



# Catalyst CT

## The Hub

# **2025 Mental Health & Substance Use Public & Nonprofit Resources**

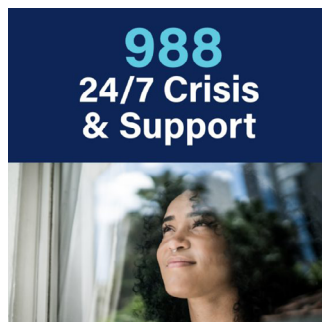
**Greenwich - Stamford - Norwalk & Surroundings**

# 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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**CRISIS TEXT LINE |**

**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) In Greenwich, dial 800-203-1234	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="#">Darien Human Services</a>	203-656-7328	Darien
<a href="#">Greenwich Dept. of Human Services</a>	203-622-3800	Greenwich
<a href="#">New Canaan Human Services</a>	203-594-3076	New Canaan
<a href="#">Norwalk Community Services</a>	203-854-7999	Norwalk
<a href="#">Stamford Social Services</a>	203-977-4050	Stamford
<a href="#">Weston Social Services</a>	203-222-2663	Weston
<a href="#">Westport Human Services</a>	203-341-1050	Westport
<a href="#">Wilton Social Services</a>	203-834-6238	Wilton

## 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="#">Resources to Recover</a> (free mental health info & resources)	203-724-9070
<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

## 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="#">National Alliance for Mental Illness (NAMI) Southwest, CT</a>	203-400-NAMI (6264)
<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.



Download copies of this guide and our support group list on our website, [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="#">Ability Beyond</a>	E, T, Ed	888-832-8247	Stmfd-Norwalk
<a href="#">Bridge House (psychosocial clubhouse)</a>	C, E, R, H	203-335-5339	Bridgeport
<a href="#">Continuum Crisis &amp; Respite Services</a>	C, R, S	203-562-2264	Regional
<a href="#">CT Community for Addiction Recovery (CCAR)</a>	C, E	866-205-9770	Statewide
<a href="#">Domestic Violence Crisis Center</a>	C, DV, S	203-588-9100	Stmfd-Norwalk
<a href="#">Domestic Abuse Services of YWCA</a>	C, DV	203-622-0003	Greenwich
<a href="#">Family &amp; Children's Agency - Senior Outreach</a>	C	203-831-2900	Norwalk
<a href="#">Family Centers, Inc.</a>	E, V	203-869-4848	Grwch-Stmfd
<a href="#">Family Re-Entry</a>	CJ, DV, H	203-838-0496	Norwalk
<a href="#">Jewish Family Services of Greenwich</a>	C	203-622-1881	Greenwich
<a href="#">Keystone House, Inc.</a>	CSP, E, H, R	203-855-7920	Norwalk
<a href="#">Kids in Crisis</a>	C, S	203-661-1911	Stamford
<a href="#">Laurel House, Inc.</a>	C, CSP, Ed, E, H, R	203-487-1633	Stamford
<a href="#">Liberation Programs</a>	H	855-LIB-PROG	Various
<a href="#">Mental Health CT</a>	C, CSP, H	860-529-1970	Stamford
<a href="#">Mid-Fairfield AIDS Project</a>	C, H, needle exhchange	203-855-9535	Norwalk
<a href="#">Norwalk Hospital</a>	CSP	203-852-2000	Norwalk
<a href="#">Pathways</a>	CSP, E, H, R	203-869-5656	Greenwich
<a href="#">Rowan Center for Sexual Assault</a>	DV	203-348-9346	Stamford
<a href="#">St. Vincent's Community Residential Services (Referral only)</a>	H, R	203-362-3920	Bridgeport
<a href="#">Triangle Community Center (LGBTQ)</a>	C, CSP	203-853-0600	County
<a href="#">Veyo (For HUSKY Health/Medicaid)</a>	T	855-478-7350	Statewide

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(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="#">Veyo (For HUSKY Health/Medicaid Members)</a>	T	855-478-7350	Statewide
<a href="#">Triangle Community Center: Young-adult space (Drop-in center for ages 18-25)</a>	C, H	203-853-0600	Norwalk
<a href="#">YWCA Greenwich</a>		203-869-6501	Greenwich

### 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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<a href="#">The 24-Hour Hotline (Kids in Crisis)</a>		203-661-1911	Greenwich
<a href="#">ALLIANCE for Community Empowerment, Inc.</a>	C, S	203-366-8241	Norwalk
<a href="#">American Job Center</a>	E	203-455-2700	Stamford
<a href="#">Community Action Agency of Western CT</a>	C	203-744-4700	Various
<a href="#">Errera Homeless Outreach for Veterans</a>	S, V	203-932-5711	Statewide
<a href="#">Homes for the Brave (homeless vets only)</a>	E, H, R, V	203-338-0669	Bridgeport
<a href="#">Homes with Hope</a>	E, H, S	203-226-3426	Westport
<a href="#">Inspirica, Inc.</a>	H, S, E	203-388-0100	Stamford
<a href="#">Malta House (pregnant, parenting women)</a>	C, S	203-857-0088	Norwalk
<a href="#">Open Door Shelter</a>	E, H, S	203-866-1057	Norwalk
<a href="#">Pacific House (formerly Shelter for the Homeless)</a>	S, V	203-348-2792	Stamford
<a href="#">Person-to-Person</a>	C	203-939-1650	Norwalk
<a href="#">Person-to-Person</a>	C	203-655-0048	Darien
<a href="#">Family Centers: Victims of Crime Act (VOCA)</a>	C	203-324-3167	Various
<a href="#">Housing for Success (DCF Youth)</a>	H	203-333-2335	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**

<a href="#">Catholic Charities</a>	MH	O	203-750-9711	Norwalk
<a href="#">CBT Westport</a>	MH	O	203-220-6486	Westport
<a href="#">Connecticut Healing Center</a>	MH, SUD	O	203-288-4325	Statewide
<a href="#">Family Centers: Center for Hope (grief counseling)</a>	MH	O	203-655-4693	Darien
<a href="#">Christian Counseling Center</a>	MH	O	203-846-4626	Norwalk
<a href="#">Circle Care (specializing in LGBTQ)</a>	MH	O	203-852-9525	Norwalk
<a href="#">Community Health Center, Day Street</a>	MH, SUD	MAT, O	203-854-9292	Norwalk
<a href="#">Community Health Center, Fifth Street</a>	MH, SUD	O	203-323-8160	Stamford
<a href="#">Connecticut Addiction Medicine</a>	MH, SUD	IOP, MAT, O	860-969-1101	Bridgeport
<a href="#">CT Counseling Centers</a>	MH, SUD	IOP, MAT, O	203-838-6508	Norwalk
<a href="#">CT Renaissance, Inc. (includes problem gambling)</a>	MH, PG, SUD	IOP, O	203-336-5225	Bridgeport Norwalk
<a href="#">Elevate Health and Wellness</a>	MH, SUD	O, D, MAT	203-450-4882	Westport
<a href="#">Fairfield County Trauma Response Team</a>	MH	O	203-331-7458	Various
<a href="#">Families in Recovery Program (pregnant &amp; parenting)</a>	SUD	I, R	203-962-4516	Norwalk
<a href="#">Family &amp; Children's Agency</a>	MH	H, O	203-855-8765	Norwalk
<a href="#">Family &amp; Children's Agency (Project Reward/women)</a>	SUD	IOP, O	203-855-8765	Norwalk
<a href="#">Family Centers, Inc.</a>	MH	O	203-324-3167	Stamford
<a href="#">Family Centers, Inc.</a>	MH	O	203-629-2822	Greenwich

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<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Westchester, Saratoga, NY
<a href="#">F.S. Dubois Center (DMHAS) (appointments)</a>	MH, SUD	O	203-388-1600	Stamford
<a href="#">Greenwich Hospital Addiction Recovery Center</a>	SUD	D, I, IOP, O	203-863-4673	Greenwich
<a href="#">Greenwich Hospital Behavioral Health</a>	MH	O	203-863-3316	Greenwich
<a href="#">Jewish Family Services of Greenwich</a>	MH	O	203-622-1881	Greenwich
<a href="#">Liberation Programs</a>	SUD, MH	Schools, O, I, IOP	855-LIB-PROG	Regional
<a href="#">Norwalk Community Health Center</a>	MH	O	203-899-1770	Norwalk
<a href="#">Norwalk Hospital</a>	MH, SUD	D, I, IOP, O, PHP	203-852-2000	Norwalk
<a href="#">Optimus Behavioral Health</a>	MH	O	203-621-3700	Stamford
<a href="#">Positive Directions (includes problem gambling)</a>	MH, PG, SUD	O	203-227-7644	Westport
<a href="#">Saint Vincent's Behavioral Health Services</a>	MH, SUD	IOP, MAT, O	203-221-8899	Norwalk
<a href="#">Saint Vincent's Behavioral Health Services</a>	MH, SUD	D, I	203-227-1251	Westport
<a href="#">Schoke Jewish Family Services</a>	MH	O	203-628-4508	Stamford, Fairfield
<a href="#">Silver Hill Hospital</a>	MH, SUD	D, I, IOP, MAT, O	866-542-4455	New Canaan
<a href="#">Stamford Hospital: Inpatient Behavioral Health</a>	MH	I	203-276-7010	Stamford

## 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="#">Catholic Charities</a>	MH	O	203-750-9711	Norwalk
<a href="#">Child &amp; Family Guidance Turning Point teen substance use program</a>	MH, SUD	O	203-394-6529 ext. 3557	Regional
<a href="#">Child Guidance Center of Southern CT</a>	MH	O	203-324-6127	Various
<a href="#">Community Health Center, Day St.</a>	MH, SUD	O	203-854-9292	Norwalk
<a href="#">Community Health Center, 5th St.</a>	MH, SUD	O	203-323-8160	Stamford
<a href="#">Connecticut Addiction Medicine</a>	MH, SUD	IOP, MAT, O	860-969-1101	Bridgeport
<a href="#">CT Renaissance</a>	MH, PG, SUD	H, IOP, O	203-336-5225	Bridgeport Norwalk
<a href="#">Family and Children's Agency</a>	MH	H, O	203-855-8765	Norwalk
<a href="#">Family Centers, Inc.</a>	MH	O	203-869-4848	Regional
<a href="#">Four Winds Hospital</a>	MH	I, IOP, O, PHP	800-528-6624	Katonah, NY
<a href="#">Jewish Family Services of Greenwich</a>	MH	O	203-622-1881	Greenwich
<a href="#">Liberation Programs (Youth &amp; Family Resources)</a>	SUD, MH	Schools, O, I, IOP	855-LIB-PROG	Regional
<a href="#">Mid-Fairfield Community Care Center</a>	MH	H, O	203-299-1315	Norwalk
<a href="#">Norwalk Youth Services (ages 11-18, Norwalk only)</a>	MH	O	203-854-7785	Norwalk
<a href="#">Positive Directions (ages 12+)</a>	MH, SUD, PG	O	203-227-7644	Westport
<a href="#">Schoke Jewish Family Services</a>	MH, PG, SUD	O	203-628-4508	Stamford, Fairfield
<a href="#">Silver Hill Hospital (ages 13+)</a>	MH, SUD	I, O	866-542-4455	New Canaan
<a href="#">St. Vincent's Behavioral Health Services</a>	MH, SUD	IOP, O	203-221-8899	Norwalk
<a href="#">Saint Vincent's Behavioral Health Services</a>	MH, SUD	D, I	203-227-1251	Westport

## 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="#">Anxiety Institute (ages 18-25)</a>	MH	O	203-489-0888	Greenwich
<a href="#">AWARE Recovery (in-home addiction recovery)</a>	MH, SUD	H	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, R	877-287-7982	Various
<a href="#">Centro Bienestar (EN ESPANOL)</a>	MH	O	203-883-8135	Stamford
<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="#">Institute for Restoring Cognitive Health</a>	MH, SUD	O	203-302-9883	Greenwich
<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	888-693-0426	Darien
<a href="#">Renfrew Center for Eating Disorders</a>	MH	IOP, O, R	800-RENFREW 800-736-3739	White Plains, NY
<a href="#">Spire School (specialized school for social-emotional)</a>	MH	IOP, R	203.409.0066	Stamford
<a href="#">Turnbridge</a>	MH, SUD	IOP, MAT O, R	877-575-0350	Westport
<a href="#">Wilkins Center for Eating Disorders</a>	MH	O	203-531-1909	Greenwich

### 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/TheHub/lpc/](https://CatalystCT.org/TheHub/lpc/)



# 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 CT, and together we 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 prevention, substance misuse, problem gambling, and liaising between the region and the state. We do this by:

- **We convene regional workgroups and coalitions**, including the Regional Cannabis Awareness Team, the Regional Suicide Advisory Board, and the Regional Gambling Awareness Team. If you're interested in attending any of our meetings, find more information at [CatalystCT.org/get-involved](https://CatalystCT.org/get-involved).
- **We support Local Prevention Councils** in our towns in preventing substance misuse and promoting mental health through technical assistance, coordination, and mini-grants.
- **We serve as a strategic community partner** by advising and providing data, resources, and funding to various community partners. We also represent our region on many state-level advisory boards.
- **We lead and support advocacy efforts** by informing elected officials and other leaders of the importance and impact of our initiatives and mission.
- **We conduct regional needs assessments**, and develop region-wide priorities for prevention, treatment, and recovery related to behavioral health concerns for all ages.
- **We address opioid poisonings** by providing community trainings, naloxone kits, and awareness campaigns.
- **We support organizations** in their efforts to create more inclusive communities related to behavioral health recovery.

**Please visit our website, [CatalystCT.org/TheHub](https://CatalystCT.org/TheHub), for digital versions of this guide, other downloadable resources on a wide range of topics, a calendar of events and trainings, and more information.**