



2021 Mental Health & Substance Use Public & Nonprofit Resources

Fairfield - Bridgeport - Stratford & Surroundings

In an Emotional or Addiction Crisis?



Text HELLO to 741741

Free, 24/7, Confidential

Adult mobile psychiatric crisis (24/7)	800-586-9903
Adult Crisis Telephone Intervention and Options Network (24/7)	800-467-3135
Child (<18yo) mobile psychiatric crisis (24/7)	Dial 2-1-1, press 1
National Suicide Lifeline (24/7)	800-273-TALK (8255)
Crisis Text Line (24/7)	Text HOME to 741741
The 24-Hour Hotline (Kids in Crisis)	203-661-1911
Sexual Assault Crisis Hotline	203-333-2233
Domestic Violence Crisis Hotline (24/7)	203-384-9559 Espanol: 888-568-8332
Crisis Hotline for First Responders & Healthcare Workers	800-327-7451
Substance Use Access Line (24/7)	800-563-4086
Problem Gambling Helpline (24/7)	888-789-7777
CT Quitline (smoking cessation) (24/7)	800-QUITNOW
COPLINE: National Law Enforcement Officers Hotline (24/7)	800-COP-LINE
Disaster Distress Helpline (24/7)	800-985-5990
Homeless Outreach Team (HOT)	203-579-7300
Soundview Warmline (Daily, 9AM - 9PM)	800-921-0359
Young Adult Warmline (Daily, 12PM - 9PM)	855-6HOPENOW
CT Warmline (Mon - Fri, 9AM - 5PM) English: Prompts 1 & 3 En Espanol: Prompts 2 & 2	877-552-8247
Reach Out CT Emotional Support (Mon - Thurs: 8:30AM - 7PM, Fri: 8:30AM - 6PM, Sat & Sun: 11AM - 7PM)	844-TALK-4CT
Friendship Line (24/7) (for ages 60+, 18+ with a disability & caregivers of older and disabled adults)	800-971-0016

Town Social Services

Town services can help with benefits, case management & sometimes counseling.

Bridgeport Social Services	203-576-7416	Bridgeport
Easton Social Services	203-268-1137	Easton
Fairfield Human Services	203-256-3170	Fairfield
Monroe Human Services	203-452-2813	Monroe
Stratford Community Services	203-385-4095	Stratford
Trumbull Social Services	203-377-6832	Trumbull

Looking for Regional & State Referral Resources?

Not sure how to start? Call 211 first!
Select option 1 for crisis, option 3 for basic needs

The Hub (Behavioral Health Action Organization for Southwestern CT) Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: thehubct.org	203-840-1187
The 24-Hour Hotline (Kids in Crisis)	203-661-1911
Southwestern CT Agency on Aging (SWCAA)	203-724-9070, www.rtor.org
Southwest CT Mental Health System (DMHAS Region 1)	203-333-9288
Courage to Speak Foundation (prevention programs & support groups)	860-418-7000
CT Behavioral Health Partnership (for Medicaid population)	203-247-3975
Department of Children and Families (DCF)	877-552-8247
Department of Mental Health & Addiction Services (DMHAS)	203-384-5300
Department of Rehabilitative Services (DORS, BRS)	800-446-7348
Department of Social Services (DSS)	203-251-9430
Kidsmentalhealthinfo.com (trauma resources for kids)	855-626-6632

Looking for Advocacy & Support for Your Rights?

Advocacy Unlimited	800-573-6929
CT Commission on Human Rights	860-541-3400
CT Family Support Network (help for families with special needs)	877-376-2329
CT Institute for Immigrants & Refugees (immigrant help)	203-336-0141
CT Juvenile Justice Alliance	203-579-2727
CT Legal Rights Project (CLRP)	877-402-2299
CT Parent Advocacy Center (CPAC)	860-739-3089
Disability Rights Connecticut	800-842-7303
FAVOR (Family Advocacy for Children's Mental Health)	860-358-3401
Keep the Promise (KTP)	860-788-6180
National Alliance for Mental Illness (NAMI) Fairfield, CT	203-586-0826
Office of the Healthcare Advocate (OHA)	866-466-4446
State Education Resource Center	860-632-1485
Statewide Legal Services of CT	800-453-3320

Find additional resources on our website,
www.thehubct.org



Support Services for Behavioral Health

(C)ase Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox, (DV)Domestic Violence, Supported (E)ducation, Supported (E)mployment, Supported (H)ousing, Psychosocial (R)ehabilitation, (S)helter, (T)ransportation, (V)eterans

Marrakech	CSP, ED, E	203-389-2970	Bridgeport
Bridge House (psychosocial clubhouse)	E, ED, H	203-335-5339	Bridgeport
Center for Family Justice	DV, CJ	203-334-6154	Bridgeport
Connection, The	CJ, ED, CSP	855-435-7955	Bridgeport
Housing for Success (DCF Youth) Ages 16-20	C, CSP, Ed, E, H,	203-333-2335	Bridgeport
Housing Plus (Homeless Youth)	C, CSP, Ed, E, H,	203-690-1057	Bridgeport
Family Re-Entry	CJ, DV, CSP	203-838-0496	Bridgeport
Kennedy Center	E, H, C, CSP, ED,	203-365-8522	Trumbull
LifeBridge (Formerly FSW)	C, CSP, DV, ED	203-368-4291	Bridgeport
Mental Health CT	H, C, ED, E, R	800-842-1501	Bridgeport
Operation Hope (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
Recovery Network of Programs	H, R	203-929-1954	Bridgeport
RYASAP (StreetSafe, Mediation, Juvenile Justice, JRB, LIST)	CJ	203-579-2727	Bridgeport
St. Vincent's Community Residential Services	H, R, C	475-210-3920	Bridgeport
Veyo	T	855-478-7350	Statewide
Young Adult Space (Drop-in center for ages 18-25)	C	203-853-0600	Norwalk

Basic Needs (shelter, benefits, energy assistance)

Homeless and need shelter? Dial 2-1-1, Option 3
Need food? Text 211food to 898211, then send your zip code to get options near you.

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The 24-Hour Hotline (Kids in Crisis)	CSP	203-661-1911	Greenwich
ALLIANCE for Community Empowerment, Inc. Used to be ABCD 203-838-8110	C, S	203-366-8241	Bridgeport-Norwalk
Alpha Community Services	S, H	203-366-2809	Bridgeport
American Job Center	E, ED, V	203-455-2700	Bridgeport
Bridgeport Rescue Mission	S, H	203-333-4087	Bridgeport
Errera Homeless Outreach for Veterans	S, V	203-479-8064	Statewide
Goodwill Industries	E, ED	203-581-5369	Bridgeport
Homes for the Brave (homeless vets only)	C, E, H, R, V	203-338-0669	Bridgeport
Homeless Outreach Team	C, H	203-579-7300	Bridgeport
Janus Center for Youth in Crisis (24/7 hotline)	C, S	203-334-1121	Bridgeport
Malta House (pregnant & parenting women)	C, S, H	203-857-0088	Norwalk
Operation Hope (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
Prospect House	S	203-576-9041	Bridgeport
Victims of Crime Act (VOCA)	C, DV, CJ	800-656-4673	Various

Adult Behavioral Health Treatment

Key: (MH) Mental Health, (SUD) Substance Use Disorder (D)etox,(H)ome, (I)npatient, Intensive (IOP), (MAT) Medication-Assisted Treatment (Opioid Dependence), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital Program, (R)esidential

Substance Use Access Line: 800-563-4086 Statewide

**Addiction Services: bed availability (detox, sober homes, etc.)
www.ctaddictionservices.com**

Bridgeport Hospital psychiatry	MH, SUD	I, O	203-384-3709	Bridgeport
CASA (English and Spanish)	SUD	D, O	203-331-4728	Bridgeport
Community Counseling Centers, Inc.	MH	O	203-323-8560	Fairfield
CT Renaissance, Inc.	MH, PG, SUD	IOP, O	203-367-7573	Bridgeport
Fairfield Counseling Services/ LifeBridge	MH, SUD	O	203-255-5777	Fairfield
Families in Recovery Program (pregnant & parenting)	SUD	I, R	203-851-2077	Norwalk
Four Winds Hospital	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
Greater Bridgeport Community Mental Health Center (DMHAS)	MH, SUD	I, O, R	203-551-7507	Bridgeport
Jewish Family Service of CT	MH	O	203-366-5438	Fairfield
Liberation Programs	SUD	D, MAT, O	203-851-2077	Bridgeport
LifeBridge (formerly FSW)- walk-in access	MH	O	203-368-4291	Bridgeport
Mary J. Sherlach Counseling Center (Only serves Trumbull)	MH	O	203-452-5193	Trumbull
New Era	SUD	D, IOP, MAT, O	203-372-3333	Bridgeport

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Norwalk Hospital	MH, SUD	D, I, IOP, O, PHP	203-852-2988	Norwalk
Optimus Healthcare Behavioral Health	MH	O	203-696-3260	Bridgeport
Positive Directions (includes problem gambling)	MH, PG, SUD	O	203-227-7644	Westport
REACH Adult Program by Bridgeport Hospital	MH, SUD	IOP	203-384-3377	Bridgeport
Recovery Network of Programs	MH, PG, SUD	D, O, MAT, IOP	203-366-5817	Bridgeport
Schoke Jewish Family Services	MH	O	203-921-4161	Bridgeport
Silver Hill Hospital	MH, SUD	I, IOP, MAT, R	866-542-4455	New Canaan
Southwest Community Health Center	MH, SUD	IOP, MAT, O	203-330-6000	Bridgeport
St. Vincent's Behavioral Health Services	MH, SUD	D, I, IOP, MAT, O	203-362-3900	Bridgeport, Norwalk
St. Vincent's Behavioral Health Services	MH, SUD	D, I	203-227-1251	Westport

Follow The Hub on Social Media!



Children's Behavioral Health Treatment (ages 0-18)

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Boys and Girls Village	MH, SUD	H, O	203-330-6790	Bridgeport
Community Counseling Centers, Inc.	MH	O	203-323-8560	Fairfield
CT Renaissance	MH,PG, SUD	IOP, O	203-367-7573	Bridgeport
Child & Family Guidance of Greater Bridgeport	MH, SUD	O	203-394-6529	Various
Child First	MH	H	203-384-4555	Bridgeport
Family & Children's Aid	MH	H, O, R	203-748-5689	Bridgeport, various
Four Winds Hospital	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
Jewish Family Service of CT	MH	O	203-366-5438	Fairfield
LifeBridge (formerly FSW) walk-in access	MH	O	203-368-4291	Bridgeport
Positive Directions (ages 12+)	MH,PG, SUD	O	203-227-7644	Westport
REACH Children's Program by Bridgeport Hospital	MH, SUD	IOP	203-384-3377	Bridgeport
Schoke Jewish Family Services	MH	O	203-921-4161	Bridgeport
Silver Hill Hospital (Ages 13+)	MH, SUD	I, O, R	866-542-4455	New Canaan
St. Vincent's Behavioral Health Services	MH, SUD	O	203-362-3900	Bridgeport
St. Vincent's Behavioral Health Services	MH, SUD	I	203-227-1251	Westport
St. Vincent's Hotline	MH, SUD		800-LIFE NOW	Toll Free
Turning Point Substance Use Program (teens)	MH, SUD	O	203-394-6529	Regional

Specialty Services

The for-profit agencies below offer specialized services.

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AWARE Recovery (in-home addiction recovery)	MH, SUD	In-home	844-292-7372	Various
Causeway Collaborative (failure to launch young men)	MH	O, mentoring	203-255-0301	Westport
Center for Discovery (eating disorders, mental health)	MH	IOP, O, PHP, R	877-816-4692	Various
Turnbridge (addiction)	MH, SUD	IOP, MAT, O, R	877-575-0350	Westport
Mountainside Treatment Center	MH, SUD	D, IOP, O, MAT	203-665-1148	Wilton
Newport Academy (therapeutic day school)	MH, SUD	IOP, O, R	877-274-4921	Darien
Progressive Institute	MH, SUD	IOP, MAT, O	203-816-6424	Shelton

Download copies of this guide and our support group list on our website, www.thehubct.org





The Hub is the state-designated Regional Behavioral Health Action Organization (RBHAO) serving Southwestern Connecticut—the 14 communities from Greenwich to Stratford. We are a division of the [Regional Youth-Adult Social Action Partnership \(RYASAP\)](#), whose mission is to serve as a catalyst for community change.

Our role is to serve as a strategic partner and resource for the region, supporting and coordinating initiatives related to mental health, suicide, substance misuse, and problem gambling, and liaising between the region and the state. We do this by:

- **Conducting regional needs assessments** — to develop epidemiological profiles and priority recommendations for behavioral health prevention, treatment, and recovery.
- **Supporting Local Prevention Councils** — helping our towns prevent substance misuse and promote mental health through technical assistance, coordination, and mini grants, including the State Opioid Response grants.
- **Organizing Catchment Area Councils** — bringing behavioral health consumers and providers together to identify service needs and make recommendations about treatment and recovery.
- **Convening the Southwest CT Suicide Advisory Board** — to develop regional strategies and capacity to address suicide from prevention through postvention.
- **Supporting the Region 1 Gambling Awareness Team** — to provide education about problem gambling and gaming.
- **Serving as strategic community partners** — advising and providing resources to stakeholder groups such as the Community Health Improvement Projects and Opening Doors Fairfield County, and representing our region on many state-level advisory boards.
- **Leading and supporting advocacy efforts** — educating elected officials and other leaders.
- **Helping address the opioid epidemic** — providing community trainings, Narcan, and awareness campaigns.

Please visit our website, www.TheHubCT.org, for resource guides, lists of free peer supports, online screenings, awareness videos and downloadable resources on a wide range of topics, a searchable calendar of events and trainings, and more information.