

# 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.

East Hartford • Glastonbury •  
Marlborough • Newington • Rocky Hill  
Wethersfield



## 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

For more cards or information call  
**860-667-6388**  
Access cards on line at  
[www.ncrmhb.org](http://www.ncrmhb.org)

Jan. 2008

**STATE FUNDED MENTAL HEALTH &  
ADDICTION SERVICES FOR ADULTS**  
EAST HARTFORD, GLASTONBURY, MARLBOROUGH, NEWINGTON,  
ROCKY HILL & WETHERSFIELD

*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*

## INTERCOMMUNITY

**MENTAL HEALTH GROUP**

281 Main Street, East Hartford, CT 06118

Call 860-569-5900 to Access Services

Website: [www.icmhg.org](http://www.icmhg.org) Email: [Info@icmhg.org](mailto:Info@icmhg.org)

Services Provided at InterCommunity:

- Outpatient Counseling
- Case Management / Service Coordination
- Mobile Crisis Services
- Intensive Outpatient Program
- Assertive Outreach / In-Home Treatment
- Homeless Outreach
- Medication Management
- Social & Rehabilitation Supports
- Vocational / Employment Supports
- Money Management and Entitlements
- Daily Living Skills Development
- Housing Programs and Supports
- Peer Supports
- Warmline / Peer Support on Telephone
- Social Clubs and Recreation
- "Friend to Friend" Volunteer Program
- Family and Parenting Support Groups

**InterCommunity provides services for people who have private insurance and no insurance.**

## DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

DMHAS information at: [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

Service information at: [www.ct.networkofcare.org](http://www.ct.networkofcare.org)

Also see town websites for local services.

## 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](http://www.ncrmhb.org).

## NON-EMERGENCY

MENTAL HEALTH, SUBSTANCE ABUSE AND SUPPORT SERVICES  
EAST HARTFORD, GLASTONBURY, MARLBOROUGH,  
NEWINGTON, ROCKY HILL & WETHERSFIELD

### GENERAL INFORMATION AND REFERRAL

(Or call your town's Human/Social Services Dept. below)  
INFOLINE (Can provide service listings) 211  
HELPLINE (Wheeler Clinic—Adults) 747-3434

### ENTITLEMENTS / BENEFITS

Care for Kids (Childcare Subsidies) 888-214-5437  
CT Dept. of Social Services, 3580 Main St (Main Tel) 723-1000  
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 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

### FOOD ASSISTANCE / PANTRIES

East Hartford Combined Churches Food Bank 291-7226  
Glastonbury Human Services 652-7638  
Marlborough Food Bank (Call between 8:30 am - 4:30 pm) 295-1241  
Newington Human Services 665-8590  
New Testament Baptist Church Food Pantry, E Hartford 290-6696  
Rocky Hill Food Pantry 258-2799  
Wethersfield Social & Youth Services 721-2977  
Meals on Wheels - CW Resources 229-7700

### HEATING & UTILITIES ASSISTANCE

(Or call your town's Human/Social Services Dept.)  
Northeast Utilities (CL&P) 800-286-2000  
AT & T 800-288-2020  
CT Natural Gas 524-8361

### HUMAN & SOCIAL SERVICES

East Hartford Health & Social Services 291-7295  
Glastonbury Social Services 652-7638  
Marlborough Social Services 295-6209  
Newington Human Services 665-8590  
Rocky Hill Human Services 258-2799  
Wethersfield Social & Youth Services 721-2977

### HIV/AIDS TESTING

East Hartford Health & Social Services 291-7451  
Urban League, 80 Coventry Street 293-2437  
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  
National AIDS HOTLINE 800-342-2437

### HOSPITALS

Connecticut Children's Medical Center, Hartford 545-9000  
Hartford Hospital, Hartford 545-5000  
John Dempsey Hospital - UCONN Health Ctr, Farmington 679-2000  
Manchester Memorial Hospital, Manchester 646-1222  
Middlesex Hospital, Middletown 344-6000  
New Britain General Hospital, New Britain 224-5561  
Rockville General Hospital, Rockville 872-0501  
St. Francis Hospital, Hartford 714-4000

### HOUSING ASSISTANCE PROGRAMS

Imagineers (Section 8 / Moderate Rehabilitation) 524-1108  
My Sister's Place (Bridge Subsidy, Security Deposit Loans) 895-6629

### LEGAL ASSISTANCE

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  
EAST HARTFORD, GLASTONBURY, MARLBOROUGH,  
NEWINGTON, ROCKY HILL & WETHERSFIELD

### HELPLINE

InterCommunity Warmline (To talk to other clients) 895-3013  
Wheeler Clinic Helpline (Statewide) 747-3434

### MENTAL HEALTH SERVICES (Adult)

Hartford Hospital - Outpatient Psychiatric Clinic 545-7330  
InterCommunity 569-5900  
Institute of Living Assessment Center 545-7200  
John Dempsey Hospital—Outpatient Counseling 679-6700  
St. Francis Hospital Outpatient Counseling Center 714-2747

### MENTAL HEALTH SERVICES (Children & Youth Svcs)

(Or call your town's Human/Social Service Dept. see listings on left)

Department of Children & Families  
Institute for the Hispanic Family - Child Guidance 550-6300  
Klingberg Family Centers 524-8974  
Village for Families 224-9113  
Wheeler Clinic 236-4511  
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

### METHADONE MAINTENANCE

Community Substance Abuse 247-8300  
Hartford Dispensary—Hartford Clinic 525-2181

### NEEDLE EXCHANGE

AIDS Project Hartford (call for information) 922-3173  
Community Health Services, 500 Albany Ave, Hartford 249-9625  
(Daily 11:00 am-12:45 pm & 8 - 10:30 pm Thurs. & Fri.)  
Corner of Hungerford & Park Streets, Hartford  
(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.)

### POLICE DEPARTMENT

East Hartford Police Department 528-4401  
Glastonbury Police Department 633-8301  
Marlborough Police Department - Resident Trooper 295-9098  
Newington Police Department 666-8445  
Rocky Hill Police Department 258-7640  
Wethersfield Police Department 571-2900

### SHELTERS

CRT Stewart McKinney Shelter, 34 Huyslope Ave., Hartford 722-6920  
East Hartford Community Shelter, 385 Main St, E Hartford 568-0315  
The Lodge, 1 Prospect Street, Vernon 875-6343  
Manchester Area Conf. Churches, 486 Main, Manchester 647-8003  
Mercy Housing & Shelter, 211 Wethersfield Ave, Hartford 724-7998  
South Park Inn, 75 Main St, Hartford (men/ women/ children) 724-0071  
The Bridge STAR Home, 1019 Farmington Avenue, West Hartford (females ages 11-17) 521-6890

### SUBSTANCE ABUSE SERVICES

(Or call your town's Human/Social Service Dept. see listings on left)  
Alcohol & Drug Recovery Centers (ADRC), Hartford 714-3700  
Alcoholics Anonymous 282-5924  
Blue Hills Hospital, (Detox for those w/no payment source) 293-6400  
CT Community for Addiction Recovery (CCAR) 800-708-9145  
Community Health Services 249-9625  
Institute of the Hispanic Family 527-1124  
InterCommunity, E Hartford (Dual-Diagnosis Only) 895-3015  
Narcotic Anonymous 296-6400  
Rushford Center, Glastonbury (Detox, Inpatient, Outpatient) 800-567-0902  
Stonehaven of Portland, Portland (Substance Abuse) 342-3252  
Substance Abuse Treatment & Enhancement Project 800-563-4086  
Wheeler Clinic, Plainville (30 day Res, Outpatient / Inpatient) 793-3588

### TRANSPORTATION

CT Transit (Handicapped or Discount Travel Passes) 525-9181  
Dial-A-Ride (call your town's Human/Social Services Depts.)  
Med Cab (State Assistance Clients) 953-9501

## EMERGENCY SERVICES

EAST HARTFORD, GLASTONBURY, MARLBOROUGH,  
NEWINGTON, ROCKY HILL & WETHERSFIELD

*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**  
InterCommunity 895-3100  
For emergency psychiatric or substance abuse crisis.

### CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Community Health Resources 877-884-3571  
For any crisis involving children/youth ages birth to 17 for residents of East Hartford, Glastonbury & Marlborough

Wheeler Clinic 866-261-0893  
For any crisis involving children/youth ages birth to 17 for residents of Newington, Rocky Hill and Wethersfield

**CHILD ABUSE OR 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  
Manchester Memorial Hospital, 71 Haynes, Manchester 647-4777  
Middlesex Hospital, 28 Crescent St, Middletown 344-6686  
The Hospital of Central CT, 100 Grand St, New Britain 224-5671  
Rockville General Hospital, 31 Union St, Rockville 872-5291  
St. Francis Hospital, 114 Woodland St, Hartford 714-4001

**POISON CONTROL CENTER** 800-343-2722

**PROTECTIVE SERVICES FOR ELDERLY (60 +)** 888-385-4225  
(Open 5 days/week from 8:00 a.m. - 4:00 p.m.)

**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