



Catalyst CT

The Hub

2026 Mental Health & Substance Use Public & Nonprofit Resources

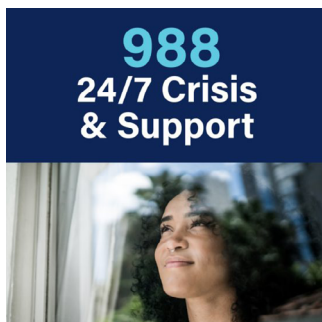
Greenwich - Stamford - Norwalk & Surroundings

In an Emotional or Addiction Crisis?

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

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Text HELLO to 741741
Free, 24/7, Confidential

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) In Greenwich, dial 800-203-1234	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.

Darien Human Services	203-656-7328	Darien
Greenwich Dept. of Human Services	203-622-3800	Greenwich
New Canaan Human Services	203-594-3076	New Canaan
Norwalk Community Services	203-854-7999	Norwalk
Stamford Social Services	203-977-4050	Stamford
Weston Social Services	203-222-2663	Weston
Westport Human Services	203-341-1050	Westport
Wilton Social Services	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

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
Resources to Recover (free mental health info & resources)	203-724-9070
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

Looking for Advocacy & Support for Your Rights?

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
National Alliance for Mental Illness (NAMI) Southwest, CT	203-400-NAMI (6264)
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.



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

Ability Beyond	E, T, Ed	888-832-8247	Stmfd-Norwalk
Bridge House (psychosocial clubhouse)	C, E, R, H	203-335-5339	Bridgeport
Continuum Crisis & Respite Services	C, R, S	203-562-2264	Regional
CT Community for Addiction Recovery (CCAR)	C, E	866-205-9770	Statewide
Domestic Violence Crisis Center	C, DV, S	203-588-9100	Stmfd-Norwalk
Domestic Abuse Services of YWCA	C, DV	203-622-0003	Greenwich
Family & Children's Agency - Senior Outreach	C	203-855-8765	Norwalk
Family Centers, Inc.	E, V	203-869-4848	Grwch-Stmfd
Family Re-Entry	CJ, DV, H	203-838-0496	Stamford
Jewish Family Services of Greenwich	C	203-622-1881	Greenwich N.Canaan
Keystone House, Inc.	CSP, E, H, R	203-855-7920	Norwalk
Kids in Crisis	C, S	203-661-1911	Stamford
Laurel House, Inc.	C, CSP, Ed, E, H, R	203-324-1816	Stamford
Liberation Programs	H	855-LIB-PROG	Various
Mental Health CT	C, CSP, H	860-529-1970	Stamford
Mid-Fairfield AIDS Project	C, H, needle exhcange	203-855-9535	Norwalk
Norwalk Hospital	CSP	203-852-2000	Norwalk
Pathways	CSP, E, H, R	203-869-5656	Greenwich
Rowan Center for Sexual Assault	DV	203-348-9346	Stamford
St. Vincent's Community Residential Services (Referral only)	H, R	203-362-3920	Bridgeport
Triangle Community Center (LGBTQ)	C, CSP	203-853-0600	County
Veyo HUSKY Health/Medicaid	T	855-478-7350	Statewide

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

Triangle Community Center: Young-adult space (Drop-in center for ages 18-25)	C, H	203-853-0600	Norwalk
YWCA Greenwich		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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The 24-Hour Hotline (Kids in Crisis)		203-661-1911	Greenwich
ALLIANCE for Community Empowerment, Inc.	C, S	203-366-8241	Norwalk
American Job Center	E	203-455-2700	Statewide
Community Action Agency of Western CT	C	203-744-4700	Various
Errera Homeless Outreach for Veterans	S, V	203-932-5711	Statewide
Homes for the Brave (homeless vets only)	E, H, R, V	203-338-0669	Bridgeport
Homes with Hope	E, H, S	203-226-3426	Westport
Inspirica, Inc.	H, S, E	203-388-0100	Stamford
Malta House (pregnant, parenting women)	C, S	203-857-0088	Norwalk
Open Door Shelter	E, H, S	203-866-1057	Norwalk
Pacific House (formerly Shelter for the Homeless)	S, V	203-348-2792	Stamford
Person-to-Person	C	203-939-1650	Norwalk
Person-to-Person	C	203-655-0048	Darien
Transitional Supports and Success (DCF)	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

Catholic Charities	MH	O	203-750-9711	Norwalk
CBT Westport	MH	O	203-220-6486	Westport
Connecticut Healing Center	MH, SUD	O	203-288-4325	Statewide
Family Centers: Center for Hope (grief counseling)	MH	O	203-655-4693	Darien
Christian Counseling Center	MH	O	203-846-4626	Norwalk
Circle Care (specializing in LGBTQ)	MH	O	203-852-9525	Norwalk
Community Health Center, Day Street	MH, SUD	MAT, O	203-854-9292	Norwalk
Community Health Center, Fifth Street	MH, SUD	O	203-323-8160	Stamford
Connecticut Addiction Medicine	MH, SUD	IOP, MAT, O	860-492-6400	Statewide
CT Counseling Centers	MH, SUD	IOP, MAT, O	203-838-6508	Norwalk
CT Renaissance, Inc. (includes problem gambling)	MH, PG, SUD	IOP, O	203-336-5225	Bridgeport Norwalk
Elevate Health and Wellness	MH, SUD	O, D, MAT	203-450-4882	Westport
Fairfield County Trauma Response Team	MH	O	203-331-7458	Various
Liberation Programs: FIRP (pregnant & parenting)	SUD	I, R	203-962-4516	Norwalk
Family & Children's Agency	MH	H, O	203-855-8765	Norwalk
Family & Children's Agency (Project Reward/women)	SUD	IOP, O	203-523-5793	Norwalk
Family Centers, Inc.	MH	O	203-324-3167	Stamford
Family Centers, Inc.	MH	O	203-629-2822	Greenwich

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

F.S. Dubois Center (DMHAS) (appointments)	MH, SUD	O	203-388-1600	Regional
Greenwich Hospital Addiction Recovery Center	SUD	D, I, IOP, O	203-863-4673	Greenwich
Greenwich Hospital Behavioral Health	MH	O	203-863-3316	Greenwich
Jewish Family Services of Greenwich	MH	O	203-622-1881	Greenwich N.Canaan
Liberation Programs	SUD, MH	Schools, O, I, IOP	855-LIB-PROG	Regional
Norwalk Community Health Center	MH	O	203-899-1770	Norwalk
Norwalk Hospital	MH, SUD	D, I, IOP, O, PHP	203-852-2988	Norwalk
Optimus Behavioral Health	MH	O	203-696-3260	Stamford
Positive Directions (includes problem gambling)	MH, PG, SUD	O	203-227-7644	Westport
Saint Vincent's Behavioral Health Services	MH, SUD	IOP, MAT, O	203-221-8899	Norwalk
Saint Vincent's Behavioral Health Services	MH, SUD	D, I	203-227-1251	Westport
Schoke Jewish Family Services	MH	O	203-628-4508	Stamford
Silver Hill Hospital	MH, SUD	I, IOP, MAT, R	866-542-4455	New Canaan
Stamford Hospital: Inpatient Behavioral Health	MH	I	203-276-2602	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

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

Anxiety Institute (ages 18-25)	MH	O	203-489-0888	Greenwich
AWARE Recovery (in-home addiction recovery)	MH, SUD	H	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, R	833-596-8620	Various
Centro Bienestar (EN ESPANOL)	MH	O	203-883-8135	Stamford
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	866-352-5831	Darien
Renfrew Center for Eating Disorders	MH	IOP, O, R	800-RENFREW 800-736-3739	White Plains, NY
Spire School (specialized school for social-emotional)	MH	IOP, R	203.409.0066	Stamford
Turnbridge	MH, SUD	IOP, MAT O, R	877-581-1793	Westport
Wilkins Center for Eating Disorders	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/



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.