haven, CT 06516	203-878-6365
Children’s Center of Hamden	EDT	1400 Whitney Avenue Hamden, CT 06517	203-248-2116
Clifford Beers Guidance Clinic	OPCC/CC/MC MATCH/TF-CBT	93 Edwards Street New Haven, CT 06511	203-772-1270
Clifford Beers Guidance Clinic	OPCC	1575 Boston Post Road Building B, Unit C Guilford, CT 06437	203-772-1270
Cornell Scott Hill Health Corporation	OPCC TF-CBT	400 Columbus Avenue New Haven, CT 06519	203-503-3055
Lower Naugatuck Valley Parent Child Resource Center, Inc.	OPCC MATCH/TF-CBT	30 Elizabeth Street Derby, CT 06418	203-800-7177
Yale Child Study Center	OPCC MATCH/TF-CBT	350 George Street, 2 <sup>nd</sup> Fl New Haven, CT 06511	844-362-9272
West Haven Mental Health Clinic	OPCC TF-CBT	270 Center Street West Haven, CT 06516	203-974-5900



## Youth Services Bureau (YSB)

<b>Name of Agency</b>	<b>Location</b>	<b>Contact</b>
Ansonia Youth Service Bureau	42 Grove Street Ansonia, CT 06401	203-736-5095
Branford Counseling Center	342 Harbor Street Branford, CT 06405	203-481-4248
Derby Bureau of Youth Services	1 Elizabeth Street Derby, CT 06418	203-736-1450
Town of East Haven Youth Services Bureau	1 Maple Street East Haven, CT 06512	203-415-9394
Guilford Youth and Family Services	36 Graves Avenue Guilford, CT 06437	203-453-8047
Hamden Youth Services Bureau	11 Pine Street Hamden, CT 06514	203-777-2610
Milford Youth and Family Services	150 Gulf Street Milford, CT 06460	203-783-3253
City of New Haven Youth Services Department	165 Church Street New Haven, CT 06510	203-946-7582
North Haven Youth Services	18 Church Street North Haven, CT 06473	203-239-5321
Orange Youth Services	525 Orange Center Road Orange, CT 06577	203-891-4785
Shelton Youth Service Bureau	120 Meadow Street Shelton, CT 06484	203-924-7614
West Haven Youth and Family Services	201 Noble Street West Haven, CT 06516	203-937-3633
Woodbridge Youth Service Bureau	4 Meetinghouse Lane Woodbridge, CT 06525	203-389-3429

## School Based Health Centers (SBHC)

Eligible students are those that attend the schools in which the SBHC is located

\*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both

<b>Name of School</b>	<b>Location</b>	<b>Contact</b>
Ansonia High School	20 Pulaski Highway Ansonia, CT 06401	203-732-7230
Branford High School	185 East Main Street Branford, CT 06405	203-315-6727

Francis Walsh Intermediate School	185 Damascus Road Branford, CT 06405	203-315-3533
Mary Murphy Elementary School	14 Brushy Plain Road Branford, CT 06405	203-488-4151
Momauguin Elementary School	99 Cosey Beach Road East Haven, CT 06512	203-468-3321
Church Street Elementary	95 Church Street Hamden, CT 06514	203-407-4368
Hamden High School	2040 Dixwell Avenue Hamden, CT 06514	203-248-6107
Augusta Lewis Troup School	259 Edgewood Avenue New Haven, CT 06511	475-220-3076
Barnard Environmental Studies Interdistrict Magnet	170 Derby Avenue New Haven, CT 06511	475-220-3584
Clinton Avenue School	293 Clinton Avenue New Haven, CT 06513	475-220-3318
Fair Haven School	164 Grand Avenue New Haven, CT 06513	475-220-2643
James Hillhouse High School	480 Sherman Parkway New Haven, CT 06511	475-220-7555
King/Robinson Interdistrict Magnet	150 Fournier Street New Haven, CT 06511	475-220-2791
Lincoln-Bassett Community School	130 Bassett Street New Haven, CT 06511	475-220-8516
Mauro-Sheridan Interdistrict Magnet	191 Fountain Street New Haven, CT 06515	475-220-2815
Robert Clemente Leadership Academy	360 Columbus Avenue New Haven, CT 06519	475-220-7617
Truman School	114 Truman Street New Haven, CT 06519	475-220-2122
Wilbur Cross High School	181 Mitchell Drive New Haven CT 06511	475-220-7444

### Family Resource Centers (FRC)

<b>Name</b>	<b>Location</b>	<b>Contact</b>
Indian Neck School	12 Melrose Avenue Branford, CT 06405	203-481-5066

Overbrook Early Learning Center	54 Gerrish Avenue East Haven, CT 6512	203-468-3305
Church Street Elementary	95 Church Street Hamden, CT 06514	203-407-3111
Calf Pen Meadow Middle School	395 Welchs Point Road Milford, CT 06460	203-783-3626
Pumpkin Delight Elementary School	24 Art Street Milford, CT 06460	203 783-3626
Augusta Lewis Troup School	259 Edgewood Avenue New Haven, CT 06511	475-220-3000
Brennan Rogers School of Communications and Media	200 Wilmot Road New Haven, CT 6515	475-220-2221
Fair Haven School	164 Grand Avenue New Haven, CT 06513	475-220-2630
Hill Central School	144 DeWitt Street New Haven, CT 6519	475-220-6195
North Branford Parks and Recreation	1332 Middletown Avenue Northford, CT 06472	203-484-4243
Savin Rock Community School	50 Park Street West Haven, CT 06516	203-931-4739

### Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)

Specific RBHAO town information can be found: <https://portal.ct.gov/-/media/DMHAS/Prevention/RBHAOContacts.pdf>

Specific RSAB town information can be found: <https://www.preventsuicidect.org/get-involved/regional-advisory-boards/>

Name	Service Provided	Location	Contact
Alliance for Prevention and Wellness/A Program of BHcare	RBHAO RSAB	127 Washington Ave, 3 <sup>rd</sup> Fl North Haven, CT 06473	203-736-8566
<i>Alliance for Prevention and Wellness RSAB serving the towns of Ansonia, Bethany, Branford, Chester, Clinton, Cromwell, Deep River, Derby, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Killingworth, Lyme, Madison, Meriden, Middlefield, Middletown, Milford, New Haven, North Branford, North Haven, Old Lyme, Old Saybrook, Orange, Portland, Seymour, Shelton, Wallingford, Westbrook, West Haven, Woodbridge</i>			
National Suicide Prevention Lifeline		<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255
Crisis Text Line		<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text CT to 741741

## Statewide Programs

Name of Agency	Service Provided	Location	Contact
FAVOR, Inc.	Family Advocacy Family Peer Support	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232
Beacon Health Options	CC/Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877-552-8247

*Disclaimer: This may not be an exhaustive list of the services available in your area. For additional services, you may reach out to your local children's behavioral health collaborative listed at [www.connectingtocarect.org](http://www.connectingtocarect.org) or contact Infoline 2-1-1 Connecticut at [www.211ct.org](http://www.211ct.org)*

## Eastern Region Resource List

Updated 10.22.21

**For Mobile Crisis, dial 2-1-1, press “1” and “1” again to be directly connected**

### Community Based Behavioral Health

**LEGEND** | Outpatient Psychiatric Clinics for Children (**OPCC**) | Extended Day Treatment (**EDT**) | Care Coordination (**CC**) | Mobile Crisis (**MC**) | Modular Approach to Therapy for Children (**MATCH**) | Trauma-Focused Cognitive Behavioral Therapy (**TF-CBT**)  
*For mobile crisis, dial 2-1-1, press “1” and “1” again to be directly connected*

Name of Agency	Service Provided	Location	Contact
Child and Family Agency of SE CT	OPCC/MATCH/TF-CBT	7 Vauxhall Street New London, CT 06320	860-443-2896
Child and Family Agency of SE CT	OPCC/MATCH/TF-CBT	190 Westbrook Road Essex, CT 06426	860-767-0147
Clifford Beers Guidance Clinic	MC	93 Edwards Street New Haven, CT 06511	203-772-1270
Community Health Center	OPCC/TF-CBT	675 Main Street Middletown, CT 06457	860-347-6971
Community Health Resources	OPCC/MATCH/TF-CBT	1310 West Main Street Willimantic, CT 06226	860-456-7200
Community Health Resources	CC	1491 West Main Street Willimantic, CT 06226	877-884-3571 or 860-771-4865
Middlesex Hospital	MC	51 Broad Street Middletown, CT 06457	860-358-3401
Natchaug Hospital	EDT	189 Storrs Road Mansfield Center, CT 06250	860-465-5943
Natchaug Hospital	EDT	934 North Main Street Danielson, CT 06239	860-779-2101 x315
Natchaug Hospital	EDT	1353 Gold Star Highway Groton, CT 06340	860-465-5907
Natchaug Hospital	EDT	11-A Stott Avenue Norwich, CT 06360	860-823-5320

Rushford Center Inc.	CC	883 Paddock Avenue Meriden, CT 06450	860-349-2043
United Community & Family Services	MC	31 Dow Road Plainfield, CT 06374	860-822-4317
United Community & Family Services	MC	77 East Town Street Norwich, CT 06360	860-822-4317
United Community & Family Services	OPCC/CC/ MATCH/TF-CBT	47 Town Street Norwich, CT 06360	860-892-7042
United Services, Inc.	OPCC MATCH/TF-CBT	140 North Frontage Road Mansfield Center, CT 06250	860-456-2261
United Services, Inc.	OPCC MATCH/TF-CBT	1007 North Main Street Dayville, CT 06241	860-774-2020
Village for Families & Children	EDT	282 Main Street Ext Middletown, CT 06457	860-236-4511 x3636
Wheeler Clinic	EDT	20 Tuttle Place, Unit 6A Middletown, CT 06457	860-632-3231

### Youth Services Bureau (YSB)

<b>Name of Agency</b>	<b>Location</b>	<b>Contact</b>
Ashford Youth Services Bureau	5 Town Hall Road Ashford, CT 06278	860-487-4417
Clinton Youth & Family Services	48 East Main Street Clinton, CT 06413	860-669-1103
Colchester Youth Services	127 Norwich Ave, Ste 205 Colchester, CT 06415	860-537-7255
Coventry Youth Services	1712 Main Street Coventry, CT 06238	860-742-5324
Cromwell Youth Services	41 West Street Cromwell, CT 06416	860-632-3448
Durham/Middlefield Youth & Family Services	405 Main Street, Ste 11 Middlefield, CT 06455	860-349-0258
East Haddam Youth & Family Services	387 East Haddam-Moodus Road Moodus, CT 06469	860-873-3296
East Hampton Youth Services	20 East High Street East Hampton, CT 06424	860-267-9982
East Lyme Youth Services (includes Salem)	45 Society Road Niantic, CT 06357	860-739-6788

Griswold Community Youth Center	28 Main Street Jewett City, CT 06351	860-376-7026
Groton Youth Service Bureau	45 Fort Hill Road Groton, CT 06340	860-441-6760
Youth and Family Services of Haddam - Killingworth, Inc.	91 Little City Road Higganum, CT 06441	860-345-7498
Ledyard Youth Services (Ledyard, Gales Ferry)	741 Colonel Ledyard Hwy Ledyard, CT 06339	860-464-3213
Lyme's Youth Service Bureau (Lyme, Old Lyme)	59 Lyme Street Old Lyme, CT 06371	860-434-7208
Madison Youth Services	10 School Street Madison, CT 06443	203-245-5645
Mansfield Youth Services	4 South Eagleville Road Mansfield, CT 06268	860-429-3319
Middletown Youth Services	51 Green Street Middletown, CT 06457	860-854-6030
Montville Youth Services	836 Old Colchester Road Oakdale, CT 06370	860-848-7724
New London Office of Youth Affairs	111 Union Street New London, CT 06320	860-442-4994
Norwich Youth & Family Services	75 Mohegan Road Norwich, CT 06360	860-823-3782
Old Saybrook Youth and Family	322 Main Street Old Saybrook, CT 06475	860-395-3190
Portland Youth Service Bureau	265 Main Street Portland, CT 06480	860-342-6758
Preston Youth Service Bureau	389 Route 2 Preston, CT 06365	860-887-5581
Stonington Youth Services	166 South Broad Street Pawcatuck, CT 06379	860-535-5015
TEEG	15 Thatcher Road N. Grosvenordale, CT 06255	860-923-3458
Tri-Town Youth Services (Chester, Deep River, Essex)	56 High Street Deep River, CT 06417	860-526-3600
United Services, Inc (Brooklyn, Canterbury, Eastford, Killingly, Plainfield, Sterling)	P.O. Box 378 Wauregan, CT 06387	860-564-6100
Voluntown Youth Services	195 Main Street Voluntown, CT 06384	860-376-2325

Waterford Youth Service Bureau	200 Boston Post Road Waterford, CT 06385	860-444-5848
Westbrook Youth and Family Services	1163 Boston Post Road Westbrook, CT 06498	860-399-9239
Willington Youth Services	40 Old Farms Road Willington, CT 06279	860-429-8321
Windham Youth Services (Willimantic, Windham)	872 Main Street Willimantic, CT 06226	860-423-4534

### School Based Health Centers (SBHC)

Eligible students are those that attend the schools in which the SBHC is located

\*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both

Name of School	Location	Contact
Parish Hill High/Middle School*	304 Parish Hill Road Chaplin, CT 06235	860-455-9584
Catherine Kolnaski Magnet School	500 Poquonnock Road Groton, CT 06340	860-445-2191
Fitch High School	101 Groton Long Point Road Groton, CT 06340	860-446-9543 or 860-449-7253
Groton Middle School	35 Groton Long Point Road Groton, CT 06340	860-446-4200
Thames River Magnet School	250 Brandegee Avenue Groton, CT 06340	860-980-8230 temporary
Jeffrey Elementary School*	331 Copse Road Madison, CT 06443	203-245-6340
Ryerson Elementary School*	982 Durham Road Madison, CT 06443	203-245-6340
Beman Middle School	1 Wilderman's Way Middletown, CT 06457	860-347-8594
Commodore Macdonough Elementary School	66 Spring Street Middletown, CT 06457	860-347-8553
Wesley Elementary	10 Wesleyan Hills Road Middletown, CT 06457	860-344-0381
Mystic River Magnet School	160 Fishtown Road Mystic, CT 06355	860-908-8300
Stonington Middle School	204 Mistuxet Ave Mystic, CT 06355	860-536-9613 x4112
Bennie Dover Jackson Middle School	36 Waller Street New London, CT 06320	860-437-6480 x7232



ISAAC (Interdistrict School for Arts and Communications)	190 Governor Winthrop Blvd New London, CT 06320	860-447-1003
Jennings Elementary School	50 Mercer Street New London, CT 06320	860-447-6050 x7665
Nathan Hale Elementary School	37 Beech Drive New London, CT 06320	860-447-6060 x7537
New London High School	490 Jefferson Avenue New London, CT 06320	860-437-6400 x7019
Regional Multicultural Magnet School	1 Bulkeley Place New London, CT 06320	860-437-7775 x7333
Winthrop Elementary School	74 Grove Street New London, CT 06320	860-447-6070 x7115
Barrows STEM Academy	141 Tuckie Road North Windham, CT 06226	860-465-2610, x4610
Putnam Middle School*	35 Wicker Street Putnam, CT 06260	860-928-4698 Elem/middle or 860-928-2714 High school
Friendship School	24 Rope Ferry Road Waterford, CT 06385	860-447-4049 x7156
Windham High School	355 High Street Willimantic, CT 06226	860-465-2465
Windham Middle School	123 Quarry Street Willimantic, CT 06226	860-465-2620

### Family Resource Centers (FRC)

<b>Name</b>	<b>Location</b>	<b>Contact</b>
Catherine C. Kolnaski Magnet School	500 Poquonnock Road Groton, CT 06340	860-448-5586
Farm Hill School	390 Ridge Road Middletown, CT 06457	860-347-0869
Jennings School	50 Mercer Street New London, CT 06320	860-448-5294
Nathan Hale School	37 Beech Drive New London, CT	860-448-5049
Thomas W. Mahan Elementary School	94 Salem Turnpike Norwich, CT 06360	860-823-4205

Plainfield's Early Childhood Center	651 Norwich Road Plainfield, CT 06374	860-564-6411
Putnam Elementary School	33 Wicker Street Putnam, CT 06260	860-963-6940
Goodyear E.C.C.	22 Williamsville Road Rogers, CT 06263	860-779-6770
Natchaug Elementary School	123 Jackson Street Willimantic, CT 06226	860-465-2396 or 860-465-2578

### Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)

Specific RBHAO town information can be found: <https://portal.ct.gov/-/media/DMHAS/Prevention/RBHAOContacts.pdf>

Specific RSAB town information can be found: <https://www.preventsuicidect.org/get-involved/regional-advisory-boards/>

Name of Agency	Service Provided	Location	Contact
Alliance for Prevention and Wellness/A Program of BHcare	RBHAO RSAB	127 Washington Ave, 3 <sup>rd</sup> Fl East North Haven, CT 06473	203-736-8566
<i>Alliance for Prevention and Wellness serving the towns of Ansonia, Bethany, Branford, Chester, Clinton, Cromwell, Deep River, Derby, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Killingworth, Lyme, Madison, Meriden, Middlefield, Middletown, Milford, New Haven, North Branford, North Haven, Old Lyme, Old Saybrook, Orange, Portland, Seymour, Shelton, Wallingford, Westbrook, West Haven, Woodbridge</i>			
SERAC	RBHAO RSAB	228 West Town Street Norwich, CT 06360	860-848-2800
<i>SERAC serving the towns of 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</i>			
National Suicide Prevention Lifeline		<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255
Crisis Text Line		<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text CT to 741741

### Statewide Programs

Name of Agency	Service Provided	Location	Contact
FAVOR, Inc.	Family Advocacy Family Peer Support	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232

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Beacon Health Options	CC/Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877-552-8247
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*Disclaimer: This may not be an exhaustive list of the services available in your area. For additional services, you may reach out to your local children's behavioral health collaborative listed at [www.connectingtocarect.org](http://www.connectingtocarect.org) or contact Infoline 2-1-1 Connecticut at [www.211ct.org](http://www.211ct.org).*

## North Central Region Resource List

Updated 10.22.21

**For Mobile Crisis, dial 2-1-1, press “1” and “1” again to be directly connected**

### Community Based Behavioral Health

**LEGEND** | Outpatient Psychiatric Clinics for Children (OPCC) | Extended Day Treatment (EDT) | Care Coordination (CC) | Mobile Crisis (MC) | Modular Approach to Therapy for Children (MATCH) | Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)  
*For mobile crisis, dial 2-1-1, press “1” and “1” again to be directly connected*

Name of Agency	Service Provided	Location	Contact
Bridge Family Center	OPCC	26 Union Street, Ste 2 Rockville, CT 06066	860-313-1119
Bridge Family Center	OPCC	100 Shield Street West Hartford, CT 06110	860-313-1119
Catholic Charities	OPCC/TF-CBT	45 Wadsworth Street Hartford, CT 06106	860-527-1124
Community Child Guidance Clinic	OPCC/ MATCH/TF-CBT	317 North Main Street Manchester, CT 06042	860-643-2101
Community Health Resources	MC/CC/MATCH/TF-CBT	444 Center Street Manchester, CT 06040	860-730-8956
Community Health Resources	OPCC/MATCH/TF-CBT	153 Hazard Avenue Enfield, CT 06082	860-253-5020
Community Health Resources	OPCC/CC/TF-CBT/MATCH	693 Bloomfield Ave, Ste 101 Bloomfield, CT 06002	860-243-6584
Hartford Hospital (Institute of Living)	OPCC/EDT	200 Retreat Avenue Hartford, CT 06106	860-545-7200
Hockanum Valley Community Council	OPCC	27 Naek Road, Ste 4 Vernon, CT 06066	860-872-9825
Klingberg Family Center	OPCC	157 Charter Oak Avenue Hartford, CT 06106	860-243-4416
Village for Families & Children	OPCC/EDT MATCH/TF-CBT	331 Wethersfield Avenue Hartford, CT 06114	860-236-4511
Village for Families & Children	EDT	34 Sequassen Street Hartford, CT 06106	860-263-4511

Village for Families & Children	EDT	317 North Main Street Manchester, CT 06040	860-236-4511
Wheeler Clinic	CC	43 Woodland Street Hartford, CT 06105	860-793-3551
Wheeler Clinic	OPCC/MC/ MATCH/TF-CBT	43 Woodland Street Hartford, CT 06105	860-793-3500

### Youth Services Bureau (YSB)

Name of Agency	Location	Contact
AHM (Andover, Hebron, Marlborough) Youth Services	25 Pendleton Drive Hebron, CT 06248	860-228-9488
Bloomfield Youth Services	330 Park Ave, 2 <sup>nd</sup> Fl Bloomfield, CT 06002	860-242-1895
East Granby Youth Services	9 Center Street East Granby, CT 06026	860-653-7800
East Hartford Youth Services	50 Chapman Place East Hartford, CT 06108	860-291-7179
Ellington Youth Services	31 Arbor Lane Ellington, CT 06029	860-870-3130
Enfield Youth Services	19 North Main Street Enfield, CT 06082	860-253-6380
Glastonbury Youth Services	321 Hubbard Street Glastonbury, CT 06033	860-652-7673
Granby Youth Services	15C North Granby Road Granby, CT 06035	860-844-5355
Hartford Dept. of Families, Children, Youth & Recreation	550 Main Street, Room 305 Hartford, CT 06103	860-757-9595
Manchester Youth Services	63 Linden Street Manchester, CT 06040	860-647-5213
Somers Social Services	619 Main Street Somers, CT 06071	860-265-7551
South Windsor Youth Services	150 Nevers Road South Windsor, CT 06074	860-648-5050
Stafford Family Services	21 Hyde Park Road Stafford Springs, CT 06076	860-684-4239
Suffield Youth Services	145 Bridge Street Suffield, CT 06078	860-668-3329 x3329

Tolland Youth Services	21 Tolland Green Tolland, CT 06084	860-871-3612
Vernon Youth Services	9 Elm Street Vernon, CT 06066	860-870-3555
The Bridge Family Center (West Hartford)	1038 Farmington Avenue West Hartford, CT 06107	860-313-1119
Windsor Youth Services	599 Matianuck Avenue Windsor, CT 06095	860-285-1946
Windsor Locks Youth Services	50 Church Street Windsor Locks, CT 06096	860-627-1482

### School Based Health Centers (SBHC)

Eligible students are those that attend the schools in which the SBHC is located

\*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both

Name of School	Location	Contact
CREC Metropolitan Learning Center	1551 Blue Hills Avenue Bloomfield, CT 06002	860-242-7834
Dr. John A. Langford Elementary School	61 Alps Drive East Hartford, CT 06108	860-622-5714
Early Childhood Learning Center at Hockanum	191 Main Street East Hartford, CT 06118	860-622-5450
East Hartford High School	869 Forbes Street East Hartford, CT 06118	860-622-5340
East Hartford Middle School	777 Burnside Avenue East Hartford, CT 06108	860-622-5670
Franklin H. Mayberry Elementary School	101 Great Hill Road East Hartford, CT 06108	860-622-5731
Silver Lane Elementary School	15 Mercer Avenue East Hartford, CT 06118	860-622-1250 x1
Synergy Alternative High School	40 Butternut Drive East Hartford, CT 06118	860-622-5984
East Windsor High School	76 South Main Street East Windsor, CT 06088	860-623-3361 x7247
Buckley High School	Grades 9-10: 585 Wethersfield Avenue Hartford, CT 06114 Grades 11-12: 395 Lyme Street Hartford, CT 06112	860-695-1014

Dwight Bellizzi Dual Language Academy	215 South Street Hartford, CT 06114	860-695-2444
Hartford Public High School	55 Forest Street Hartford, CT 06105	860-695-1359
Maria C. Colon Sanchez School	176 Babcock Street Hartford, CT 06106	860-695-4943
Martin Luther King Jr. School	25 Ridgefield Street Hartford, CT 06112	860-695-0303
M.D. Fox Elementary School	470 Maple Avenue Hartford, CT 06114	860-695-7732
Sarah J. Rawson Elementary School	260 Holcomb Street Hartford, CT 06112	860-695-4842
Weaver High School	415 Granby Street Hartford, CT 06112	860-695-1682

### Family Resource Centers (FRC)

<b>Name of Agency</b>	<b>Location</b>	<b>Contact</b>
Laurel School	1 Filley Street Bloomfield, CT 06002	860-769-5518
Franklin H Mayberry School	101 Great Hill Road East Hartford, CT 06108	860-622-5737
Silver Lane School	15 Mercer Avenue East Hartford, CT 06108	860-622-5515
Broad Brook School	14 Rye Street East Windsor, CT 06016	860-627-9741
Henry Barnard School	27 Shaker Road Enfield, CT 06082	860-253-5144
Stowe Family Resource Center	117 Post Office Road Enfield, CT 06082	860-253-5214
Burns Latino Studies Academy	195 Putnam Street Hartford, CT 06106	860-695-2994
Fred D. Wish Museum School	350 Barbour Street Hartford, CT 06120	860-695-5639
Maria C. Colon Sanchez School	176 Babcock Street Hartford, CT 06106	860-695-4940
Sarah J. Rawson Elementary School	260 Holcomb Street Hartford, CT 06112	860-695-6867

S.A.N.D School	1750 Main Street Hartford, CT 06120	860-695-5062
Gilead Hill School	580 Gilead Street Hebron, CT 06248	860-228-9488
Washington Media Arts Magnet School	94 Cedar Street Manchester, CT 06040	860-647-3330
Birch Grove Primary School	247 Rhodes Road Tolland, CT 06084	860-870-6750 x30216
Maple Street School	20 Maple Street Vernon, CT 06066	860-335-6954
Charter Oak International Academy	425 Oakwood Avenue West Hartford, CT 06110	860-929-5575
Oliver Ellsworth School	730 Kennedy Road Windsor, CT 06095	860-687-2070

### Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)

Specific RBHAO town information can be found: <https://portal.ct.gov/-/media/DMHAS/Prevention/RBHAOContacts.pdf>

Specific RSAB town information can be found: <https://www.preventsuicidect.org/get-involved/regional-advisory-boards/>

Name of Agency	Service Provided	Location	Contact
Amplify, Inc.	RBHAO RSAB	151 New Park Ave, Ste 14A Hartford, CT 06106	860-667-6388
<i>Serving towns of Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Kensington, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks</i>			
National Suicide Prevention Lifeline		<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255
Crisis Text Line		<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text CT to 741741

### Statewide Programs

Name of Agency	Service Provided	Location	Contact
FAVOR, Inc.	Family Advocacy Family Peer Support	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232



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Beacon Health Options	CC/Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877-552-8247
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*Disclaimer: This may not be an exhaustive list of the services available in your area. For additional services, you may reach out to your local children's behavioral health collaborative listed at [www.connectingtocarect.org](http://www.connectingtocarect.org) or contact Infoline 2-1-1 Connecticut at [www.211ct.org](http://www.211ct.org).*

## Western Region Resource List

Updated 10.22.21

**For Mobile Crisis, dial 2-1-1, press “1” and “1” again to be directly connected**

### Community Based Behavioral Health

**LEGEND** | Outpatient Psychiatric Clinics for Children (**OPCC**) | Extended Day Treatment (**EDT**) | Care Coordination (**CC**) | Mobile Crisis (**MC**) | Modular Approach to Therapy for Children (**MATCH**) | Trauma-Focused Cognitive Behavioral Therapy (**TF-CBT**)

*For mobile crisis, dial 2-1-1, press “1” and “1” again to be directly connected*

Name of Agency	Service Provided	Location	Contact
Charlotte Hungerford	OPCC/EDT MATCH/TF-CBT	50 Litchfield Street Torrington, CT 06790	860-489-3391
Community Mental Health Affiliates	OPCC/EDT MATCH/TF-CBT	255 Bank Street, 4 <sup>th</sup> Fl Waterbury, CT 06704	860-596-9724
Family and Children’s Aid, Inc.	OPCC/EDT TF-CBT	75 West Street Danbury, CT 06810	203-205-2616
Family and Children’s Aid, Inc.	OPCC	325 Danbury Road New Milford, CT 06776	860-354-8556
Family and Children’s Aid, Inc.	OPCC/EDT TF-CBT	30 Holmes Avenue Waterbury, CT 06702	203-755-2868
Wellmore, Inc.	OPCC/CC MATCH/TF-CBT	141 East Main Street, 2 <sup>nd</sup> Fl Waterbury, CT 06702	203-756-7287
Wellmore, Inc.	OPCC	333 Church Street, 1 <sup>st</sup> Fl Naugatuck, CT 06770	203-723-9599
Wellmore, Inc.	MC/CC	402 E. Main Street Waterbury, CT 06702	203-755-1143
Wellmore, Inc.	MC/CC	30 Peck Road, Bldg 2 Ste 2203 Torrington, CT 06790	860-626-7007

## Youth Services Bureau (YSB)

Name of Agency	Location	Contact
Danbury Youth Services, Inc.	91 West Street Danbury, CT 06810	203-748-2936
Housatonic Youth Service Bureau, Inc.	246 Warren Turnpike Falls Village, CT 06031	860-824-4720
Naugatuck Youth Services	13 Scott Street Naugatuck, CT 06770	203-720-5673
New Milford Youth Agency	2 Pickett District Road New Milford, CT 06776	860-210-2030
Newtown Youth and Family Services	15 Berkshire Road Sandy Hook, CT 06482	203-270-4335
Torrington Youth Service Bureau	8 Church Street Torrington, CT 06790	860-496-0356
Ridgefield Youth Service Bureau	90 East Road Ridgefield, CT 06877	203-438-6141
Waterbury Youth Services	83 Prospect Street Waterbury, CT 06702	203-573-0264
Watertown Youth Services	250 Colonial Street Oakville, CT 06795	860-945-4830 x2100
Winchester Youth Services	480 Main Street Winchester, CT 06098	860-379-0708 x211

## School Based Health Centers (SBHC)

Eligible students are those that attend the schools in which the SBHC is located

\*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both

Name of School	Location	Contact
Broadview Middle School	72 Hospital Avenue Danbury, CT 06810	203-731-8274
Danbury High School	43 Clapboard Ridge Road Danbury CT 06811	203-790-2886
Rogers Park Middle School	21 Memorial Drive Danbury, CT 06810	203-778-7479
Newtown Middle School	11 Queen Street Newtown, CT 06470	203-270-6114

Crosby High School	3465 East Main Street Waterbury, CT 06705	203-805-4916
Driggs Elementary School	77 Woodlawn Terrace Waterbury, CT 06710	203-596-9503
Wallace Middle School	3465 East Main Street Waterbury, CT 06705	203-805-4916

### Family Resource Centers (FRC)

Name	Location	Contact
Morris Street School	28 Morris Street Danbury, CT 06810	203-790-2682
Vogel-Wetmore School	68 Church Street Torrington, CT 06790	860-489-8552
Reed School	33 Griggs Street Waterbury, CT 06704	203-574-8180
Woodrow Wilson School	235 Birch Street Waterbury, CT 06704	203-573-6664
Batcheller Early Education Center	201 Pratt Street Winsted, CT 06098	860-379-5423 x5262

### Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)

Specific RBHAO town information can be found: <https://portal.ct.gov/-/media/DMHAS/Prevention/RBHAOContacts.pdf>

Specific RSAB town information can be found: <https://www.preventsuicide.org/get-involved/regional-advisory-boards/>

Name of Agency	Service Provided	Location	Contact
Western CT Coalition	RBHAO RSAB	7 Old Sherman Turnpike Danbury, CT 06810	203-743-7741
<i>Western CT Coalition Serving: Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Hartland, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Oxford, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winchester, Winsted, Wolcott, and Woodbury</i>			
National Suicide Prevention Lifeline		<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255
Crisis Text Line		<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text CT to 741741

## Statewide Programs

<b>Name of Agency</b>	<b>Service Provided</b>	<b>Location</b>	<b>Contact</b>
FAVOR, Inc.	Family Advocacy Family Peer Support	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232
Beacon Health Options	CC/Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877-552-8247

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## Central Region Resource List

Updated 10.22.21

**For Mobile Crisis, dial 2-1-1, press “1” and “1” again to be directly connected**

### Community Based Behavioral Health

**LEGEND** | Outpatient Psychiatric Clinics for Children (OPCC) | Extended Day Treatment (EDT) | Care Coordination (CC) | Mobile Crisis (MC) | Modular Approach to Therapy for Children (MATCH) | Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)  
*For mobile crisis, dial 2-1-1, press “1” and “1” again to be directly connected*

Name of Agency	Service Provided	Location	Contact
Bridge Family Center	OPCC	45 West Main Street Avon, CT 06001	860-313-1119
Child Guidance Clinic of Central CT	OPCC MATCH/TF-CBT	384 Pratt Street Meriden, CT 06450	203-235-5767
Community Mental Health Affiliates	OPCC/ MATCH/TF-CBT	233 Main Street New Britain, CT 06051	860-224-8192
Klingberg Family Services	OPCC/EDT	370 Linwood Avenue New Britain, CT 06052	OPCC 860-243-4416 EDT 860-832-5527
Rushford/Hartford HealthCare	CC	883 Paddock Avenue Meriden, CT 06450	860-227-0321
Village for Families & Children	EDT	117 Lincoln Street Meriden, CT 06451	860-236-4511
Wheeler Clinic	OPCC/EDT/CC/MC MATCH/TF-CBT	91 Northwest Drive Plainville, CT 06062	860-793-3500
Wheeler Clinic	OPCC	225 North Main Street Bristol, CT 06011	860-793-3500

### Youth Services Bureau (YSB)

Name of Agency	Location	Contact
Avon Youth Services	60 West Main Street, Bldg 1 Avon, CT 06001	860-409-4394

Berlin Youth Services	240 Kensington Road Berlin, CT 06037	860-828-7059
Bristol Youth Service Bureau	51 High Street Bristol, CT 06010	860-314-4690
Torrington Youth Service Bureau (Torrington, Harwinton, Burlington, Litchfield, Goshen)	8 Church Street Torrington, CT 06790	860-496-0356
Canton Youth Service Bureau	P.O. Box 168 4 Market Street Collinsville, CT 06022	860-693-5808
Cheshire Youth Services	84 South Main Street Cheshire, CT 06410	203-271-6690
Farmington Youth Services	1 Monteith Drive Farmington, CT 06032	860-675-2390
Meriden Youth Services	165 Miller Street Meriden, CT 06450	203-630-4239
New Britain Youth and Family Services	27 West Main Street New Britain, CT 06051	860-826-3370
Newington Youth Service Bureau	200 Garfield Street Newington, CT 06111	860-665-8590
Plainville Youth Services	50 Whiting Street Plainville, CT 06062	860-793-0221
Rocky Hill Youth and Family Services	699 Old Main Street Rocky Hill, CT 06067	860-258-2724
Simsbury Youth Services	754 Hopmeadow Street Simsbury, CT 06070	860-658-3283
Southington Youth Services	196 North Main Street Southington, CT 06489	860-276-6281
Wallingford Youth and Social Services	6 Fairfield Boulevard Wallingford, CT 06492	203-294-2175
Wethersfield Social and Youth Services	505 Silas Deane Highway Wethersfield, CT 06109	860-721-2977

### School Based Health Centers (SBHC)

Eligible students are those that attend the schools in which the SBHC is located

\*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both

<b>Name of School</b>	<b>Location</b>	<b>Contact</b>
Lincoln Middle School	164 Centennial Avenue Meriden, CT 06451	203-238-2381

Benjamin Franklin Elementary School*	426 West Main Street Meriden, CT 06451	203-235-7997
Casimir Pulaski Elementary*	100 Clearview Avenue Meriden, CT 06450	203-238-1273
Hanover Elementary School*	208 Main Street Meriden, CT 06451	203-235-6359
Israel Putnam Elementary School*	133 Parker Avenue Meriden, CT 06450	203-237-8493
John Barry Elementary School*	124 Columbia Street Meriden, CT 06450	203-237-8831
Nathan Hale Elementary School*	277 Atkins Street Extension Meriden, CT 06450	203-237-7486
Roger Sherman Elementary School*	64 North Pearl Street Meriden, CT 06450	203-238-1286
Thomas Hooker Elementary School*	70 Overlook Road Meriden, CT 06450	203-237-8839
Gaffney School	322 Slater Road New Britain, CT 06053	860-438-7822
New Britain High School	110 Mill Street New Britain, CT 06051	860-826-8845
Roosevelt School*	40 Goodwin Street New Britain, CT 06051	860-826-2321

### Family Resource Centers (FRC)

<b>Name of Agency</b>	<b>Location</b>	<b>Contact</b>
Greene Hills School	718 Pine Street Bristol, CT 06010	860-584-7822
South Side School	21 Tuttle Road Bristol, CT 06010	860-584-7812
West Bristol School	500 Clark Avenue Bristol, CT 06010	860-584-7815
Benjamin Franklin Elementary School	426 West Main Street Meriden, CT 06451	203-238-2316
John Barry Elementary School	124 Columbia Street Meriden, CT 06450	203-237-4743
Chamberlain Elementary School	221 Farmington Avenue New Britain, CT 06053	860-832-5692



Smith Elementary School	142 Rutherford Street New Britain, CT 06051	860-223-8819
Thomas Jefferson School	140 Horse Plain Road New Britain, CT 06053	860-224-3193
Linden Street School	69 Linden Street Plainville, CT 06062	860-793-6304 x0
Partnership Learning Academy	77 Main Street Terryville, CT 06786	860-516-7002

### Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)

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Specific RSAB town information can be found: <https://www.preventsuicidect.org/get-involved/regional-advisory-boards/>

Name of Agency	Service Provided	Location	Contact
Amplify, Inc.	RBHAO RSAB	151 New Park Ave, Ste 14A Hartford, CT 06106	860-667-6388
<i>Amplify, Inc serving the towns of Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Kensington, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks</i>			
Alliance for Prevention and Wellness/A Program of BHcare	RBHAO RSAB	127 Washington Ave, 3 <sup>rd</sup> Fl North Haven, CT 06473	203-736-8566
<i>Alliance for Prevention and Wellness serving the towns of Ansonia, Bethany, Branford, Chester, Clinton, Cromwell, Deep River, Derby, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Killingworth, Lyme, Madison, Meriden, Middlefield, Middletown, Milford, New Haven, North Branford, North Haven, Old Lyme, Old Saybrook, Orange, Portland, Seymour, Shelton, Wallingford, Westbrook, West Haven, Woodbridge</i>			
National Suicide Prevention Lifeline		<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	1-800-273-8255
Crisis Text Line		<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text CT to 741741

### Statewide Programs

Name of Agency	Service Provided	Location	Contact
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Beacon Health Options	CC/Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877-552-8247
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