



# Catalyst CT

## The Hub

# 2025 Mental Health & Substance Use Public & Nonprofit Resources

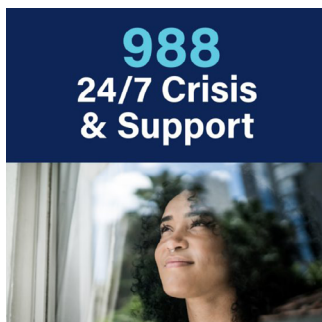
Fairfield - Bridgeport - Stratford & Surroundings

# In an Emotional or Addiction Crisis?

In Connecticut, call or text 988 or chat online at [988lifeline.org/chat](https://988lifeline.org/chat).

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**Text HELLO to 741741**  
Free, 24/7, Confidential

<a href="#">Adult Crisis Telephone Intervention and Options Network (ACTION) Line</a> for adults who are in distress (18+).	800-467-3135, Available 24/7, 365
<a href="#">Child (&lt;18yo) mobile psychiatric crisis</a> (24/7)	Dial 2-1-1, press 1
<a href="#">Suicide and Crisis Lifeline</a> (24/7)	988
<a href="#">Crisis Text Line</a> (24/7)	Text "HOME" to 741741
<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	203-661-1911
<a href="#">Crisis Hotline for First Responders &amp; Healthcare Workers</a>	800-327-7451
<a href="#">Connecticut Behavioral Health Partnership warmline:</a> (Mon-Fri, 9AM-7PM) English: Prompts 1 & 3, Espanol: Prompts 2 & 2	1-877-552-8247
<a href="#">Center for Sexual Assault hotline</a> (24/7) Espanol: 888-568-8332	888-999-5545
<a href="#">Domestic Violence Crisis Hotline</a> (24/7) Call or text "START" to 88788. Chat is also available: <a href="https://thehotline.org">thehotline.org</a>	800-799-7233
<a href="#">Substance Use Access Line</a> (24/7)	800-563-4086
<a href="#">Problem Gambling Helpline</a> (24/7)	888-789-7777
<a href="#">CT Quitline (smoking cessation)</a> (24/7)	800-QUITNOW
<a href="#">COPLINE: National Law Enforcement Officers Hotline</a> (24/7)	800-COP-LINE
<a href="#">Disaster Distress Helpline</a> (24/7)	800-985-5990
<a href="#">Homeless Outreach Team (HOT)</a>	203-579-7300
<a href="#">Soundview Warmline.</a> 7 days/week, 3PM - 9PM	800-921-0359
<a href="#">JOINRISEBE Young Adult Warmline</a> (Daily & holidays, 12-9PM)	855-6HOPENOW
<a href="#">Reach Out CT Emotional Support</a> (Mon. - Thurs. 12PM-8PM, Friday 12PM-6PM, Saturday & Sunday 11AM-7PM)	844-TALK-4CT
<a href="#">SAMHSA's National Helpline</a> for treatment referral and information service (English & Spanish)	800-662-4357
<a href="#">CCAR - Telephone Recovery Support for Addiction</a>	866-205-9770

## Town Social Services

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

<a href="#">Bridgeport Social Services</a>	203-576-7416	Bridgeport
<a href="#">Easton Social Services</a>	203-268-1137	Easton
<a href="#">Fairfield Human Services</a>	203-256-3170	Fairfield
<a href="#">Monroe Human Services</a>	203-452-2813	Monroe
<a href="#">Stratford Community Services</a>	203-385-4095	Stratford
<a href="#">Trumbull Social Services</a>	203-452-5198	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

<a href="#">Catalyst CT   The Hub</a> Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: <a href="http://catalystct.org/the-hub">catalystct.org/the-hub</a>	203-579-2727
<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	203-661-1911
<a href="#">Southwestern CT Agency on Aging (swcaa.org)</a>	203-333-9288
<a href="#">Southwest CT Mental Health System (DMHAS Region 1)</a>	203-551-7400
<a href="#">Courage to Speak Foundation</a> (prevention programs, prevention education presentations and support groups)	203-831-9700
<a href="#">CT Behavioral Health Partnership</a> (for Medicaid population)	877-552-8247
<a href="#">Department of Children and Families (DCF)</a>	860-550-6300
<a href="#">Department of Mental Health &amp; Addiction Services (DMHAS)</a>	860-418-7000
<a href="#">Department of Rehabilitative Services (DORS, BRS)</a>	860-424-4840
<a href="#">Department of Social Services (DSS)</a>	855-6-CONNECT
<a href="#">Kidsmentalhealthinfo.com</a> (trauma resources for kids)	860-679-1519
<a href="#">Resources to Recover</a> (free mental health info & resources)	203-724-9070

## Looking for Advocacy & Support for Your Rights?

<a href="#">Advocacy Unlimited</a>	860-505-7581
<a href="#">CT Commission on Human Rights and Opportunities</a>	860-541-3400
<a href="#">CT Family Support Network</a> (help for families with special needs)	860-744-4074
<a href="#">CT Institute for Refugees and Immigrants</a>	203-336-0141
<a href="#">CT Justice Alliance</a>	203-814-8452
<a href="#">CT Legal Rights Project (CLRP)</a>	877-402-2299
<a href="#">CT Legal Services' Immigrant Legal Advice Helpline</a>	860-344-0447
<a href="#">CT Parent Advocacy Center (CPAC)</a>	860-739-3089
<a href="#">Disability Rights Connecticut</a>	800-842-7303
<a href="#">FAVOR (Family Advocacy for Children's Mental Health)</a>	860-563-3232
<a href="#">Keep the Promise (KTP)</a>	860-788-6180
<a href="#">Make the Road CT</a>	475-302-6022
<a href="#">National Alliance for Mental Illness (NAMI) Southwest, CT</a>	203-400-NAMI
<a href="#">Office of the Healthcare Advocate (OHA)</a>	866-466-4446
<a href="#">State Education Resource Center</a>	860-632-1485
<a href="#">Statewide Legal Services of CT</a>	800-453-3320

Scan below to follow The Hub on social media and visit our website for additional resources.



[CatalystCT.org/TheHub](http://CatalystCT.org/TheHub)

## Support Services for Behavioral Health

(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

<a href="#">Marrakech</a>	CSP, ED, E, H, C	203-389-2970	Bridgeport
<a href="#">Bridge House</a> (psychosocial clubhouse)	E, ED, H	203-335-5339	Bridgeport
<a href="#">Center for Family Justice</a>	DV, CJ	203-334-6154	Bridgeport
<a href="#">The Connection</a>	CJ, ED, CSP, H, S	855-435-7955	Bridgeport
<a href="#">Housing for Success</a> (DCF Youth) Ages 16-20	C, CSP, Ed, E, H,	203-366-8255	Bridgeport
<a href="#">Family Re-Entry</a>	CJ, DV, CSP	203-838-0496	Bridgeport
<a href="#">Kennedy Collective</a>	E, H, C, CSP, ED,	203-365-8522	Trumbull
<a href="#">LifeBridge</a> (Formerly FSW)	C, CSP, DV, ED	203-368-4291	Bridgeport
<a href="#">Mental Health CT</a>	H, C, ED, E, R	860-529-1970	Bridgeport
<a href="#">Operation Hope</a> (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
<a href="#">Recovery Network of Programs</a>	H, R	203-583-8181	Bridgeport
<a href="#">Catalyst CT (formerly RYASAP)</a>	CJ	203-579-2727	Bridgeport
<a href="#">St. Vincent's Community Residential Services</a>	H, R, C Referral only	475-210-3920	Bridgeport
<a href="#">Veyo</a> (For HUSKY Health/Medicaid Members)	T	855-478-7350	Statewide
<a href="#">Triangle Community Center: Young-adult space</a> (Drop-in center for ages 18-25)	C, H	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.

(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

<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>	CSP	203-661-1911	Greenwich
<a href="#">ALLIANCE for Community Empowerment, Inc.</a>	C, S	203-366-8241	Bridgeport-Norwalk
<a href="#">YMCA Alpha Community Services</a>	S, H	203-366-2809	Bridgeport
<a href="#">American Job Center</a>	E, ED, V	203-455-2700	Bridgeport
<a href="#">Bridgeport Rescue Mission</a>	S, H	203-333-4087	Bridgeport
<a href="#">Errera Homeless Outreach for Veterans</a>	S, V	203-932-5711	Statewide
<a href="#">Goodwill Industries</a>	E, ED, V, H	203-581-5369	Bridgeport
<a href="#">GBAPP Young Adult Emergency Shelter</a>	S	203-366-8255	Bridgeport
<a href="#">Homes for the Brave</a> (homeless vets only)	C, E, H, R, V	203-338-0669	Bridgeport
<a href="#">Homeless Outreach Team</a>	C, H	203-579-7300	Bridgeport
<a href="#">Malta House</a> (pregnant & parenting women)	C, S, H	203-857-0088	Norwalk
<a href="#">Operation Hope</a> (Homeless Resource Center & soup kitchen)	C, H, CSP	203-292-5588	Fairfield
<a href="#">Prospect House</a>	S	203-576-9041	Bridgeport
<a href="#">Family Centers: Victims of Crime Act (VOCA)</a>	C, DV, CJ	203-324-3167	Various

**Download copies of this guide and our support group list on our website, [CatalystCT.org/TheHub](http://CatalystCT.org/TheHub)**



## 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**

<a href="#">Bridgeport Hospital Psychiatry</a>	MH, SUD	I, H	203-384-3709	Bridgeport
<a href="#">Bridges Healthcare</a>	MH, SUD	I, IOP, O	203-878-6365	Stratford
<a href="#">CASA (English and Spanish)</a>	MH, SUD	D, O	203-331-4728	Bridgeport
<a href="#">Connecticut Addiction Medicine</a>	MH, SUD	IOP, MAT, O	860-969-1101	Bridgeport
<a href="#">Connecticut Healing Center</a>	MH, SUD	O	203-288-4325	Statewide
<a href="#">CT Renaissance, Inc.</a>	MH, PG, SUD	IOP, O	203-336-5225	Bridgeport, Norwalk
<a href="#">Fairfield Counseling Services/ LifeBridge</a>	MH, SUD	O	203-368-4291	Bridgeport, Fairfield
<a href="#">Families in Recovery Program (pregnant &amp; parenting)</a>	SUD	I, R	203-962-4516	Norwalk
<a href="#">Fairfield County Trauma Response Team</a>	MH	O	203-331-7458	Various
<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
<a href="#">Greater Bridgeport Community Mental Health Center (DMHAS)</a>	MH, SUD	I, O, R	203-551-7400	Bridgeport
<a href="#">Liberation Programs</a>	SUD	D, MAT, O	855-LIB-PROG	Regional
<a href="#">Mary J. Sherlach Counseling Center (Only serves Trumbull)</a>	MH	O	203-452-5193	Trumbull
<a href="#">New Era</a>	MH, SUD	D, IOP, MAT, O	203-372-3333	Bridgeport

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<a href="#">Norwalk Hospital</a>	MH, SUD	D, I, IOP, O, PHP	203-852-2000	Norwalk
<a href="#">Optimus Healthcare Behavioral Health</a>	MH	O	203-696-3260	Bridgeport
<a href="#">Positive Directions (includes problem gambling)</a>	MH, PG, SUD	O	203-227-7644	Westport
<a href="#">REACH Adult Program by Bridgeport Hospital</a>	MH, SUD	O, IOP	203-384-3377	Bridgeport
<a href="#">Recovery Network of Programs: Recovery Counseling Services</a>	MH, PG, SUD	D, O, MAT, IOP	203-366-5817	Bridgeport
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-921-4161	Stamford
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-628-4508	Fairfield
<a href="#">Silver Hill Hospital</a>	MH, SUD	I, IOP, MAT, R	866-542-4455	New Canaan
<a href="#">Southwest Community Health Center</a>	MH, SUD	IOP, MAT, O	203-330-6000	Bridgeport
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	D, I, IOP, MAT, O	203-362-3900	Bridgeport
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	D, I	203-227-1251	Westport

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

Key: (MH) Mental Health, (SUD) Substance Use Disorder, (D)etox, (H)ome, (I)npatient, Intensive (IOP), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital, (R)esidential

<a href="#">Boys and Girls Village</a>	MH, SUD	H, O	203-877-0300	Bridgeport
<a href="#">Connecticut Addiction Medicine</a>	MH, SUD	IOP, MAT, O	860-969-1101	Bridgeport
<a href="#">CT Renaissance, Inc.</a>	MH, PG, SUD	IOP, O	203-336-5225	Bridgeport, Norwalk
<a href="#">Child &amp; Family Guidance of Greater Bridgeport</a>	MH, SUD	O	203-394-6529	Bridgeport, Norwalk
<a href="#">Child First Program at Bridgeport Hospital</a>	MH	H	203-384-4555	Bridgeport
<a href="#">Family &amp; Children's Aid</a>	MH	H, O, R	203-748-5689	Bridgeport, various
<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
<a href="#">LifeBridge (formerly FSW) walk-in access</a>	MH, SUD	O	203-368-4291	Bridgeport
<a href="#">Positive Directions (ages 12+)</a>	MH, PG, SUD	O	203-227-7644	Westport
<a href="#">REACH Children's Program by Bridgeport Hospital</a>	MH, SUD	O, IOP	203-384-3377	Bridgeport
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-921-4161	Stamford
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-628-4508	Fairfield
<a href="#">Silver Hill Hospital (Ages 13+)</a>	MH, SUD	I, O, R	866-542-4455	New Canaan
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	I, O	203-362-3900	Bridgeport
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	I	203-227-1251	Westport
<a href="#">St. Vincent's Hotline</a>	MH, SUD		800-LIFE NOW	Toll Free

## Specialty Services

The for-profit agencies below offer specialized services.  
Key: (MH) Mental Health, (SUD) Substance Use Disorder, (D)etox, (H)ome, (I)npatient, Intensive (IOP), (O)utpatient, (PG) Problem Gambling, (PHP) Partial Hospital, (R)esidential

<a href="#">AWARE Recovery (in-home addiction recovery)</a>	MH, SUD	In-home	844-292-7372	Various
<a href="#">Causeway Collaborative (failure to launch young men)</a>	MH	O, Mentors	203-255-0301	Westport
<a href="#">Center for Discovery (eating disorders, mental health)</a>	MH	IOP, O, PHP, R	877-287-7982	Various
<a href="#">Confidant Health - Virtual Services</a>	MH, SUD	MAT	203.767.8696	Greenwich
<a href="#">High Focus Centers (adults &amp; teens)</a>	MH, SUD	IOP, PHP	203-803-4170	Norwalk
<a href="#">Mountainside Treatment Center</a>	MH, SUD	D, IOP, O, MAT	203-665-1148	Wilton
<a href="#">Newport Academy (therapeutic day school)</a>	MH, SUD	IOP, O, R	888-693-0426	Darien
<a href="#">Progressive Institute</a>	MH, SUD	IOP, MAT, O	203-816-6424	Shelton
<a href="#">Turnbridge</a>	MH, SUD	IOP, MAT, O, R	877-575-0350	Westport

### Find your LPC!

Each town in Southwest CT has a community-based Local Prevention Council (LPC). These coalitions aim to stimulate the development and implementation of local prevention activities for people of all ages. Given the strong relationship between substance misuse and mental health disorders, LPCs also address social-emotional health. If you are interested in joining your town's LPC, you can find their information on our website:

[CatalystCT.org/The-Hub/local-prevention-councils/](https://CatalystCT.org/The-Hub/local-prevention-councils/)



# Catalyst CT

## The Hub

Catalyst CT | 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 Catalyst, whose mission is to empower people and transform communities.

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.
- **Promoting Recovery Friendly Workplace Initiative** — Conduct outreach and support organizations who want to be a Recovery Friendly Workplace – helping employers shift to a policy environment that emphasizes help, hope, and the economic potential of healthy employees even as they recover from substance misuse. Contact us for your organization's certification.

Please visit our website, [CatalystCT.org/The-Hub](https://CatalystCT.org/The-Hub), 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.