

# Companion Resource Guide for Mental Health First Aid Training



Fusco-Rollins, Maryann

UConn Extension

[Maryann.fusco@uconn.edu](mailto:Maryann.fusco@uconn.edu)

If a mental health or substance use challenge is affecting you or someone you know, there are several resources available to learn more or get connected with help.

Explore the resources at [Mental Health Resources](#) page to learn more

*If you are in crisis, or you know someone who is,  
contact the 988 Suicide & Crisis Lifeline  
or dial 911 in case of emergency.*

Call or text 988.

Chat [988lifeline.org](https://988lifeline.org).

TTY users, use your preferred relay service or dial 711 then 988.

I have compiled this guide to serve as a companion resource, supplementing the comprehensive materials available on the Mental Health First Aid Mental Health Resources page, in your participant processing guide and manual, to help you navigate mental health challenges and connect others with appropriate care and assistance.

This supplemental guide includes resources by county in Connecticut, plus, information on UConn and UConn Health.

Please contact me with any questions.

I welcome your questions, comments and suggestions at [maryann.fusco@uconn.edu](mailto:maryann.fusco@uconn.edu)

**Thank you for participating in Mental Health First Aid training**

---

## Table of Contents

---

	Page
Acknowledgement	1
County Resources	
Fairfield	3
Hartford	5
Litchfield	8
Middlesex	11
New Haven	13
New London	16
Tolland	19
Windham	21
UConn and UConn Health	
UConn	23
UConn Health	24
Appendix A	A1
Mental Health Resources from the National Council for Mental Wellness	

---

## Fairfield County, Connecticut

---

### Fairfield County

#### Catholic Charities of Fairfield County – Norwalk

- Address: 120 East Avenue, 2nd Floor, Norwalk, CT 06851
- Phone: 203-849-1111
- Services: Offers outpatient treatment including psychotropic medication, behavior modification, and group therapy. Serves children/adolescents, young adults, and adults. Supports individuals with PTSD and dual diagnosis treatment.
- Clientele: Youth, Young Adults, Adults([Mental Health Clinics](#), [National Health Ratings](#))

#### Child Guidance Center of Southern Connecticut

- Address: 81 Holly Hill Lane, Greenwich, CT 06830
- Phone: 203-324-6127
- Services: Provides outpatient treatment with services such as psychotropic medication, behavior modification, and trauma therapy. Supports children/adolescents with serious emotional disturbance and individuals who have experienced trauma.
- Clientele: Children/Adolescents([facingus.org](#))

#### Family & Children's Aid – New Milford Office

- Address: 325 Danbury Road, New Milford, CT 06776
- Phone: 860-354-0047
- Services: Offers outpatient treatment including cognitive behavioral therapy, psychotropic medication, and trauma therapy. Supports children/adolescents with serious emotional disturbance and individuals with PTSD.
- Clientele: Children/Adolescents([Mental Health Listings](#), [CT.gov](#))

#### Laurel House Inc.

- Address: 1616 Washington Boulevard, Stamford, CT 06902
- Phone: 203-324-1816
- Services: Provides outpatient treatment with services such as group therapy. Supports individuals requiring dual diagnosis treatment and transitional age young adults.
- Clientele: Adults, Young Adults([Mental Health Clinics](#))

Waterford Country School Inc.

- Address: 78 Hunts Brook Road, Quaker Hill, CT 06375
- Phone: 860-442-9454
- Services: Offers residential treatment including cognitive behavioral therapy, activity therapy, and dialectical behavior therapy. Supports children/adolescents with serious emotional disturbance and individuals with PTSD.
- Clientele: Children/Adolescents([Mental Health Listings](#))

---

## Hartford County, Connecticut

---

### Hartford County

#### Capitol Region Mental Health Center

- Address: 500 Vine Street, Hartford, CT 06112
- Phone: 860-297-0800
- Services: Provides comprehensive mental health services including crisis intervention, outpatient therapy, and medication management.
- Clientele: Youth, Adults([CT.gov](#), [CT.gov](#), [CT.gov](#))

#### Community Mental Health Affiliates (CMHA)

- Address: 233 Main Street, New Britain, CT 06051
- Phone: 860-223-2778
- Services: Offers outpatient services including individual and family therapy, medication management, and case management.
- Clientele: Youth, Adults([CT.gov](#))

#### Community Renewal Team – Outpatient Services

- Address: 330 Market Street, Hartford, CT 06120
- Phone: 860-761-7908
- Services: Provides outpatient mental health services, including individual and group therapy, psychiatric evaluation, and medication management. Offers services for individuals with mental health and substance use disorders.
- Clientele: Adults([ctmentalhealthservices.com](#))

#### Hartford Behavioral Health

- Address: 2550 Main Street, Hartford, CT 06120
- Phone: 860-548-0101
- Services: Offers outpatient behavioral health services for adults and children, including individual and group therapy, psychiatric evaluation, and medication management.
- Clientele: Children, Adolescents, Adults
- Website: [hartfordbehavioralhealth.com](#)([hartfordbehavioralhealth.com](#), [ctmentalhealthservices.com](#), [Hartford Hospital](#))

#### Institute of Living – Hartford Hospital

- Address: 200 Retreat Avenue, Hartford, CT 06106
- Phone: 860-545-7000
- Services: Provides a full continuum of behavioral health services, including inpatient and outpatient care, crisis evaluation, addiction recovery, and specialized programs for children, adolescents, and adults.
- Clientele: Children, Adolescents, Adults
- Website: [hartfordhospital.org/locations/institute-of-living](http://hartfordhospital.org/locations/institute-of-living)([HHC Behavioral Health, Hartford Hospital](#))

#### InterCommunity

- Address: 281 Main Street, East Hartford, CT 06118
- Phone: 860-569-5900
- Services: Provides outpatient treatment with services such as behavior modification, individual psychotherapy, and integrated dual diagnosis disorder treatment. Supports LGBT individuals and those with PTSD.
- Clientele: Youth, Adults([CT.gov](#), [CT.gov](#), [Mental Health Clinics](#))

#### InterCommunity – Outpatient Services

- Address: 281 Main Street, East Hartford, CT 06118
- Phone: 860-569-5900
- Services: Offers outpatient mental health services, including individual and group therapy, psychiatric evaluation, and medication management. Provides services for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults([ctmentalhealthservices.com](http://ctmentalhealthservices.com))

#### Rushford – Outpatient Services

- Address: 883 Paddock Avenue, Meriden, CT 06450
- Phone: 877-577-3233
- Services: Provides outpatient mental health and substance use services, including individual and group therapy, psychiatric evaluation, and medication management. Offers services for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults
- Website: [hhcbbehavioralhealth.org/locations/rushford](http://hhcbbehavioralhealth.org/locations/rushford)([ctmentalhealthservices.com](http://ctmentalhealthservices.com), [HHC Behavioral Health, HHC Behavioral Health](#))

### Saint Francis Hospital & Medical Center

- Address: 114 Woodland Street, Hartford, CT 06105
- Phone: 860-714-4000
- Services: Offers a range of behavioral health services, including inpatient and outpatient care, psychiatric evaluation, and medication management. Provides services for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults
- Website: [trinityhealthofne.org/location/saint-francis-hospital](http://trinityhealthofne.org/location/saint-francis-hospital)([Wikipedia](#))

### The Village

- Address: 1680 Albany Avenue, Hartford, CT 06105
- Phone: 860-236-4511
- Services: Provides a broad array of services for children and families, including outpatient and inpatient residential treatments for children with emotional and mental health issues, adoption placement services, and financial and social services for at-risk families.
- Clientele: Children, Adolescents, Families
- Website: [thevillage.org](http://thevillage.org)([Wikipedia](#), [HHC Behavioral Health](#))

---

## Litchfield County, Connecticut

---

### Litchfield County

#### Calm and Centered Counseling

- Address: 257 Main Street, Suite 205, Torrington, CT 06790
- Phone: 203-558-3975
- Services: Offers therapy for adults, children, and families dealing with anxiety, trauma, and life challenges. Provides a warm, inclusive environment for personal growth and healing.
- Clientele: Children, Adults, Families([Guide.in.ua](#))

#### Center for Youth and Families

- Address: 50 Litchfield Street, Torrington, CT 06790
- Phone: 860-482-2613
- Services: Provides outpatient treatment including individual psychotherapy, psychotropic medication, and trauma therapy. Supports military families, people with PTSD, and LGBT individuals. Offers case management and family psychoeducation.
- Clientele: Children/Adolescents([Mental Health Clinics](#))

#### Charlotte Hungerford Hospital

- Address: 540 Litchfield Street, Torrington, CT 06790
- Phone: 860-489-0931
- Services: Offers emergency care, one-day surgery, orthopedics, and radiological imaging. The hospital also contains a cancer center and center for sleep medicine.
- Clientele: All Ages([Wikipedia](#), [Reddit](#))

#### Devereux Glenholme School

- Address: 81 Sabbaday Lane, Washington, CT 06793
- Phone: 860-868-7377
- Services: Provides residential treatment and telemedicine/telehealth services. Offers individual psychotherapy, integrated dual diagnosis disorder treatment, and behavior modification. Supports children/adolescents with trauma and PTSD.
- Clientele: Children/Adolescents([Mental Health Clinics](#), [Wikipedia](#))

#### Greenwoods Counseling Referrals

- Address: Litchfield, CT 06759
- Phone: 860-567-4437
- Services: Offers outpatient treatment including individual counseling, family counseling, psychiatric assessment, group therapy, women's health and wellness, relapse prevention, and anger management. Provides referrals for a wide range of mental health issues.
- Clientele: All Ages([LCOTF](#))

#### McCall Behavioral Health & Wellness

- Address: 58 High Street, Torrington, CT 06790
- Phone: 860-496-2100
- Services: Provides outpatient treatment including cognitive behavioral therapy, couples/family therapy, and trauma therapy. Supports individuals with PTSD and those requiring dual diagnosis treatment.
- Clientele: Adults, Seniors([Mental Health Clinics](#))

#### McCall House

- Address: 127 Migeon Avenue, Torrington, CT 06790
- Phone: 860-496-2100
- Services: Offers residential long-term rehabilitation and sober living services. Provides mentoring/peer support, social skills development, and case management.
- Clientele: Adults([addictiontreatmentdivision.org](#))

#### Mountainside Treatment Center

- Address: 187 South Canaan Road, Canaan, CT 06018
- Phone: 860-824-1397
- Services: Provides sober living, outpatient methadone/buprenorphine or naltrexone treatment, regular outpatient treatment, and long-term residential treatment. Offers mental health services and recovery coaching.
- Clientele: Adults([addictiontreatmentdivision.org](#))

#### Sharon Hospital

- Address: 50 Hospital Hill Road, Sharon, CT 06069
- Phone: 860-364-4000
- Services: Provides hospital inpatient treatment including individual psychotherapy, psychotropic medication, and activity therapy. Supports individuals with trauma,

veterans, and seniors. Offers family psychoeducation, diet and exercise counseling, and suicide prevention services.

- Clientele: Adults, Seniors([Mental Health Clinics](#), [Mental Health Centers](#))

Wellspring Foundation Inc.

- Address: 21 Arch Bridge Road, Bethlehem, CT 06751
- Phone: 203-266-7800
- Services: Offers residential treatment and outpatient treatment including trauma therapy, behavior modification, and couples/family therapy. Supports individuals with eating disorders, trauma, and serious mental illness. Provides education services, family psychoeducation, and case management.
- Clientele: Children/Adolescents, Young Adults, Adults([Psychology Today](#), [Mental Health Clinics](#))

---

## Middlesex County, Connecticut

---

### Middlesex County

#### Catholic Charities Diocese of Norwich Inc – Psychiatric Outpatient Clinic for Adults

- Address: 151 Broad Street, Middletown, CT 06457
- Phone: 860-347-4465
- Services: Provides outpatient psychiatric services, including medication management and counseling. Specializes in treating adults with mental health and substance use disorders.
- Clientele: Adults([addictiontreatmentdivision.org](http://addictiontreatmentdivision.org), [memorycarenearme.org](http://memorycarenearme.org))

#### Middlesex Health Mental Health Services

- Address: 1250 Boston Post Road, Old Saybrook, CT 06475
- Phone: 860-358-3923
- Services: Offers inpatient and outpatient mental health services for children, adolescents, and adults. Services include psychiatric evaluation, medication management, individual and group therapy, and crisis intervention.
- Clientele: Children, Adolescents, Adults

#### Middlesex Health Mental Health Services – Adult Outpatient Care

- Address: 1 MacDonough Place, Middletown, CT 06457
- Phone: 860-358-8760
- Services: Provides psychiatric evaluation, medication management, psychological testing, short-term individual therapy, and group therapy for adults.
- Clientele: Adults([Middlesex Health](#), [Middlesex Health](#), [Wikipedia](#))

#### Middlesex Health Mental Health Services – Child and Adolescent Services

- Address: 1 MacDonough Place, Middletown, CT 06457
- Phone: 860-358-3401
- Services: Offers psychiatric evaluation, medication management, individual and group therapy for children and adolescents.
- Clientele: Children, Adolescents([Middlesex Health](#))

#### Middlesex Health Mental Health Services – Intensive Outpatient Services

- Address: 1 MacDonough Place, Middletown, CT 06457
- Phone: 860-358-8801

- Services: Provides intensive outpatient programs for adults and young adults, including the Evening Recovery Program and Young Adult Services, focusing on addiction recovery and mental health treatment.
- Clientele: Adults, Young Adults([Middlesex Health](#))

#### PursueCare

- Address: 101 Center Point Drive, Suite 221, Middletown, CT 06457
- Phone: 866-979-8605
- Services: Offers telehealth-based addiction treatment services, including Suboxone therapy, mental health assessments, and therapy for individuals with substance use disorders.
- Clientele: Adults

#### River Valley Services (RVS)

- Address: Leak Hall, Silver Street, PO Box 351, Middletown, CT 06457
- Phone: 860-262-5200
- Services: Provides comprehensive mental health services, including crisis intervention, case management, and outpatient therapy for adults with serious mental health disorders.
- Clientele: Adults

#### Suboxone Clinic – Middlesex County

- Address: 151 Broad Street, Middletown, CT 06457
- Phone: 866-979-8605
- Services: Specializes in outpatient treatment for opioid use disorder, offering Suboxone therapy and counseling services.
- Clientele: Adults

---

## New Haven County, Connecticut

---

### New Haven

#### Apt Foundation

- Address: 2928 Fairfield Avenue, Bridgeport, CT 06605
- Phone: 203-368-4291
- Services: Offers outpatient treatment, including integrated dual diagnosis disorder treatment, cognitive behavioral therapy, and psychotropic medication. Provides services for individuals with serious mental illness, trauma, and PTSD.
- Clientele: Adults([Yale New Haven Health](#))

#### Catholic Charities Diocese of Bridgeport – Mental Health Services

- Address: 238 Jewett Avenue, Bridgeport, CT 06606
- Phone: 203-416-1300
- Services: Provides outpatient mental health services, including individual and family therapy, psychiatric evaluation, and medication management. Offers support for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults

#### Community Health Center, Inc. – New Haven

- Address: 370 James Street, New Haven, CT 06513
- Phone: 203-503-3000
- Services: Offers outpatient mental health services, including individual and group therapy, psychiatric evaluation, and medication management. Provides services for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults

#### Connecticut Junior Republic – Wellness Center Middletown/Meriden

- Address: 1 Colony Street, Meriden, CT 06451
- Phone: 203-235-2800
- Services: Provides outpatient treatment, including cognitive behavioral therapy, group therapy, and individual psychotherapy. Offers support for individuals who have experienced trauma and those with post-traumatic stress disorder.
- Clientele: Children/Adolescents, Young Adults([Greenwich Time, Mental Health Facilities](#))

#### Fair Haven Community Health Care

- Address: 374 Grand Avenue, New Haven, CT 06513
- Phone: 203-789-3583
- Services: Offers outpatient mental health services, including individual and group therapy, psychiatric evaluation, and medication management. Provides services for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults([Yale School of Medicine](#))

#### Griffin Hospital Behavioral Health

- Address: 130 Division Street, Derby, CT 06418
- Phone: 203-732-7100
- Services: Provides outpatient treatment and partial hospitalization/day treatment. Offers integrated dual diagnosis disorder treatment, psychotropic medication, and cognitive behavioral therapy. Supports individuals with serious mental illness, trauma, and PTSD.
- Clientele: Young Adults, Adults, Seniors([Mental Health Clinics](#))

#### Lawrence + Memorial Hospital – Behavioral Health Services

- Address: 365 Montauk Avenue, New London, CT 06320
- Phone: 860-442-0711
- Services: Offers inpatient and outpatient mental health services, including psychiatric evaluation, medication management, and therapy. Provides services for individuals with mental health and substance use disorders.
- Clientele: Children, Adolescents, Adults

#### Lower Naugatuck Valley Parent And Child Resource Center

- Address: 30 Elizabeth Street, Derby, CT 06418
- Phone: 203-736-2601
- Services: Offers outpatient treatment, including psychotropic medication, behavior modification, and integrated dual diagnosis disorder treatment. Provides support for individuals who have experienced trauma and those with post-traumatic stress disorder.
- Clientele: Children/Adolescents([Yale School of Medicine](#), [Mental Health Facilities](#))

#### Rushford at Cheshire

- Address: 680 South Main Street, Cheshire, CT 06410
- Phone: 203-699-1100
- Services: Provides partial hospitalization/day treatment, telemedicine/telehealth, and outpatient treatment. Offers psychotropic medication, integrated dual diagnosis disorder treatment, and couples/family therapy. Supports individuals with trauma, HIV/AIDS, and active duty military.
- Clientele: Seniors, Adults, Young Adults([Mental Health Clinics](#))

#### Yale New Haven Hospital Psychiatric Outpatient Services

- Address: 425 George Street, New Haven, CT 06511
- Phone: 203-688-3182
- Services: Offers psychiatric evaluation, group psychotherapy, and medication management for adults aged 18 and older. Provides dual diagnosis, trauma, peer support, and wellness groups in addition to traditional psychotherapy groups.
- Clientele: Adults([Yale School of Medicine](#), [Greenwich Time](#))

#### Yale New Haven Hospital Adolescent Intensive Outpatient Program

- Address: 646 George Street, New Haven, CT 06511
- Phone: 203-789-5150
- Services: Provides treatment to adolescents aged 12 to 18 who require treatment for psychiatric disorders. Services include psychiatric evaluation, medication management, and therapy for mood disorders, anxiety disorders, psychotic disorders, substance abuse disorders, personality disorders, and adjustment disorders.
- Clientele: Adolescents([Yale School of Medicine](#))

---

## New London County, Connecticut

---

### New London County

#### Generations Family Health Center Inc

- Address: 40 Mansfield Avenue, Willimantic, CT 06226
- Phone: 860-450-7400
- Services: Provides outpatient treatment, including trauma therapy, psychotropic medication, and cognitive behavioral therapy.
- Clientele: Adults, Children/Adolescents, Young Adults([Mental Health Centers](#), [Mental Health Listings](#))

#### Joshua Center Northeast

- Address: 934 North Main Street, Dayville, CT 06239
- Phone: 860-774-2020
- Services: Offers partial hospitalization/day treatment with services such as behavior modification, integrated dual diagnosis disorder treatment, and cognitive behavioral therapy.
- Clientele: Children/Adolescents([Mental Health Clinics](#))

#### Quinebaug Day Treatment Program

- Address: 11 Dog Hill Road, Danielson, CT 06241
- Phone: 860-774-2020
- Services: Provides partial hospitalization/day treatment, including integrated dual diagnosis disorder treatment, cognitive behavioral therapy, and psychotropic medication.
- Clientele: Young Adults, Adults, Seniors([Middlesex Health](#), [Mental Health Centers](#), [Mental Health Listings](#), [Mental Health Directory](#))

#### Susan Wayne Center Of Excellence

- Address: 75 Church Street, Thompson, CT 06277
- Phone: 860-923-4000
- Services: Offers residential treatment with services such as group therapy, couples/family therapy, and psychotropic medication.
- Clientele: Children/Adolescents([CT Insider](#), [Mental Health Listings](#))

#### Care Plus

- Address: 1353 Gold Star Highway, Groton, CT 06340
- Phone: (855) 448-9507
- Services: Offers integrated dual diagnosis disorder treatment, behavior modification, and dialectical behavior therapy. Provides partial hospitalization/day treatment for children/adolescents, young adults, and adults.
- Clientele: Children/Adolescents, Young Adults, Adults([Facing Us](#))

#### Catholic Charities Diocese of Norwich Inc – Mental Health Services

- Address: 31 Huntington Street, New London, CT 06320
- Phone: (860) 443-5328
- Services: Provides outpatient psychiatric and substance abuse services, including assessments, psychiatric evaluations, individual, family, and group therapy, relapse prevention, and 24-hour crisis intervention and emergency services.
- Clientele: Children/Adolescents, Adults([SCADD](#), [Connecticut's Reentry Community](#))

#### Community Health Center, Inc. – New London

- Address: 370 James Street, New London, CT 06320
- Phone: (860) 447-8304
- Services: Offers outpatient mental health services, including individual and group therapy, psychiatric evaluation, and medication management. Provides services for individuals with mental health and substance use disorders.
- Clientele: Children/Adolescents, Adults ([eHealthScores](#), [New London](#))

#### Lawrence + Memorial Hospital – Behavioral Health Services

- Address: 365 Montauk Avenue, New London, CT 06320
- Phone: (860) 442-0711
- Services: Provides inpatient and outpatient mental health services, including psychiatric evaluation, medication management, and therapy. Offers services for individuals with mental health and substance use disorders.
- Clientele: Children/Adolescents, Adults

#### Root Center for Advanced Recovery – New London Clinic

- Address: 931 Bank Street, New London, CT 06320
- Phone: (860) 447-2233
- Services: Offers comprehensive mental health and substance use treatment, including group therapy, intensive outpatient programming, individual therapy,

medication management, and family therapy. Provides medication-assisted treatment with options such as Buprenorphine, Naltrexone, and methadone.

- Clientele: Children/Adolescents, Adults([Root Center](#))

#### Sound Community Services, Inc.

- Address: 165 State Street, Suite 200, New London, CT 06320
- Phone: (860) 443-0036
- Services: Provides outpatient mental health and substance use services, including individual and group therapy, psychiatric evaluation, and medication management. Offers services for individuals with mental health and substance use disorders.
- Clientele: Children/Adolescents, Adults([CT.gov](#))

#### Southeastern Mental Health Authority (SMHA)

- Address: 401 West Thames Street, Building 301, Norwich, CT 06360
- Phone: (860) 859-4500
- Services: Offers a range of behavioral health services, including case management, outpatient behavioral health, crisis intervention, respite care, and forensic services. Services are recovery-oriented and trauma-informed.
- Clientele: Adults (18 and older) residing in New London County([CT.gov](#), [CT.gov](#), [CT.gov](#))

#### UCFS Healthcare

- Address: 47 Town Street, Norwich, CT 06360
- Phone: (860) 889-2375
- Services: Provides outpatient mental health services, including individual and group therapy, psychiatric evaluation, and medication management. Offers services for individuals with mental health and substance use disorders.
- Clientele: Children/Adolescents, Adults

---

## Tolland County, Connecticut

---

### Tolland County

#### Community Health Resources Mansfield Office

- Address: 7 Ledgebrook Drive, Suite B, Mansfield, CT 06250
- Phone: 860-456-1291
- Services: Offers outpatient treatment with services such as psychotropic medication, integrated dual diagnosis disorder treatment, and behavior modification.
- Clientele: Children/Adolescents, Adults, Seniors([Mental Health Clinics](#), [Mental Health Directory](#))

#### Hockanum Valley Community Council

- Address: 27 Naek Road, Suite 4, Vernon, CT 06066
- Phone: 860-870-7940
- Services: Provides outpatient treatment, psychotropic medication, group therapy, trauma therapy, family psychoeducation, court-ordered outpatient treatment, and case management.
- Clientele: Children, Adolescents, Young Adults, Seniors
- Website: [Hockanum Valley Community Council](#)([mentalhealthdirectory.net](#))

#### Johnson Memorial Hospital Mental Health Services

- Address: 201 Chestnut Hill Road, Stafford Springs, CT 06076
- Phone: 860-684-4000
- Services: Provides hospital inpatient treatment, including individual psychotherapy, group therapy, and psychotropic medication.
- Clientele: Adults, Seniors([Mental Health Directory](#), [Mental Health Centers](#))

#### Natchaug Hospital Inc Joshua Center Mansfield

- Address: 189 Storrs Road, Mansfield, CT 06250
- Phone: 860-456-1311
- Services: Offers partial hospitalization/day treatment with services such as behavior modification, cognitive behavioral therapy, and couples/family therapy.
- Clientele: Children/Adolescents([Mental Health Centers](#))

#### Rivereast Day Hospital And Treatment Center

- Address: 428 Hartford Turnpike, Suite 105, Vernon, CT 06066
- Phone: 860-870-3100
- Services: Provides partial hospitalization/day treatment, including group therapy, psychotropic medication, and cognitive behavioral therapy.
- Clientele: Young Adults, Adults, Seniors([Mental Health Centers](#), [Mental Health Directory](#))

#### Sachem House

- Address: 151 Storrs Road, Mansfield, CT 06250
- Phone: 860-456-1311
- Services: Offers partial hospitalization/day treatment with services such as group therapy, trauma therapy, and cognitive behavioral therapy.
- Clientele: Adults, Seniors, Young Adults([Mental Health Directory](#), [CT Insider](#))

#### Stafford Family Services

- Address: 21 Hyde Park Road, Stafford Springs, CT 06076
- Phone: 860-684-4231
- Services: Provides outpatient treatment, including cognitive behavioral therapy, psychotropic medication, and couples/family therapy.
- Clientele: Children/Adolescents, Young Adults, Seniors([Mental Health Centers](#))

#### United Services Inc

- Address: 140 North Frontage Road, Mansfield Center, CT 06250
- Phone: 860-456-2261
- Services: Offers outpatient treatment with services such as integrated dual diagnosis disorder treatment, couples/family therapy, and dialectical behavior therapy.
- Clientele: Children/Adolescents, Adults, Seniors([Mental Health Directory](#))

---

## Windham County, Connecticut

---

### Windham County

#### Community Health Resources Willimantic

- Address: 433 Valley Street, Willimantic, CT 06226
- Phone: 860-456-2261
- Services: Offers outpatient treatment including behavior modification, integrated dual diagnosis disorder treatment, and couples/family therapy. Supports LGBT individuals, those referred from the court/judicial system, and people requiring dual diagnosis treatment.
- Clientele: Adults, Seniors, Young Adults([CT.gov](#), [Mental Health Centers](#), [CT.gov](#))

#### Day Kimball Healthcare

- Address: 320 Pomfret Street, Community Services Building, Putnam, CT 06260
- Phone: 860-928-6541
- Services: Provides hospital inpatient and outpatient treatment, including trauma therapy, cognitive behavioral therapy, and couples/family therapy. Offers education services, suicide prevention services, and family psychoeducation.
- Clientele: Children/Adolescents, Young Adults, Seniors([Mental Health Clinics](#), [NAMI Windham County](#))

#### Joshua Center Northeast

- Address: 934 North Main Street, Dayville, CT 06239
- Phone: 860-774-2020
- Services: Offers partial hospitalization/day treatment with services such as behavior modification, integrated dual diagnosis disorder treatment, and cognitive behavioral therapy. Supports children/adolescents with serious emotional disturbance and individuals requiring dual diagnosis treatment.
- Clientele: Children/Adolescents

#### NAMI Windham County

- Address: Willimantic, CT 06226
- Phone: 860-456-2261
- Services: Provides free mental health support, online groups, resources, and education.
- Clientele: All Ages([CT.gov](#), [NAMI Windham County](#), [Windham Hospital](#))

#### PPI Behavioral Health Center Perception Programs

- Address: 54 North Street, Willimantic, CT 06226
- Phone: 860-456-2261
- Services: Offers integrated dual diagnosis disorder treatment, cognitive behavioral therapy, and couples/family therapy. Specializes in the treatment of children/adolescents, young adults, and seniors 65 or older. Provides telemedicine/telehealth, partial hospitalization/day treatment, and outpatient treatment.
- Clientele: Children/Adolescents, Young Adults, Seniors([facingus.org](http://facingus.org))

#### United Services Inc

- Address: 1007 North Main Street, P.O. Box 839, Dayville, CT 06241
- Phone: 860-774-2020
- Services: Provides outpatient treatment including cognitive behavioral therapy, individual psychotherapy, and group therapy. Supports people with serious mental illness, those with trauma, and individuals requiring dual diagnosis treatment. Offers psychosocial rehabilitation services, diet and exercise counseling, and supported employment.
- Clientele: Children/Adolescents, Adults, Seniors([CT.gov](http://CT.gov), [CT.gov](http://CT.gov), [Mental Health Centers](http://MentalHealthCenters.org))

---

## UConn and UConn Health

---

### UConn

UConn's Red Folder [Red Folder | Student Health and Wellness](#) is your go-to resource for mental health and wellness information on the Storrs campus. It offers a streamlined overview of available services and support options, helping you find timely and effective help for yourself or peers in need.

### Mental Health and Wellness Resources on UConn's Storrs Campus

#### UConn Student Health & Wellness

- Address: 850 Bolton Road, Storrs, CT
- Phone: 860-486-4700
- Services: Comprehensive medical care, mental health counseling, psychiatric services, and wellness programs.

#### Student Mental Health & Counseling Services

- Address: 222 Glenbrook Road, Storrs, CT
- Phone: 860-486-4705
- Services: Individual and group counseling, crisis intervention, psychiatric medication evaluation and management, workshops, and outreach programs.

#### UConn Crisis Intervention Team (CIT)

Contact: 860-486-4705 (after hours: UConn Police 860-486-4800)

Services: Immediate support and intervention for students experiencing mental health crises.

#### Dean of Students Office – Support Services

- Address: Wilbur Cross Building, Storrs, CT
- Phone: 860-486-3426
- Services: Academic accommodations, referrals for mental health support, and student advocacy.

#### Student Activities and Leadership

- Address: Student Union Building, Storrs, CT
- Phone: 860-486-5246

- Services: Peer support groups, wellness workshops, and student engagement activities.

#### UConn Police Department – Wellness & Safety Resources

- Address: 10 Dog Lane, Storrs, CT
- Phone: 860-486-4800
- Services: Safety escorts, emergency assistance, and coordination with mental health services.

---

#### UConn Health

UConn Health's services are primarily tailored to UConn students across all campuses. For non-student residents seeking mental health services, UConn Health offers services through its main campus in Farmington, particularly the Adult Psychiatric Outpatient Services clinic. Additionally, the Psychological Services Clinic in Storrs provides services to the broader community. ([UConn Health](#), [Department of Psychological Sciences](#))

#### Fairfield County

##### UConn Health – Stamford Campus

- Address: 1 University Place, Stamford, CT 06901
- Phone: 860-486-4700
- Services: Provides mental health services to UConn students, including individual and group therapy, psychiatric evaluations, and medication management.
- Clientele: UConn students (all campuses)
- Website: [studenthealth.uconn.edu/regional-campuses](http://studenthealth.uconn.edu/regional-campuses) ([Student Health and Wellness](#), [Department of Psychological Sciences](#))

---

#### Hartford County (also serving Litchfield and Middlesex Counties)

##### UConn Health – Adult Psychiatric Outpatient Services

- Address: 10 Talcott Notch Road, Farmington, CT 06032
- Phone: 860-679-6700
- Services: Offers evaluation and treatment of a wide range of psychiatric disorders for adults ages 18 and over, including medication evaluation and management, individual, family, and group psychotherapy.
- Clientele: Adults
- Website: [health.uconn.edu/psychiatry/adult-psychiatric-outpatient-services](http://health.uconn.edu/psychiatry/adult-psychiatric-outpatient-services) ([Farmington CT](#), [UConn Health](#))

#### UConn Health – Student Behavioral Health Service

- Address: 195 Farmington Avenue, Suite 2000, Farmington, CT 06030
- Phone: 860-679-2877
- Services: Provides mental health services to UConn students, including individual and group therapy, psychiatric evaluations, and medication management.
- Clientele: UConn students (all campuses)
- Website: [health.uconn.edu/student-affairs/health-and-wellness/student-behavioral-health-service](https://health.uconn.edu/student-affairs/health-and-wellness/student-behavioral-health-service)(UConn Health)

#### UConn Health – Psychological Trauma Clinic

- Address: 10 Talcott Notch Road, Farmington, CT 06032
- Phone: 860-679-6700
- Website: [health.uconn.edu/psychiatry/areas-of-care/child-and-adolescent/uconn-health-psychological-trauma-clinic](https://health.uconn.edu/psychiatry/areas-of-care/child-and-adolescent/uconn-health-psychological-trauma-clinic)
- Services: Offers evidence-based trauma-specific psychotherapeutic services to children, youth, and their families, including trauma-informed diagnostic assessments and behavioral treatments.
- Clientele: Children, Adolescents, Families(UConn Health)

#### UConn Health – Mood and Anxiety Clinic

- Address: 10 Talcott Notch Road, Farmington, CT 06032
- Phone: 860-679-3322
- Website: [health.uconn.edu/psychiatry/areas-of-care/adult/mood-and-anxiety-clinic](https://health.uconn.edu/psychiatry/areas-of-care/adult/mood-and-anxiety-clinic)

---

#### New London County

#### UConn Health – Avery Point Campus

- Address: 1084 Shennecossett Road, Branford House Room 306, Groton, CT 06340
  - Phone: 860-486-4700
  - Services: Provides mental health services to UConn students, including individual and group therapy, psychiatric evaluations, and medication management.
  - Clientele: UConn students (all campuses)
  - Website: [studenthealth.uconn.edu/regional-campus](https://studenthealth.uconn.edu/regional-campus)(Student Health and Wellness, Department of Psychological Sciences)
-

---

## New Haven County

### UConn Health – Waterbury Campus

- Address: 99 East Main Street, The Rectory Building, 3rd Floor, Waterbury, CT 06702
- Phone: 860-486-4700
- Services: Provides mental health services to UConn students, including individual and group therapy, psychiatric evaluations, and medication management.
- Clientele: UConn students (all campuses)
- Website: [studenthealth.uconn.edu/regional-campuses](http://studenthealth.uconn.edu/regional-campuses)([Student Health and Wellness](#))

---

## Tolland and Windham Counties

### UConn Psychological Services Clinic

- Address: 406 Babbidge Road, Unit 1020, Storrs, CT 06269
- Phone: 860-486-2642
- Website: [psychology.uconn.edu/psychological-services-clinic](http://psychology.uconn.edu/psychological-services-clinic)
- Services: Offers non-emergency mental health services, including psychotherapy and psychological assessments, to UConn students, adults, teens, children, and families in eastern Connecticut.
- Clientele: Children, Adolescents, Adults, Families

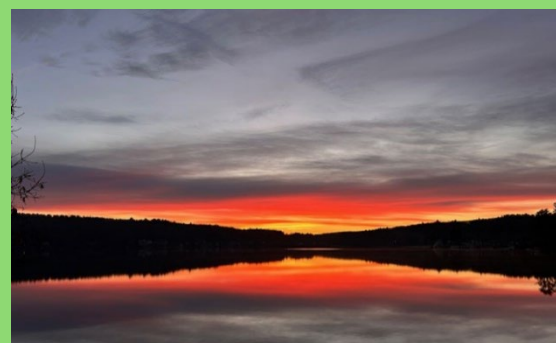


UConn complies with all applicable federal and state laws regarding non-discrimination, equal opportunity, affirmative action, and providing reasonable accommodations for persons with disabilities. Contact: Office of Institutional Equity; (860) 486-2943; [equity@uconn.edu](mailto:equity@uconn.edu); <http://www.equity.uconn.edu>

# 2025

## Appendix:

Appendix to the Companion Guide  
for Mental Health First Aid Training



Maryann Fusco-Rollins,  
UConn Extension

## Appendix A:

### Mental Health Resources from National Council for Mental Wellness

#### Mental Health Resources « Mental Health First Aid

If a mental health or substance use challenge is affecting you or someone you know, there are several resources available to learn more or get connected with help. Explore the resources below to learn more.

*If you are in crisis, or you know someone who is, contact the 988 Suicide & Crisis Lifeline or dial 911 in case of emergency.*

- Call or text 988.
- Chat 988lifeline.org.
- TTY users, use your preferred relay service or dial 711 then 988.

#### Table of Contents:

Resource	page
General Mental Health Services .....	A2
General Mental Health Information .....	A3
Resources in Spanish .....	A4
Military, Veterans and their Families .....	A5
Public Safety .....	A6
Higher Education .....	A7
Corrections .....	A8
Fire/EMS .....	A9
Older Adults .....	A10
Tribal Communities and Indigenous Peoples .....	A11
Rural Communities .....	A12
Youth .....	A13
Teens .....	A13
Workplace .....	A14
Depression and Suicidal Intentions .....	A15
Nonsuicidal Self-Injury .....	A15
Anxiety Disorders .....	A15
Psychosis and Psychotic Disorders .....	A16
Substance Use Disorders .....	A16
Eating Disorders .....	A16
Help Lines .....	A17
Support Groups .....	A18
<b>Testimonials</b> .....	A19

## **General – Services**

### **National Council for Mental Wellbeing**

The [“Find a Provider”](#) feature on the National Council’s website helps you locate mental health and addictions treatment facilities in your community.

### **988 Lifeline**

The [988 Suicide & Crisis Lifeline](#) connects people experiencing suicidal crisis or emotional distress with trained crisis counselors. The 988 Lifeline’s services are available 24/7 across the United States.

### **FindTreatment.gov**

[FindTreatment.gov](#) is a confidential and anonymous resource for people seeking treatment for mental and substance use disorders.

### **Substance Abuse and Mental Health Services Administration**

The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) is the government agency which aims to advance the behavioral health of the United States by promoting mental health, preventing substance misuse and providing treatments and supports to foster recovery. Their “Find Support” function provides information about health providers, programs and support groups across the country.

### **National Domestic Violence Hotline**

The [National Domestic Violence Hotline](#) provides 24/7 free, confidential and compassionate support to survivors of domestic violence.

### **National Alliance on Mental Illness Support Groups**

The [National Alliance on Mental Illness](#) (NAMI) provides a variety of peer-led support groups which allow participants to share their experiences and receive support from others

### **Anxiety and Depression Association of America Peer-to-Peer Communities**

The [Anxiety and Depression Association of America](#) (ADAA) has free online peer-to-peer communities for people experiencing mental health challenges.

## **General – Informational**

### **National Institute of Mental Health**

The [National Institute of Mental Health](#) (NIMH) is the lead federal agency for research on mental disorders.

### **National Institute on Drug Abuse**

The [National Institute on Drug Abuse](#) (NIDA) is the lead federal agency for research on drug use and addiction.

### **National Institute on Alcohol Abuse and Alcoholism**

The [National Institute on Alcohol Abuse and Alcoholism](#) (NIAAA) is the lead federal agency for alcohol research.

### **World Health Organization – Mental Health**

The [World Health Organization](#) provides fact sheets, databases, initiatives, and tools related to mental health.

### **American Foundation for Suicide Prevention**

The [American Foundation for Suicide Prevention](#) is a voluntary health organization that uses research, education and advocacy to take action against suicide.

### **Rape, Abuse, and Incest National Network**

[RAINN](#) is the largest anti-sexual violence organization in the United States. They run the National Sexual Assault Hotline and provides programs to prevent sexual violence, help survivors and ensure perpetrators are brought to justice.

## Resources in Spanish

### Línea 988

[La Línea de vida 988](#) para la prevención del Suicidio y Crisis conecta a personas que están atravesando una crisis suicida o angustia emocional con consejeros capacitados en situaciones de crisis. La línea 988 está disponible las 24 horas del día, los 7 días de la semana, en todo Estados Unidos. Sus conversaciones son gratuitas y confidenciales. Presione el #2 al llamar, o mande un mensaje de texto “AYUDA” al 988.

### Recursos de Salud Mental para Comunidades Latinas e Hispanas

[Esta página web](#) de la Fundación Americana para la Prevención del Suicidio, ofrece una lista de recursos para la salud mental enfocándose en la comunidad hispana y latina.

### Publicaciones Acerca Trastornos de la Salud Mental

En esta página web del [Instituto Nacional de la Salud Mental](#) podrás encontrar temas y publicaciones en español relacionadas con los trastornos de la salud mental. Encontrarás mucha información dirigida a niños, adolescentes y adultos jóvenes.

## **Military, Veterans and their Families**

### **Veterans Crisis Line**

The [Veterans Crisis Line](#) helps all veterans get connected with resources such as counseling, services and programs, regardless of VA enrollment or health care status. The Veterans Crisis Line provides 24/7, confidential support.

### **U.S. Department of Veterans Affairs – Mental Health**

The mental health information on the [U.S. Department of Veterans Affairs](#) website provides resources and support for veterans going through a variety of mental health and other challenges.

### **U.S. Department of Veterans Affairs National Center for PTSD**

The [National Center for PTSD](#) is the world's leading research and educational center on PTSD and traumatic stress.

### **Military OneSource**

[Military OneSource](#) provides the military community and their families with 24/7 quality-of-life policies and programs.

### **U.S. Department of Veterans Affairs – Vet Centers**

[Vet Centers](#) provide community-based readjustment counseling services to veterans, service members and their families.

### **U.S. Department of Veterans Affairs – National Caregiver Support Line**

The VA's [Caregiver Support Line](#) provides caregivers, family members, friends, veterans and community partners with information about caregiving and related supports.

### **Wounded Warrior Project**

The [Wounded Warrior Project](#) is a grassroots organization that aims to provide resources and support to all post 9/11 veterans, which include mental health programs, career counseling and long-term rehabilitative care.

### **UCF RESTORES**

The University of Central Florida's [UCF RESTORES](#) initiative provides evidence-based clinical treatment to front-line staff, first responders, military veterans and others experiencing PTSD and trauma-related challenges.

## Public Safety

### The National Consortium on Preventing Law Enforcement Suicide

The [National Consortium on Preventing Law Enforcement Suicide](#) focuses on addressing mental health and preventing officer suicide.

### VALOR Officer Safety and Wellness Initiative

The [VALOR Initiative](#) provides free professional education and resources, and establishes partnerships to improve the safety, wellness and resilience of law enforcement officers.

### CopLine

[CopLine](#) is a free 24-hour hotline answered by retired law enforcement officers to serve as an outlet for officers in times of need.

### Blueline Rescue

[Blueline Rescue](#) is a community of law enforcement personnel who help connect law enforcement and their families to trained peer providers and clinicians during times of need.

### UCF RESTORES

The University of Central Florida's [UCF RESTORES](#) initiative provides evidence-based clinical treatment to front-line staff, first responders, military veterans, and others experiencing PTSD and trauma-related challenges.

### Axon Aid

[Axon Aid](#) is an organization that provides free resources to public safety, corrections and first responder communities.

## Higher Education

### The Healthy Minds Network

The [Healthy Minds Network](#) is a research organization focusing on adolescent and young adult mental health. Their annual Healthy Minds Study provides information on the state of mental health and substance use in college/university students, faculty and staff.

### Mental Health College Guide

The [Mental Health College Guide](#) provides mental health and wellness resources, practices and collaboration strategies for students and educators in colleges and universities.

### National College Health Assessment

The [National College Health Assessment](#) provides reports related to the health and wellbeing of students across the United States.

### The Center for College Mental Health

The [Center for College Mental Health](#) is a research center and practice-research network that aims to bridge the gap between science and practice in college counseling centers. Their annual reports provide overviews and trends related to college student mental health.

## Corrections

### Axon Aid

[Axon Aid](#) is an organization which provides free resources to public safety, corrections, and first responder communities.

### One Voice United

[One Voice United](#) is an organization that provides correctional officers and staff a voice in national conversations about corrections. Their Correctional Officers Wellness Project provides reports and solutions related to mental health in corrections professions.

### National Commission on Correctional Health Care

The [National Commission on Correctional Health Care](#) is a national organization which establishes standards for health services in correctional facilities.

## **Fire/EMS**

### **UCF RESTORES**

The University of Central Florida's [UCF RESTORES](#) initiative provides evidence-based clinical treatment to front-line staff, first responders, military veterans, and others experiencing PTSD and trauma-related challenges.

### **The National Volunteer Fire Council**

The [National Volunteer Fire Council](#) is a nonprofit membership association representing the interests of volunteer fire, EMS and rescue services, including programs and education related to mental health and wellbeing.

### **Goldline Rescue**

[Goldline Rescue](#) is a community of dispatch personnel that helps connect dispatchers and their families to trained peer providers and clinicians during times of need.

### **Redline Rescue**

[Redline Rescue](#) is a community of firefighting personnel that helps connect firefighters and their families to trained peer providers and clinicians during times of need.

### **First Responder Center for Excellence**

The [First Responder Center for Excellence](#) is a nonprofit organization that provides firefighters with resources about health and disease prevention, including mental health and substance use.

## Older Adults

### National Council on Aging Mental Health Resources and Support

The [National Council on Aging](#) (NCOA) is an organization that provides resources and tools to improve the lives of older adults.

### Mental Health Among Older Adults Before and During the COVID-19 Pandemic

The [National Poll on Healthy Aging](#) report examines how the pandemic affected the mental health of individuals aged 50 to 80.

### Veterans Affairs Mental Health Services

The [U.S. Department of Veterans Affairs](#) provides information on this webpage on how to access VA mental health services.

### Mental Health, Drug, and Alcohol: Support for Older Adults

This [SAMHSA resource](#) provides an overview of tips on how to seek care and resources for older adults who may be experiencing a mental health or substance use challenge or crisis. This SAMHSA resource provides an overview of tips on how to seek care and resources for older adults who may be experiencing a mental health or substance use challenge or crisis.

### SHIP Help

[This resource](#) provides information on how to navigate your local State Health Insurance Program (SHIP), including what mental health services are covered by Medicare.

## **Tribal Communities and Indigenous Peoples**

### **Indian Health Service Resources for the Healing Process**

The [Indian Health Service](#) (IHS) is an agency in the Department and Health and Human Services which provides health services to American Indian and Alaskan Natives. This webpage provides an overview of resources for tribal communities.

### **Indian Health Service Suicide Crisis Response Guidelines**

[This resource](#) from the Indian Health Service (IHS) documents guidelines on responding to a suicide-related crisis in tribal communities.

### **SAMHSA Tribal Training and Technical Assistance Center**

SAMHSA's [Tribal Training and Technical Assistance Center](#) provides mental health resources that American Indian and Alaskan Native communities can use to promote mental wellness, including youth-specific resources.

### **Tribal Behavioral Health Coverage**

The Centers for Medicare and Medicaid (CMS) provide a [list of resources](#) about tribal behavioral health coverage, including coverage under the Children's Health Insurance Program (CHIP) and a search engine to find services near you.

## **Rural Communities**

### **Rural Mental Health**

This [SAMHSA webpage](#) provides information on mental health services in rural communities.

### **Rural Minds**

[Rural Minds](#) is a national nonprofit that provides information and resources regarding mental health in rural communities across the United States.

### **Rural Health Information Hub**

The [Rural Health Information Hub](#) provides information and resources on rural health, including rural mental health.

## Youth

### SAMHSA Behavioral Health Resources for Youth

SAMHSA's [Behavioral Health Resources for Youth](#) provides information about resources and services available from federal agencies.

### National Council for Mental Wellbeing's Youth Hub

The [National Council for Mental Wellbeing's Youth Hub](#) provides information and resources about youth mental health for providers, parents and caregivers and youth themselves.

### National Institute on Drug Abuse for Teens

[Find scientific facts about drugs](#), including how they are used and by how many teens, how they affect the brain and body and how many people die from using them.

### Office of Population Affairs

The [Office of Population Affairs](#) website provides information about how to support youth and adolescent mental health, including screening, treatment, support and interventions.

## Teens

### Stop Bullying

[This website](#) offers resources for teens to prevent bullying and cyberbullying in their schools and communities and provides resources for those being bullied.

### National Institute on Drug Abuse for Teens

[Find scientific facts about drugs](#), including how they are used and by how many teens, how they affect the brain and body, and how many people die from using them.

### National Council for Mental Wellbeing's Youth Hub

The [National Council for Mental Wellbeing's Youth Hub](#) provides information and resources about youth mental health for providers, parents and caregivers and youth themselves.

## **Workplace**

### **Office of the Surgeon General – Framework for Workplace Mental Health and Wellbeing**

The [Office of the Surgeon General](#) published a report and framework on workplace mental health and wellbeing that can be applied in all workplace settings.

### **Office of the Surgeon General – Workplace Wellbeing Resources**

The [Office of the Surgeon General](#) provides a variety of resources for workplace wellbeing.

### **Mind Share Partners**

[Mind Share Partners](#) provides research reports, guides and toolkits related to fostering positive workplace mental health.

### **SHRM – Mental Health**

[SHRM](#) provides resources, toolkits and reports related to mental health in the workplace.

## **Depression and Suicidal Intentions**

### **The Suicide Prevention Resource Center**

The [Suicide Prevention Resource Center](#) is a federally supported resource center which provides training, resources, and support to improve suicide prevention efforts across the country.

### **The Anxiety and Depression Association of America**

The [Anxiety and Depression Association of America](#) is a nonprofit organization that uses research, treatment, and education to advance the prevention and treatment of anxiety, depression, OCD, PTSD and co-occurring disorders.

## **Nonsuicidal Self-Injury**

### **Focus Adolescent Services**

The [Focus Adolescent Services website](#) is designed for parents and covers a wide range of mental health problems, including a section on self-injury.

### **S.A.F.E. Alternatives (Self-Abuse Finally Ends)**

[S.A.F.E. Alternatives](#) is a residential treatment program for people who engage in self-injury. The website includes information about self-injury and about starting treatment. S.A.F.E information line: 1-800-DONT CUT (366-8288)

## **Anxiety Disorders**

### **Anxiety and Depression Association of America**

The [Anxiety and Depression Association of America](#) is a nonprofit organization that uses research, treatment, and education to advance the prevention and treatment of anxiety, depression, OCD, PTSD and co-occurring disorders.

### **International OCD Foundation**

The [International OCD Foundation](#) provides resources, runs community programs, and engages in research to raise awareness and access to treatment for people affected by OCD, their families, and mental health professionals.

## **Psychosis and Psychotic Disorders**

### **Schizophrenia & Psychosis Action Alliance**

The [Schizophrenia & Psychosis Action Alliance](#) is an organization that provides education, support, research, and advocacy to help people with schizophrenia.

## **Substance Use Disorders**

### **Smokefree.gov**

[Smokefree.gov](#) is an initiative by the National Cancer Institute to provide resources and information to people who want to quit smoking.

### **Recovered**

[Recovered](#) is a collection of information and resources for health and addiction treatment, including data on rehabilitation and addiction treatment providers, in the United States.

## **Eating Disorders**

### **National Association of Anorexia Nervosa and Associated Disorders**

The [National Association of Anorexia Nervosa and Associated Disorders](#) is an organization that provides free peer-support services to anyone with an eating disorder.

### **The National Eating Disorders Association**

The [National Eating Disorders Association](#) is an organization that supports individuals and families affected by eating disorders.

### **National Institute of Mental Health – Eating Disorders**

The [National Institute of Mental Health](#) provides a variety of resources about eating disorders.

## **Help Lines**

### **American Psychiatric Association Answer Center**

**1-888-35-PSYCH (77924)**

### **American Psychological Association of Public Education Line**

**1-800-964-2000**

### **National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

### **National Cancer Institute Smoking Quitline**

**1-877-44U-QUIT (1-877-448-7848)**

### **Smoking Cessation Centers**

**1-800-QUIT-NOW (1-800-784-8669)**

## Support Groups

### Anxiety and Depression Association of America Peer-to-Peer Communities

The [Anxiety and Depression Association of America](#) (ADAA) has free online peer-to-peer communities for people experiencing mental health challenges.

### Depression and Bipolar Support Alliance

The [Depression and Bipolar Support Alliance](#) provides in-person and online support groups for people living with a mood disorder or supporting someone with a mood disorder.

### HeyPeers

[HeyPeers](#) provides free support groups for those who are looking for an understanding environment to share experiences and receive support from others with similar challenges.

### Schizophrenia and Related Disorders Alliance of America (Schizophrenics Anonymous)

The [Schizophrenia & Psychosis Action Alliance](#) provides peer support communities for people living with schizophrenia or schizophrenia-related illness.

### Eating Disorders Anonymous

[Eating Disorders Anonymous](#) follows the 12-step approach to help individuals recover or maintain recovery from their eating disorders.

### Narcotics Anonymous

[Narcotics Anonymous](#) follows the 12-step approach to help individuals recover or maintain recovery from drug use.

### Alcoholics Anonymous

[Alcoholics Anonymous](#) follows the 12-step approach to help individuals recover or maintain recovery from alcohol use.

## Testimonials



As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way – or that it’s just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says “how can I be helpful,” that is a powerful question. ”–[\*Alyssa Fruchtenicht, School-Based Mental Health Counselor\*](#)



Mental Health First Aid training has taught the officer to ask his charges, “What happened?” instead of, “What’s wrong with you?””–[\*Officer Orlando Singleton\*](#)



So many people are out there wishing for something better, hoping that help will show up. That’s what Mental Health First Aid is – it is help to get people connected to care and ultimately to get them to a better place.”–[\*Tousha Paxton-Barnes, U.S. Army Veteran\*](#)



I wish that every corrections officer could receive Mental Health First Aid training. I believe that our corrections system would be better because of it – the inmates would benefit, the officers would benefit and ultimately our communities would benefit.”–[\*Lt. Virgil Meyer, Lieutenant, Pennsylvania Department of Corrections\*](#)