

Connecticut



Immediate Crisis Support (24/7)

If you or someone needs immediate help:

- 988 Suicide & Crisis Lifeline – Call or text 988
- United Way of Connecticut 211 – Dial 211
(Housing, shelters, mental health, food, crisis support)
- Connecticut Behavioral Health Crisis Line – ☎ 800-467-3135
- Mobile Crisis Intervention Service

Mental Health Services & Counseling

Statewide Access Point

- Connecticut Department of Mental Health and Addiction Services
Offers:
 - Free or low-cost therapy
 - Psychiatric care
 - Substance-use treatment
 - Housing & recovery programs

Community Mental Health Providers

- Community Health Center Inc
Therapy, primary care, and psychiatric services (sliding scale)
- Clifford Beers Community Health Partners
Trauma-informed care, youth & family services

- The Village for Families & Children
Counseling, crisis intervention, and family support

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- DMHAS Substance Use Disorder Services
Provides:
 - Detox programs
 - Inpatient & outpatient rehab
 - Medication-assisted treatment

Key Recovery Providers

- APT Foundation
Methadone treatment, detox, outpatient services
- Rushford
Residential and outpatient addiction treatment
- Liberation Programs
Detox, sober housing, long-term recovery support

Shelters & Housing Assistance

Emergency Shelter

- Columbus House
Shelter, housing programs, and outreach
- Open Hearth Association
Shelter and supportive housing for men
- Pacific House
Emergency shelter and recovery support

Housing & Support Programs

- Connecticut Coalition to End Homelessness
Connects people to housing resources statewide
- Journey Home
Helps individuals transition into permanent housing

Women, Youth & Domestic Violence Support

- Connecticut Coalition Against Domestic Violence
Statewide hotline + shelter connections
- Interval House
Emergency shelter, counseling, advocacy
- Covenant House
Shelter and services for homeless youth