

### 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

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

(D)etox,(H)ome, (I)npatient, Intensive (IOP), (O)utpatient, (PHP) Partial Hospital Program, (R)esidential

Boys and Girls Village .....	H, O	203-330-6790	Bridgeport
CT Renaissance .....	IOP, O	203-866-2541	Various
Child & Family Guidance of Greater Bridgeport .....	O	203-394-6529	Various
Child First .....	H	203-384-4555	Bridgeport
Family & Children's Aid .....	H, O	203-748-5689	Bridgeport
Four Winds Hospital .....	I, IOP, O, PHP	800-528-6624	Katonah, NY
Jewish Family Service of CT .....	O	203-366-5438	Fairfield
LifeBridge (formerly FSW) <b>walk-in access</b> .....	O	203-368-4291	Bridgeport
Positive Directions (ages 12+) .....	O	203-227-7644	Westport
REACH Children's Program by Bridgeport Hospital .....	IOP	203-384-3377	Stratford
Schoke Jewish Family Services .....	O	203-921-4161	Bridgeport
Silver Hill Hospital (Ages 13+) .....	I, O	866-542-4455	New Canaan
St. Vincent's Behavioral Health Services .....	O	203-362-3900	Bridgeport
St. Vincent's Behavioral Health Services .....	I	203-227-1251	Westport
St. Vincent's Hotline .....		800-LIFE NOW	Toll Free
Turning Point Substance Use Program (teens) .....	O	203-394-6529	Regional

### 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, (PHP) Partial Hospital Program, (R)esidential

#### Substance Use Access Line

Addiction Services: bed availability (detox. sober homes. etc.)

Bridgeport Hospital psychiatry.....	MH, SUD	I, O	203-384-3709	Bridgeport
CASA (Spanish Speaking Only) .....	SUD	D, O	203-339-4112	Bridgeport
CT Renaissance, Inc. (includes problem gambling) .....	MH, SUD	IOP, O	203-866-2541	Various
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 .....	MH, SUD	I, O	203-551-7507	Bridgeport
Jewish Family Service of CT .....	MH, SUD	O	203-366-5438	Fairfield
Liberation Programs .....	SUD	D, MAT, O	203-851-2077	Bridgeport
LifeBridge (formerly FSW)- <b>walk-in access</b> .....	MH	O	203-368-4291	Bridgeport
Mary J. Sherlach Counseling Center (Only serves Trumbull) .....	MH	O	203-261-5110	Trumbull
New Era.....	SUD	D, IOP, MAT, O	203-372-3333	Bridgeport
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, SUD	O	203-227-7644	Westport
REACH Adult Program by Bridgeport Hospital .....	MH, SUD	IOP	203-384-3377	Stratford
Recovery Network of Programs .....	MH, SUD	D, O, MAT, R	203-366-5817	Bridgeport
Schoke Jewish Family Services .....	MH	O	203-921-4161	Bridgeport
Silver Hill Hospital (including eating disorders) .....	MH, SUD	I, IOP, MAT	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	Bpt, Norwalk
St. Vincent's Behavioral Health Services .....	MH, SUD	D, I	203-227-1251	Westport

**800-563-4086** **Statewide**  
**www.ctaddictionservices.com**

### Specialty Services

The for-profit agencies below offer specialty services.

AWARE Recovery (in-home addiction recovery).....	In-home	844-292-7372	Various
Causeway Collaborative (failure to launch young men) .....	O, mentoring	203-255-0301	Westport
Center for Discovery (eating disorders, mental health).....	IOP, O, R	866-690-0875	Various
Clearpoint Recovery Center (addiction) .....	IOP, MAT, O	203-293-1723	Westport
Mountainside Treatment Center .....	D, IOP, O	860-717-3198	Wilton
Newport Academy (therapeutic day school) .....	IOP, O	844-895-1689	Darien

## Support Services for Behavioral Health

Also see inserted list of Free Peer Support Groups for Behavioral Health in Southwest CT!

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

Academy for Human Service Training, Marrakech .....	E	203-338-0642	Bridgeport
Bridge House (psychosocial clubhouse) .....	E, ED, R	203-335-5339	Bridgeport
Bridgeport Health Dept. (needle exchange) .....	C, needle	203-576-8086	Bridgeport
Center for Family Justice .....	DV	203-334-6154	Bridgeport
Connection, The .....	H, CJ	855-435-7955	Bridgeport
Continuum Crisis & Respite Services .....	C, R, S	475-282-4985	Bridgeport
Family Re-Entry.....	CJ, DV	203-576-6924	Bridgeport
Hope Dispensary of Greater Bridgeport .....	Pharmacy	203-332-5653	Bridgeport
Kennedy Center .....	E, H	203-365-8522	Trumbull
Know How To Go .....	T	<a href="http://www.knowhowtogoct.org">www.knowhowtogoct.org</a>	
LifeBridge (Formerly FSW) .....	C, CSP	203-368-4291	Bridgeport
Mental Health CT .....	H, C	203-365-8444	Bridgeport
Operation Hope.....	C, H	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	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, benefit, 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.

Action for Bridgeport Community Development (ABCD) .....	C, S	203-366-8241	Bridgeport
Alpha Community Services .....	S	203-366-2809	Bridgeport
American Job Center .....	E	203-333-5129	Bridgeport
Bridgeport Rescue Mission .....	S	203-333-4087	Bridgeport
Errera Homeless Outreach for Veterans .....	S, V	203-932-5711	Statewide
Goodwill Industries .....	E, H	203-368-6511	Bridgeport
Homes for the Brave (homeless vets only) .....	C, E, H, R, V	203-338-0669	Bridgeport
Homeless Outreach Team .....	C, H	800-586-9903	Bridgeport
Janus Center for Youth in Crisis (24/7 hotline) .....	C, S	203-374-9473	Bridgeport
Malta House (pregnant & parenting women) .....	C, S	203-857-0088	Norwalk
Operation Hope (Homeless Resource Center & soup kitchen) .....	C	203-254-2935	Fairfield
Prospect House .....	S	203-576-9041	Bridgeport

Download copies of this guide at [TheHubCT.org](http://TheHubCT.org) or call 203-840-1187

1/21/2020



## 2020 Mental Health & Substance Use Public & Nonprofit Resources Fairfield - Bridgeport - Stratford & surroundings

© The Hub: Behavioral Health Action Organization for Southwestern CT ([www.thehubct.org](http://www.thehubct.org))

### In an Emotional or Addiction Crisis?

Adult mobile psychiatric crisis (8am-4:30pm) .....	800-586-9903
	after 4:30 pm call 911
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) .....	Send text to 741741
Kids in Crisis (24 hour Hotline & face to face) .....	203-327-KIDS
Center for Sexual Assault hotline (24/7) .....	203-329-2929
Domestic Violence Crisis Center hotline (24/7) .....	888-774-2900
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
Homeless Outreach Team (HOT) .....	203-579-7300
Warm Line (mental health peer support, 5-10pm daily) .....	800-921-0359
Young Adult Warmline (Mon-Sun 12-9pm) .....	855-6HOPENOW

### Looking for Regional & State Referral Resources?

Not sure how to start? Dial 2-1-1 first! Press 1=crisis, Press 3=shelter, food, more

The Hub (Behavioral Health Action Organization for Southwestern CT) ..... 203-840-1187

Local Prevention Councils in each town work to prevent substance misuse & promote wellness. Info at [thehubct.org](http://thehubct.org)

Southwestern CT Agency on Aging (SWCAA) .....	203-333-9288
Southwest CT Mental Health System (DMHAS Region 1) .....	203-551-7400
Courage to Speak Foundation (prevention programs & support groups) .....	203-247-3975
CT Behavioral Health Partnership (for Medicaid population) ....	877-552-8247
Department of Children and Families (DCF) .....	203-384-5300
Department of Mental Health & Addiction Services (DMHAS) .....	800-446-7348
Department of Rehabilitative Services (DORS, BRS) .....	203-251-9430
Department of Social Services (DSS) .....	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) .....	203-727-9564
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 Advisory Center (CPAC) .....	860-739-3089
Disability Rights Connecticut .....	800-842-7303
FAVOR (Family Advocacy for Children's Mental Health) .....	860-563-3232
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