



Catalyst CT

The Hub

2026 Mental Health & Substance Use Public & Nonprofit Resources

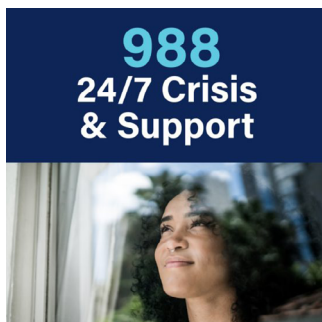
Fairfield - Bridgeport - Stratford & Surroundings

In an Emotional or Addiction Crisis?

In Connecticut, call or text 988 or chat online at 988lifeline.org/chat.

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Text HELLO to 741741
Free, 24/7, Confidential

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

Town Social Services

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

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|--|--------------|
| Bridgeport Social Services | 203-576-7416 |
| Easton Social Services | 203-268-1137 |
| Fairfield Human Services | 203-256-3170 |
| Monroe Community & Social Services | 203-452-2813 |
| Stratford Community Services | 203-385-4095 |
| Trumbull Social Services | 203-452-5198 |

Looking for Regional & State Referral Resources?

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

| | |
|---|---------------|
| Catalyst CT The Hub Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: catalystct.org/the-hub | 203-579-2727 |
| The 24-Hour Hotline (Kids in Crisis) | 203-661-1911 |
| Southwestern CT Agency on Aging (swcaa.org) | 203-333-9288 |
| Southwest CT Mental Health System (DMHAS Region 1) | 203-551-7400 |
| Courage to Speak Foundation (prevention programs, prevention education presentations and support groups) | 203-831-9700 |
| CT Behavioral Health Partnership (for Medicaid population) | 877-552-8247 |
| Department of Children and Families (DCF) | 860-550-6300 |
| Department of Mental Health & Addiction Services (DMHAS) | 860-418-7000 |
| Department of Rehabilitative Services (DORS, BRS) | 860-424-4840 |
| Department of Social Services (DSS) | 855-6-CONNECT |
| Kidsmentalhealthinfo.com (trauma resources for kids) | 860-404-6035 |
| Resources to Recover (free mental health info & resources) | 203-724-9070 |

Looking for Advocacy & Support for Your Rights?

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

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



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

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|--|-----------------------|--------------|------------|
| Marrakech | CSP, ED, E, H, C | 203-389-2970 | Bridgeport |
| Bridge House (psychosocial clubhouse) | E, ED, H | 203-335-5339 | Bridgeport |
| Center for Family Justice | DV, CJ | 203-334-6154 | Bridgeport |
| The Connection | CJ, ED, CSP, H, S | 855-435-7955 | Bridgeport |
| Housing for Success (DCF Youth) Ages 16-20 | C, CSP, Ed, E, H, | 203-366-8255 | Bridgeport |
| Family Re-Entry | CJ, DV, CSP | 203-838-0496 | Bridgeport |
| Kennedy Collective | E, H, C, CSP, ED, | 203-365-8522 | Trumbull |
| LifeBridge (Formerly FSW) | C, CSP, DV, ED | 203-368-4291 | Bridgeport |
| Mental Health CT | H, C, ED, E, R | 860-529-1970 | Bridgeport |
| Operation Hope (Homeless Resource Center & soup kitchen) | C, H | 203-254-2935 | Fairfield |
| Recovery Network of Programs | H, R | 203-929-1954 | Bridgeport |
| Catalyst CT | CJ | 203-579-2727 | Bridgeport |
| St. Vincent's Community Residential Services | H, R, C Referral only | 475-210-3920 | Bridgeport |
| Veyo (For HUSKY Health/Medicaid Members) | T | 855-478-7350 | Statewide |
| Triangle Community Center: Young-adult space (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

| | | | |
|--|---------------|--------------|--------------------|
| The 24-Hour Hotline (Kids in Crisis) | CSP | 203-661-1911 | Greenwich |
| ALLIANCE for Community Empowerment, Inc. | C, S | 203-366-8241 | Bridgeport-Norwalk |
| YMCA Alpha Community Services | S, H | 203-366-2809 | Bridgeport |
| American Job Center | E, ED, V | 203-455-2700 | Bridgeport |
| Bridgeport Rescue Mission | S, H | 203-333-4087 | Bridgeport |
| Errera Homeless Outreach for Veterans | S, V | 203-932-5711 | Statewide |
| Goodwill Industries | E, ED, V, H | 203-368-6511 | Bridgeport |
| GBAPP Young Adult Emergency Shelter | S | 203-366-8255 | Bridgeport |
| Homes for the Brave (homeless vets only) | C, E, H, R, V | 203-338-0669 | Bridgeport |
| Homeless Outreach Team | C, H | 203-579-7300 | Bridgeport |
| Malta House (pregnant & parenting women) | C, S, H | 203-857-0088 | Norwalk |
| Operation Hope (Homeless Resource Center & soup kitchen) | C, H, CSP | 203-292-5588 | Fairfield |
| Prospect House | S | 203-576-9041 | Bridgeport |
| Family Centers: Victims of Crime Act (VOCA) | C, DV, CJ | 203-324-3167 | Various |

Download copies of this guide and our support group list on our website, 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

| | | | | |
|---|-------------|----------------|--------------|-----------------------|
| Bridgeport Hospital Psychiatry | MH, SUD | I, IOP, O, H | 203-384-3709 | Bridgeport |
| Bridges Healthcare | MH, SUD, PG | I, O, IOP, MAT | 203-878-6365 | Stratford |
| CASA (English and Spanish) | MH, SUD | D, O | 203-331-4728 | Bridgeport |
| Connecticut Addiction Medicine | MH, SUD | D, IOP, MAT, O | 860-492-6400 | Statewide |
| Connecticut Healing Center | MH, SUD | O | 203-288-4325 | Statewide |
| CT Renaissance, Inc. (includes problem gambling) | MH, PG, SUD | I, IOP, O, R | 203-336-5225 | Bridgeport, Norwalk |
| Fairfield Counseling Services/ LifeBridge | MH, SUD | O | 203-368-4291 | Bridgeport, Fairfield |
| Family Resource Associates | MH, SUD | | 203-378-4514 | Stratford |
| Fairfield County Trauma Response Team | MH | O | 203-331-7458 | Various |
| Greater Bridgeport Community Mental Health Center (DMHAS) | MH, SUD | I, O, R | 203-551-7400 | Bridgeport |
| Liberation Programs | SUD | D, MAT, O | 855-LIB-PROG | Regional |
| Liberation Programs: FIRP (pregnant & parenting) | SUD | I, R | 203-962-4516 | Norwalk |
| Mary J. Sherlach Counseling Center (Only serves Trumbull) | MH | O | 203-452-5193 | Trumbull |
| New Era | MH, SUD | D, IOP, MAT, O | 203-372-3333 | Bridgeport |

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

| | | | | |
|--|-------------|-------------------|--------------|------------|
| Norwalk Hospital | MH, SUD | D, I, IOP, O, PHP | 203-852-2000 | Norwalk |
| Optimus Healthcare Behavioral Health | MH | O | 203-696-3260 | Bridgeport |
| Positive Directions (includes problem gambling) | MH, PG, SUD | O | 203-227-7644 | Westport |
| REACH Adult Program by Bridgeport Hospital | MH, SUD | O, IOP | 203-384-3377 | Bridgeport |
| Recovery Network of Programs: Recovery Counseling Services | MH, PG, SUD | D, O, MAT, IOP | 203-929-1954 | Bridgeport |
| Schoke Jewish Family Services | MH | O | 203-628-4508 | Fairfield |
| Silver Hill Hospital | MH, SUD | I, IOP, MAT, R | 866-542-4455 | New Canaan |
| Southwest Community Health Center | MH, SUD | IOP, MAT, O | 203-330-6000 | Bridgeport |
| St. Vincent's Behavioral Health Services | MH, SUD | D, I, IOP, MAT, O | 203-362-3900 | Bridgeport |
| St. Vincent's Behavioral Health Services | 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

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|---|-------------|----------------|--------------|---------------------|
| Boys and Girls Village | MH, SUD | H, O | 203-877-0300 | Bridgeport |
| Connecticut Addiction Medicine | MH, SUD | D, IOP, MAT, O | 860-492-1101 | Statewide |
| CT Renaissance, Inc. | MH, PG, SUD | I, IOP, O, R | 203-336-5225 | Bridgeport, Norwalk |
| The Child & Family Guidance Center | MH, SUD | O | 203-394-6529 | Bridgeport, Norwalk |
| Child First Program at Bridgeport Hospital | MH | H | 203-384-4555 | Bridgeport |
| Family & Children's Aid | MH | H, O, R | 203-748-5689 | Bridgeport, various |
| Four Winds Hospital | MH | I, IOP, O, PHP | 800-528-6624 | Katonah, NY |
| LifeBridge (walk-in access) | MH, SUD | O | 203-368-4291 | Bridgeport |
| Mary J. Sherlach Counseling Center (Only serves Trumbull) | MH | O | 203-452-5193 | Trumbull |
| Positive Directions (ages 12+) | MH, PG, SUD | O | 203-227-7644 | Westport |
| REACH Children's Program by Bridgeport Hospital | MH, SUD | O, IOP | 203-384-3377 | Bridgeport |
| Schoke Jewish Family Services | MH | O | 203-921-4161 | Stamford |
| Schoke Jewish Family Services | MH | O | 203-628-4508 | Fairfield |
| Silver Hill Hospital (Ages 13+) | MH, SUD | I, O, R | 866-542-4455 | New Canaan |
| St. Vincent's Behavioral Health Services | MH, SUD | I, O | 203-362-3900 | Bridgeport |
| St. Vincent's Behavioral Health Services | MH, SUD | I | 203-227-1251 | Westport |
| St. Vincent's Hotline | MH, SUD | | 800-LIFE NOW | Toll Free |

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

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|--|---------|----------------|--------------|-----------|
| AWARE Recovery (in-home addiction recovery) | MH, SUD | In-home | 844-292-7372 | Various |
| Causeway Collaborative (failure to launch young men) | MH | O, Mentors | 203-255-0301 | Westport |
| Center for Discovery (eating disorders, mental health) | MH | IOP, O, PHP, R | 833-596-8620 | Various |
| Confidant Health - Virtual Services | MH, SUD | MAT | 203.767.8696 | Greenwich |
| High Focus Centers (adults & teens) | MH, SUD | IOP, PHP | 203-803-4170 | Norwalk |
| Mountainside Treatment Center | MH, SUD | D, IOP, O, MAT | 203-665-1148 | Wilton |
| Newport Academy (therapeutic day school) | MH, SUD | IOP, O, R | 866-352-5831 | Darien |
| Progressive Institute | MH, SUD | IOP, MAT, O | 203-816-6424 | Shelton |
| Turnbridge | MH, SUD | IOP, MAT, O, R | 877-581-1793 | 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/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.
- **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, for digital versions of this guide, other downloadable resources on a wide range of topics, a calendar of events and trainings, and more information.