

MENTAL  
HEALTH  
AWARENESS  
RESOURCE  
MANUAL

May 2023

# MESSAGE TO THE READER

I know that seeking mental health support for yourself or someone else is ***really hard***. Before you go any further, it's important that I tell you how proud I am of you for being here. Maybe you're looking through these pages out of pure curiosity. Maybe you're hoping to learn more about mental health. Maybe you've been feeling concerned for a while and are finally ready to connect with someone who can provide insight and support. Regardless of what brought you here, you're taking a crucial step towards building a community in which each individual has the knowledge and awareness necessary to help support those dealing with mental health and/or substance use challenges. Thank you.

The purpose of this manual is to provide mental health and substance use information, resources, and support - both for you as an individual and also as a member of the larger community. Please note that this document is not a comprehensive view of all mental health disorders and it only provides a snapshot of available resources. While it's impossible to include everything, I hope this gives you a more thorough understanding of mental health, substance use, and resources that are dedicated to supporting you and your loved ones.

**If nothing else, I hope this manual reminds you that no matter what, you're never alone.**

Stephanie Hills

Mental Health First Aid Instructor at CHR

Author of Mental Health Awareness Resource Manual

An individual living with mental illness

# TABLE OF CONTENTS

<b>Message to the Reader</b>	<b><u>1</u></b>
<b>Important Contacts</b>	<b><u>3</u></b>
<b>Things to Remember When Reaching Out for Support for Yourself</b>	<b><u>4</u></b>
<b>Things to Remember When Reaching Out for Support for Someone Else</b>	<b><u>5</u></b>
<b>Understanding Mental Health &amp; Substance Use</b>	<b><u>6-8</u></b>
<b>Facts &amp; Statistics</b>	<b><u>9</u></b>
<b>What's a Crisis?</b>	<b><u>10</u></b>
<b>What to Do in a Crisis</b>	<b><u>11</u></b>
<b>Crisis De-Escalation Strategies</b>	<b><u>12</u></b>
<b>Non-Emergency Transportation Resources</b>	<b><u>13-14</u></b>
<b>Mental Health &amp; Substance Use Resources</b>	<b><u>15-28</u></b>
<b>About CHR</b>	<b><u>29</u></b>
<b>About Mental Health First Aid</b>	<b><u>30</u></b>
<b>Sources</b>	<b><u>31</u></b>

# IMPORTANT CONTACTS

## **9-1-1**

If you are in need of emergency services, dial 9-1-1 immediately

## **2-1-1**

A free, confidential information and referral service that connects people to essential health and human services 24/7

## **9-8-8**

A free, confidential Suicide and Crisis Lifeline available 24/7

## **CHR**

### **TRIAGE CENTER**

**1-877-884-3571**

- **Non-Emergency:** for questions about CHR services or to refer yourself or someone else in a non-emergency situation, please call the Triage Center during regular business hours Monday-Thursday from 8am-6pm and Fridays from 8am-5pm
- **In Crisis:** the Triage Center offers both phone support and emergency teams who travel to the person in need

### **REACH WARMLINE**

**1-866-927-6225**

- Confidential, peer support available every day from 6pm-10pm

## **CHR WEBSITES**

- [www.chrhealth.org](http://www.chrhealth.org)
- [www.facebook.com/realliferealhope](https://www.facebook.com/realliferealhope)

## **MENTAL HEALTH FIRST AID**

<https://www.mentalhealthfirstaid.org/>

# THINGS TO REMEMBER WHEN REACHING OUT FOR SUPPORT FOR YOURSELF...

*You are not alone*

According to the CDC, more than 50% of people in the US will be diagnosed with a mental illness at some point in their life. There are many people who can understand what you're going through, and many others who are able to provide support and resources.

*You are not to blame*

There can sometimes be a false narrative that it's your fault if you have a mental illness. *Blame has no place here.* You are no more to blame for having a mental illness than if you were to come down with the flu.

*Recovery is not linear*

Your journey to becoming well isn't going to be a straight line. There will be progress, setbacks, ups, and downs along the way. That's normal and expected. Try to hold onto hope about the future during the moments when feeling better seems too far away.

*You are not your illness*

Your struggles *do not* define you. There is so much more to the person you are.

*Lean on loved ones*

It can be hard to reach out and ask for help, but allowing others to support you is only going to make your recovery easier.

*Have realistic expectations*

Remember that getting well is a process. One therapy session or call to a crisis line isn't going to fix everything, but it is a *crucial, brave, and necessary* first step.

# THINGS TO REMEMBER WHEN REACHING OUT FOR SUPPORT FOR SOMEONE ELSE...

Helping others is rewarding but draining on our emotional resources. Don't forget to take care of yourself, too. Set firm boundaries, pursue a hobby, feed yourself well, and make time for rest.

*Your wellness matters*

Supporting someone who is struggling with a mental health and/or substance use challenge can be tough. Try to remember that your loved one is doing the very best they can right now.

*They're doing the best they can*

Fault and blame have no place here. Remember that mental health and substance use disorders are real health conditions, and they aren't caused by something you or your loved one did or didn't do.

*This is nobody's fault*

Whenever possible, let your loved one make choices and decisions about what happens in their life. It's easy to feel out of control when you're struggling with mental health or substance use challenges and having a say in decision making will give a little control back to your loved one.

*Let them make choices & decisions*

Remind your loved one that the solution right now doesn't need to be the solution forever. Encourage them to give it a try and remind them that they can always change therapists or approaches if it isn't the right fit.

*This solution doesn't have to be forever*

Research confirms that the support of loved ones is key to recovery and that people who have support tend to have better treatment outcomes. You're doing important work, and your support matters.

*Your support matters*

# UNDERSTANDING MENTAL HEALTH AND SUBSTANCE USE

What is mental health?

Mental health is a state of wellbeing that allows people to cope with the demands and stresses of everyday life, recognize their own strengths and weaknesses, learn well and work well, and contribute positively to their community. Mental health is a crucial part of our overall health and wellbeing that can impact our ability to make decisions, relate to others, and handle stress in a healthy way.

What is mental illness?

Mental illness refers to a group of brain disorders that affects how a person thinks, feels, and behaves. These conditions cause distress, can have a significant and negative impact on day-to-day life, and may also impact someone's ability to relate to others.

What causes mental illness?

There is no one single cause for mental illness, but many things can increase your risk of developing one, such as:

- Experiencing trauma or abuse early in life
- Having a family history of mental illness
- Chemical imbalances in the brain or other biological factors
- Using drugs or alcohol
- Experiencing a chronic medical condition like cancer
- High stress levels
- Experiencing poverty, violence, or inequality

What symptoms do people experience when they have a mental illness?

People with mental illness can have a wide range of symptoms that impact their feelings, thoughts, and behaviors. Symptoms can include, but are not limited to:

- Shifts in mood
- Sadness
- Anxiety
- Irritability
- Low energy
- Delusions (beliefs that are clearly false)
- Hallucinations (seeing or hearing things that are not there)
- Shifts in sleeping habits
- Changes in eating habits
- Withdrawal from loved ones and activities
- Confused thinking or problems concentrating

How common is mental illness?

According to the CDC, more than 50% of people in the US will be diagnosed with a mental illness at some point in their lives

Is mental illness treatable?

YES! And often, mental health treatment is very effective. Unfortunately, most people with mental illness do not receive the mental health services and support they need.

Condition	Brief Description	Learn More
<b>Anxiety Disorders</b>	<p>A group of brain disorders characterized by feelings of intense fear and worry that interferes with your day-to-day life. Anxiety disorders are the most common mental health concern in the US with more than 19% of adults and 7% of children experiencing one. Types of anxiety disorders can include Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder, Social Anxiety Disorder, Panic Disorder, and Phobias.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Bipolar Disorder</b>	<p>A mental illness that causes big changes in a person's mood, energy levels, and ability to think clearly. People with bipolar disorder experience emotional highs (mania) and lows (depression) that are different from the emotional ups and downs most people experience.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Depression</b>	<p>A mental disorder characterized by a depressed mood (feeling sad, irritable, or empty) or a loss of interest or enjoyment in activities. Depression is different from typical sadness because it is present most of the time for at least two weeks and interferes negatively with daily life.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Dissociative Disorders</b>	<p>A group of brain disorders marked by a disconnection between thoughts, reality, identity, consciousness, and memory. Symptoms of dissociative disorders typically first show up as a response to a traumatic event. Types of dissociative disorders include Dissociative Identity Disorder, Depersonalization Disorder, and Dissociative Amnesia.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Alliance on Mental Illness</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Eating Disorders</b>	<p>A group of disorders characterized by extreme food and weight concerns that cause emotional and physical distress and interferes with day-to-day life. Types of eating disorders include Anorexia, Bulimia, and Binge Eating Disorder.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>



Condition	Brief Description	Learn More
<b>Obsessive Compulsive Disorder (OCD)</b>	<p>An anxiety disorder characterized by intrusive, unwanted, irrational thoughts (obsessions) and uncontrollable urges to do certain actions or behaviors (compulsions). For someone with OCD, the obsessions cause stress and acting on the compulsions provides temporary relief. These thoughts and impulses cause distress and interfere with daily life.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Posttraumatic Stress Disorder (PTSD)</b>	<p>A disorder developed following a traumatic event that is characterized by re-experiencing the trauma in the present through intrusive memories, flashbacks and/or nightmares, avoiding thoughts of or things related to the traumatic event, and continued fear related to the traumatic event.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Psychosis</b>	<p>A symptom of some mental illnesses that is characterized by a change to a person's thoughts and perceptions that make it difficult to determine what is real and what is not real.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>National Alliance on Mental Health</u></a></li> </ul>
<b>Schizophrenia</b>	<p>A mental disorder characterized by hallucinations (seeing, hearing, feeling, or tasting things that other people do not see, hear, feel, or taste), delusions (beliefs that are clearly false), and cognitive impairment.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>
<b>Substance Use Disorder (SUD)</b>	<p>A disorder characterized by the repeated misuse of alcohol and/or drugs. SUD often occurs simultaneously in folks struggling with mental illness because people may use alcohol and/or drugs to cope with difficult symptoms associated with their mental illness.</p>	<ul style="list-style-type: none"> <li>• <a href="#"><u>National Institute of Mental Health</u></a></li> <li>• <a href="#"><u>American Psychiatric Association</u></a></li> </ul>

# FACTS & STATISTICS

## HOW MANY?

More than 50% of people in the US will be diagnosed with a mental illness or disorder at some point in their lifetime

## FATAL DRUG OVERDOSES

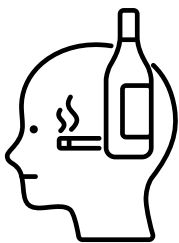
# 1,432

in Connecticut in 2022

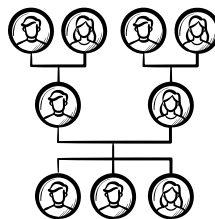
## LGBTQ+



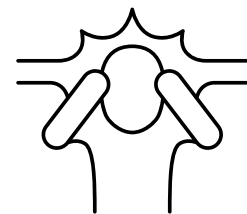
Nearly half of LGBTQ+ students seriously considered suicide in 2021



Drugs &  
Alcohol



Family  
History



Trauma &  
Abuse

## INCREASE YOUR RISK OF DEVELOPING A MENTAL ILLNESS

# WHAT'S A CRISIS?

Remember that each person gets to define what crisis means to them. What may feel like a crisis to someone else may not feel like a crisis to you, and vice versa.



Anything that puts you at risk of hurting yourself

Anything that puts you at risk of hurting others or property

Anything that prevents you from being able to take care of yourself or your dependents

Anything that prevents you from being able to function in daily life

IF YOU OR SOMEONE YOU KNOW IS IN  
**CRISIS** AND NEEDS IMMEDIATE HELP...

Call 911 for emergency services

If in CT: Call 211, then press 1

Go to the nearest hospital  
emergency room

Call or text 988 to connect with  
the Suicide and Crisis Lifeline

# CRISIS DE-ESCALATION STRATEGIES

Keep your  
voice calm

Avoid  
overreacting

Listen to the  
person

Express  
support and  
concern

Ask how  
you can  
help

Don't touch  
the person  
without  
permission

Offer options  
instead of  
taking control

Move slowly

Announce  
actions before  
doing anything

Give the  
person  
space

Don't be  
judgmental





Don't argue  
or try to  
reason








# NON-EMERGENCY TRANSPORTATION RESOURCES

Resource	Description	How to Connect
<p><b><u>ADA Paratransit</u></b></p>	<p>Mandated by the Americans with Disabilities Act (ADA) of 1990, paratransit services are provided in all areas with local fixed route bus services for people who can't use the local bus system due to their disability. Before using this service, you must establish eligibility using the <a href="#">application form</a></p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 203-365-8522 ext. 2061</li> </ul>
<p><b><u>CT Department of Transportation</u></b></p>	<p>The Connecticut Department of Transportation website is a free resource with information about transportation options and resources across the state</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Send a message via website</a></li> <li>• Call 860-594-2560</li> <li>• Email <a href="mailto:DOT.CustomerCare@ct.gov">DOT.CustomerCare@ct.gov</a></li> </ul>
<p><b><u>CTtransit</u></b></p>	<p>CTtransit is the Connecticut Department of Transportation-owned bus service that operates throughout Connecticut</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call the service in your area by using the contact list <a href="#">here</a></li> </ul>
<p><b><u>Dial-A-Ride</u></b></p>	<p>A locally-operated transportation service for older adults and individuals with disabilities. To utilize this service, you must meet certain eligibility criteria and book the ride in advance</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Find a Dial-A-Ride near you <a href="#">here</a></li> <li>• Call 211</li> <li>• Contact your local Social Services Office, Senior Center, or Municipal Agent for Elderly</li> </ul>







Resource	Description	How to Connect
<p><b><u>DMHAS Access Line</u></b></p>	<p>This 24/7 resource facilitates access to substance use services for CT residents and can provide transportation to Department of Mental Health and Addiction Services (DMHAS) residential treatment facilities</p>	<p>Call 1-800-563-4086</p>
<p><b><u>First Transit</u></b></p>	<p>Transportation services for HUSKY Health members unable to get to and from their medical appointments</p> <p>Serves the following towns:            Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Manchester, Marlborough, Newington, New Britain, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, Southington, South Windsor, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks</p>	<p>Call 1-888-743-3112</p>
<p><b><u>Logisticare</u></b></p>	<p>Transportation services for HUSKY Health members unable to get to and from their medical appointments</p> <p>Serves all other CT towns and cities not served by First Transit</p>	<p>Call 1-888-248-9895</p>
<p><b><u>Veyo Transportation</u></b></p>	<p>A benefit available to Medicaid &amp; HUSKY Health members who need transportation to and from Medicaid-covered medical services</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 855-478-7350 M-F, 7am-6pm to request a ride</li> <li>• <a href="#">Send a message via website</a></li> </ul>

# MENTAL HEALTH & SUBSTANCE USE RESOURCES

	Connecticut
	National
	International
	Provides 24/7 Crisis Support










Resource	Description	How to Connect
<u>2-1-1</u>  	CT - 24/7 - a free, confidential crisis intervention and information referral service that connects you to essential health and human services 24/7 and is available in more than 150 different languages	<ul style="list-style-type: none"> <li>• If in CT: Dial 2-1-1</li> <li>• If out of CT: Dial 1-800-203-1234</li> <li>• Visit <a href="http://211ct.org">211ct.org</a></li> <li>• <a href="#">Chat via website</a></li> <li>• Text for resources: CTWARM, CTFOOD, CTRECOVERY to 8898211</li> </ul>
<u>7 Cups</u> 	National - a free, on-demand emotional health service and online therapy provider that allows you to connect anonymously with a caring volunteer listener in a one-on-one chat	Visit the <a href="#">website</a>
<u>9-1-1</u>  	National - 24/7 - Emergency assistance available 24/7	Dial 9-1-1
<u>9-8-8 Suicide &amp; Crisis Lifeline</u>  	National - 24/7 - a free, confidential emotional support line for people in suicidal crisis or emotional distress	<ul style="list-style-type: none"> <li>• Call or text 9-8-8</li> <li>• Call 1-888-628-9454</li> <li>• <a href="#">Chat via website</a></li> </ul>















Resource	Description	How to Connect
<u>Action Line</u> 	CT - 24/7 - a centralized phone number answered by 2-1-1 staff trained to offer a variety of supports and options to folks in distress including telephonic support, referrals and information about community resources, warm-transfer to the Mobile Crisis Team in their area, and direct connection to 911	<ul style="list-style-type: none"> <li>• Call 2-1-1</li> <li>• Call 1-800-HOPE-135</li> <li>• Call 1-800-467-3135</li> </ul>
<u>Alcoholics Anonymous (AA)</u> 	International - a fellowship of people who share their experience, strength, and hope with each other and help others recover from alcoholism	<ul style="list-style-type: none"> <li>• Visit the <a href="#">AA website</a></li> <li>• Visit the <a href="#">Online Intergroup of Alcoholics Anonymous website</a></li> </ul>
<u>Alzheimer's Helpline</u> 	National - 24/7 - a free service that offers confidential support and information to people living with dementia, caregivers, families, and the public	<ul style="list-style-type: none"> <li>• Visit the website</li> <li>• Call 800-272-3900</li> <li>• Dial 711 to connect with a TRS operator</li> <li>• <a href="#">Send a message via website</a></li> <li>• <a href="#">Chat via website</a></li> </ul>
<u>APA Psychologist Locator</u> 	National - a free resource to find a psychologist near you from the American Psychological Association	Visit the <a href="#">website</a>
<u>American Residential Treatment Association</u> 	National - a free resource to help find a residential mental health facility for adults	Visit the <a href="#">website</a>
<u>Be In The Know CT</u> 	CT - a free resource with information about cannabis/marijuana including up-to-date laws, impacts of marijuana use, safe storage and disposal, and help numbers	Visit the <a href="#">website</a>








Resource	Description	How to Connect
<u>Become an Ex</u> ▲	National - a free, proven-effective tobacco cessation tool that includes a social community, tips and advice through text and email, expert guidance, and interactive tools	Visit the <u>website</u>
<u>Buddys</u> ▲	National - a free network of peer-to-peer support communities designed to unite people around specific shared struggles	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• Download the app: <ul style="list-style-type: none"> <li>◦ <u>App Store</u></li> <li>◦ <u>Google Play</u></li> </ul> </li> </ul>
<u>Caregiver Action Network</u> ▲	National - a free resource that works to improve the quality of life for Americans who care for loved ones with chronic conditions	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• Call 202-454-3970</li> <li>• Email <a href="mailto:info@caregiveraction.org">info@caregiveraction.org</a></li> </ul>
<u>Child &amp; Teen Psychiatrist Locator</u> ▲	National - a free resource to help you find a psychiatrist near you for a teen or child	<u>Visit the website</u>
<u>Child Help Hotline</u> ▲ ⚠	National - 24/7 - a free child abuse hotline that connects you to professional crisis counselors in over 170 languages	<ul style="list-style-type: none"> <li>• Call 800-4-A-CHILD</li> <li>• Call or text 800-422-4453</li> <li>• <u>Chat via website</u></li> </ul>
<u>CHR</u> ● ⚠	CT - 24/7 - a non-profit behavioral healthcare provider that offers a wide range of personalized services for children, families, and adults whose lives have been touched by mental illness, addiction, or trauma	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• <u>CHR Locations</u></li> <li>• <u>CHR Programs &amp; Services</u></li> <li>• Call 1-877-884-3571</li> </ul>

Resource	Description	How to Connect
<u>Cocaine Anonymous</u> 	International - a fellowship of, by, and for people addicted to cocaine and/or other mind-altering substances seeking recovery	<ul style="list-style-type: none"> <li>• Visit the <a href="#">CA website</a></li> <li>• Visit the <a href="#">Online Service Area of Cocaine Anonymous Website</a></li> </ul>
<u>Commit to Quit CT</u> 	CT - a free service that helps you quit tobacco, including vapes & e-cigarettes	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-QUIT-NOW</li> <li>• Email <a href="mailto:DPHTobacco@ct.gov">DPHTobacco@ct.gov</a></li> </ul>
<u>Connecticut Clearinghouse</u> 	CT - a free, statewide library and resource center for information about substance use and mental health disorders and other wellness-related topics	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 800-232-4424</li> <li>• <a href="#">Send a message via website</a></li> </ul>
<u>Connecticut Council on Problem Gambling</u>  	CT - 24/7 - a non-profit agency dedicated to reducing gambling-related harm and helping those who may be negatively impacted by gambling	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Chat via the website</a></li> <li>• Call or text the free, 24/7 helpline at 1-888-789-7777</li> </ul>
<u>Connecticut's Network of Care for Behavioral Health</u> 	CT - a free resource to help you find different behavioral health agencies, programs, and facilities near you	Visit the <a href="#">website</a>
<u>COPLINE</u>  	International - 24/7 - a free, confidential, peer-supported hotline for active and retired law enforcement officers and their loved ones	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-COPLINE</li> <li>• Call 1-800-267-5463</li> <li>• <a href="#">Email via website</a></li> </ul>
<u>Crisis Text Line</u>  	National - 24/7 - free, high-quality text-based mental health support and crisis intervention from a volunteer Crisis Counselor	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Text HOME to 741741</li> <li>• <a href="#">Chat via website</a></li> <li>• <a href="#">Chat via WhatsApp</a></li> </ul>

Resource	Description	How to Connect
<p><u>CT Addiction Services</u></p> <p> </p>	<p>CT - a free resource to help people get timely access to resources including:</p> <ul style="list-style-type: none"> <li>• Withdrawal Management (detox)</li> <li>• Residential Treatment</li> <li>• Recovery Houses</li> <li>• Sober Houses</li> <li>• Walk-In Services</li> </ul>	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• Call the 24/7 Access Line at 800-563-4086</li> </ul>
<p><u>Connecticut Alliance to End Sexual Violence</u></p> <p> </p>	<p>CT - a statewide alliance of individual sexual assault crisis programs working to end sexual violence</p>	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• Call or text 24/7 Hotline at 1-888-999-5545 (English)</li> <li>• Call or text 24/7 Hotline at 1-888-568-8332 (Español)</li> <li>• Office: 96 Pitkin Street East Hartford, CT 06108</li> <li>• Call 860-282-9881</li> <li>• Email <a href="mailto:info@endsexualviolencect.org">info@endsexualviolencect.org</a></li> </ul>
<p><u>Connecticut Coalition Against Domestic Violence</u></p> <p></p>	<p>CT - CCADV is the voice against domestic violence across CT and the leader of a statewide network focused on ending domestic violence</p>	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• Office: 655 Winding Brook Drive Suite 4050 Glastonbury, CT 06033</li> <li>• Call 860-282-7899</li> <li>• <u>Send a message via website</u></li> </ul>
<p><u>CTSafeConnect</u></p> <p> </p>	<p>CT - 24/7 - a free resource for people to access information, resources, and assistance regarding domestic violence</p>	<ul style="list-style-type: none"> <li>• Visit the <u>website</u></li> <li>• Call or text 24/7 hotline at 888-774-2900</li> <li>• Email <a href="mailto:safeconnect@ctcadv.org">safeconnect@ctcadv.org</a></li> <li>• <u>Chat online</u></li> </ul>
<p><u>Connecticut Coalition to End Homelessness</u></p> <p> </p>	<p>CT - a network of more than 75 members including emergency shelter providers, transitional housing providers, community and business leaders, and strategic partners who work to end homelessness across the state</p>	<ul style="list-style-type: none"> <li>• Call 2-1-1 for emergency assistance</li> <li>• Visit the <u>website</u></li> <li>• Call 860-721-7876</li> <li>• Office: 257 Lawrence Street Hartford, CT 06106</li> </ul>








Resource	Description	How to Connect
<p><u>Connecticut Community Tobacco Cessation Programs</u></p> 	<p>CT - a free resource to find a tobacco cessation program in your community</p>	<p>Visit the <a href="#">website</a></p>
<p><u>Connecticut State Department of Mental Health and Addiction Services (DMHAS)</u></p> 	<p>CT - a health care agency whose mission is to promote the overall health and wellness of people with behavioral health needs</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Office: 410 Capitol Ave PO Box 341431 Hartford, CT 06134</li> <li>• Call 860-418-7000</li> </ul>
<p><u>Connecticut Department of Social Services</u></p> 	<p>CT - DSS serves all CT cities and towns to support the basic needs of children, families, and adults, including those with disabilities</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Visit one of <a href="#">12 field office locations</a></li> <li>• Call 855-626-6632</li> </ul>
<p><u>Connecticut Energy Assistance Program</u></p> 	<p>CT - a program that helps CT residents afford to heat their homes that requires an <a href="#">application</a> and meeting certain <a href="#">eligibility requirements</a></p>	<p>Visit the <a href="#">website</a></p>
<p><u>Connecticut Foodshare</u></p> 	<p>CT - a resource that supports individuals and families across the state alleviate hunger</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">View the Mobile Pantry Schedule</a></li> <li>• Email <a href="mailto:contact-us@ctfoodshare.org">contact-us@ctfoodshare.org</a></li> <li>• Call 203-469-5000</li> <li>• Office: 2 Research Parkway Wallingford, CT 06492</li> </ul>
<p><u>Connecticut Opioid Services</u></p> 	<p>CT - information and resources related to opioid use, treatment, and recovery</p>	<p>Visit the <a href="#">website</a></p>

Resource	Description	How to Connect
<u>Connecticut Recovery Residences</u> 	CT - a free sober living directory that includes a list of certified sober living homes and contact information for each	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Send a message via website</a></li> <li>• Email <a href="mailto:info@ctrecoveryresidences.org">info@ctrecoveryresidences.org</a></li> </ul>
<u>Connecticut Suicide Advisory Board</u> 	CT - a network of diverse advocates, educators, and leaders working to prevent suicide	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Send a message via website</a></li> <li>• If in crisis:               <ul style="list-style-type: none"> <li>◦ If in CT: call 2-1-1 and press 1</li> <li>◦ If out of CT: call 9-8-8</li> <li>◦ Call 911</li> </ul> </li> </ul>
<u>Connecticut Tobacco Quitline</u> 	CT - 24/7 - a free telephone helpline that provides cessation counseling, quitting information, answers to questions, and support while quitting	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-QUIT-NOW</li> <li>• Call 1-800-784-8669</li> <li>• <a href="#">Sign up via website</a></li> </ul>
<u>Disaster Distress Helpline</u> 	National - 24/7 - a free hotline that provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call or text 1-800-985-5990</li> <li>• <a href="#">Connect with someone using ASL</a></li> </ul>
<u>Emotions Anonymous</u> 	International - a group of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties and the pursuit of emotional wellness	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Send a message via website</a></li> <li>• Call 651-647-9712</li> </ul>
<u>Find A Psychologist</u> 	National - a free resource to help find a psychologist near you	Visit the <a href="#">website</a>

Resource	Description	How to Connect
<u>Food Resources</u> 	CT - 24/7 - a free resource with information about food resources across the state	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• If in CT: Call 2-1-1</li> <li>• <a href="#">View list of CT food pantries</a></li> </ul>
<u>ForLikeMinds</u> 	National - an online mental health and substance use support network where you can connect with peers	Visit the <a href="#">website</a>
<u>Frontline Assistance Program</u> 	National - a schedule of online support groups for emergency responders and healthcare workers	Visit the <a href="#">website</a>
<u>Healthy Lives CT</u> 	CT - a free resource that provides tools for maintaining or regaining wellness in the areas of emotional, physical, holistic, and financial wellness as well as recovery from addiction issues	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Send a message via website</a></li> </ul>
<u>HERO</u> 	National - a free, peer-support based resource that offers hope and support for first responders	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 844-833-HERO</li> <li>• Call 844-833-4376</li> <li>• Email <a href="mailto:jlang@herofirst.org">jlang@herofirst.org</a></li> </ul>
<u>Honor Wellness Center</u> 	CT - a non-profit serving the mental health needs of first responders, veterans, and their families	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 860-919-9762</li> <li>• Email <a href="mailto:phyllis@honorwellness.org">phyllis@honorwellness.org</a></li> <li>• Office: 867 Main Street Suite 3A Manchester, CT 06040</li> </ul>
<u>International Suicide Prevention Directory</u> 	International - a free resource to find free, confidential support from a helpline or hotline near you	Visit the <a href="#">website</a>

Resource	Description	How to Connect
<p><u>Kids in Crisis</u></p> <p>▲❗</p>	<p>CT - 24/7 - a free resource that provides emergency shelter, crisis counseling, and community education programs for children of all ages and families facing crisis</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call the 24/7 Crisis Helpline at 203-661-1911</li> </ul>
<p><u>LGBTQ National Help Center</u></p> <p>▲</p>	<p>National - a free, peer-support resource</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• LGBT National Hotline: 888-843-4564</li> <li>• LGBT National Youth Talkline: 800-246-7743</li> <li>• LGBT National Senior Hotline: 888-234-7234</li> <li>• LGBT National Coming Out Support Hotline: 888-688-5428</li> </ul>
<p><u>LifeRing</u></p> <p>▲</p>	<p>National - a secular organization of people who share practical experiences and sobriety support</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-811-4142</li> <li>• Email <a href="mailto:service@lifering.org">service@lifering.org</a></li> <li>• Office: 25125 Santa Clara St, E-359 Hayward, CA 94544</li> </ul>
<p><u>LiveLOUD</u></p> <p>●</p>	<p>CT - a free resource for anyone struggling with opioid use. Opioids include heroin, hydrocodone, oxycodone, morphine, OxyContin, Vicodin, and fentanyl.</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-563-4086</li> <li>• Call 2-1-1</li> </ul>
<p><u>Love is Respect</u></p> <p>▲</p>	<p>National - a free resource to educate about and prevent unhealthy relationships and intimate partner violence</p>	<p>Visit the <a href="#">website</a></p>
<p><u>Marijuana Anonymous</u></p> <p>■</p>	<p>International - a fellowship of people who share their experience, strength, and hope with each other to recover from marijuana addiction</p>	<p>Visit the <a href="#">website</a></p>



Resource	Description	How to Connect
<u>Mobile Crisis Response Teams for Adults</u> 	CT - a free resource to find Mobile Crisis Intervention Services for adults near you	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 2-1-1, then press 1</li> </ul>
<u>Mobile Crisis Response Teams for Youth</u> 	CT - a free resource to find Mobile Crisis Intervention Services for children and teens near you	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 2-1-1, then press 1</li> </ul>
<u>My Place CT</u> 	CT - a free, web-based resource from the State of Connecticut that supports older adults and people with disabilities	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 2-1-1</li> <li>• Chat via <a href="#">website</a></li> </ul>
<u>NAMI CT</u> 	CT - National Alliance on Mental Illness CT is a free resource that provides support, education, and advocacy at the community level	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• <a href="#">Send a message via website</a></li> <li>• Call 860-882-0236</li> <li>• Office: 1030 New Britain Ave Suite 201 West Hartford, CT 06110</li> </ul>
<u>NAMI Support for Public Safety Professionals</u> 	National - a free resource to support the mental health and wellbeing of public safety professionals	Visit the <a href="#">website</a>
<u>NAMI Helpline</u> 	National - a free, peer-support service that provides information, resource referrals, and support to people living with a mental health condition, their families and caregivers, and the public	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-950-NAMI</li> <li>• Call 1-800-950-6264</li> <li>• Text HELPLINE to 62640</li> <li>• <a href="#">Chat online</a></li> <li>• Email <a href="mailto:helpline@nami.org">helpline@nami.org</a></li> </ul>
<u>Narcotics Anonymous</u> 	International - a global, community-based organization of individuals who are experiencing or who have experienced a major problem with drugs who are seeking or maintaining recovery	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Email <a href="mailto:fsmail@na.org">fsmail@na.org</a></li> <li>• Call 818-773-9999 x771</li> </ul>

Resource	Description	How to Connect
<p><u>National Abortion Hotline</u></p> <p>▲</p>	<p>National - a free, multilingual hotline for abortion provider information and financial assistance</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-772-9100</li> <li>• <a href="#">Chat via website</a></li> </ul>
<p><u>National Domestic Violence Hotline</u></p> <p>▲!</p>	<p>National - 24/7 - a free resource that provides essential tools and support to help survivors of domestic violence</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call the 24/7 hotline at 1-800-799-7233</li> <li>• Text START to 88788</li> <li>• <a href="#">Chat via website</a></li> </ul>
<p><u>National Eating Disorders Association Helpline</u></p> <p>▲!</p>	<p>National - 24/7 - a free helpline for support, resources, and treatment options for anyone who is struggling with an eating disorder</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call or text 800-931-2237</li> <li>• <a href="#">Chat online</a></li> <li>• Text NEDA to 741741 to reach the 24/7 Crisis Text Line</li> </ul>
<p><u>National Human Trafficking Hotline</u></p> <p>▲!</p>	<p>National - 24/7 - a free, confidential hotline</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-888-373-7888</li> <li>• Text 233733</li> <li>• <a href="#">Submit a tip online</a></li> <li>• <a href="#">Chat via website</a></li> </ul>
<p><u>National Maternal Mental Health Hotline</u></p> <p>▲!</p>	<p>National - 24/7 - free, confidential hotline for pregnant and new moms</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call or text 1-833-943-5746</li> </ul>
<p><u>National Sexual Assault Hotline</u></p> <p>▲!</p>	<p>National - 24/7 - free, confidential support, information, advice, or referrals from trained support specialists</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 800-656-HOPE</li> <li>• Call 800-656-4673</li> <li>• <a href="#">Chat online</a></li> <li>• Download the app: <ul style="list-style-type: none"> <li>◦ <a href="#">App Store</a></li> <li>◦ <a href="#">Google Play</a></li> </ul> </li> </ul>

Resource	Description	How to Connect
<p><u>Next Rung</u></p> <p>▲</p>	<p>National - a free resource offering support for firefighters and all first responders</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 678-783-3686</li> <li>• Text SUPPORT to 1-833-698-7864 to reach a Peer Support Helpline</li> <li>• Email <a href="mailto:info@nextrung.org">info@nextrung.org</a></li> </ul>
<p><u>Opioid Treatment Program Directory</u></p> <p>▲</p>	<p>National - a comprehensive list of opioid treatment programs in each state</p>	<p>Visit the <a href="#">website</a></p>
<p><u>Overeaters Anonymous</u></p> <p>■</p>	<p>International - a community of people who support each other in order to recover from compulsive eating and food behavior</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 505-891-2664</li> <li>• <a href="#">Send a message via website</a></li> </ul>
<p><u>Oxford House</u></p> <p>▲</p>	<p>National - a free resource to help find an oxford house which is described as a democratically run, self-supporting, and drug-free home to serve as a low-cost and effective method of preventing relapse</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 301-587-2916</li> <li>• <a href="#">List of Oxford Houses in CT</a></li> </ul>
<p><u>Postpartum Support International</u></p> <p>▲⚠</p>	<p>National - 24/7 - a free resource dedicated to increasing understanding and awareness about the emotional changes experienced during pregnancy and postpartum</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call or text the Helpline at 1-800-944-4773</li> </ul>

Resource	Description	How to Connect
<p><u>Safe Call Now</u></p> <p>▲ (!)</p>	<p>National - 24/7 - a confidential crisis referral service for all public safety employees, all emergency services personnel, and their family members</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 206-459-3020</li> <li>• <a href="#">Send a message via website</a></li> </ul>
<p><u>SAGE National LGBTQ+ Elder Hotline</u></p> <p>▲ (!)</p>	<p>National - 24/7 - a free hotline for older LGBTQ+ folks and their caregivers</p>	<p>Call 877-360-LGBT (5428)</p>
<p><u>Smokefree.gov</u></p> <p>▲</p>	<p>National - a free resource created by the National Cancer Institute to help folks quit smoking</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Email <a href="mailto:NCISmokefreeTeam@mail.nih.gov">NCISmokefreeTeam@mail.nih.gov</a></li> </ul>
<p><u>Stronghearts Native Helpline</u></p> <p>▲ (!)</p>	<p>National - 24/7 - a free, safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call or text 1-844-7NATIVE (762-8483)</li> <li>• <a href="#">Chat via website 24/7</a></li> </ul>
<p><u>Substance Use Services Access Line</u></p> <p>● (!)</p>	<p>CT - 24/7 - a free access line operated by Wheeler that facilitates access to substance use services</p>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 1-800-563-4086</li> </ul>
<p><u>Teachers Hotline</u></p> <p>●</p>	<p>CT - a free hotline available to teachers, parents, and others who are struggling with stress or anxiety</p>	<p>Call 888-217-4376</p>

Resource	Description	How to Connect
<u>The Tribe: Wellness Community</u> ▲	National - a free, online support community that offers members suffering from various mental illnesses, addictions, and diseases a convenient and safe way to connect with each other	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 858-248-3759</li> <li>• <a href="#">Send a message via website</a></li> </ul>
<u>This is Quitting - Text to Quit Vaping</u> ▲	National - the first-ever text-to-quit vaping service that provides help and support to folks wanting to quit vaping	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Text DITCHVAPE to 88709</li> <li>• <a href="#">Send a message via website</a></li> </ul>
<u>Trans Lifeline</u> ▲⚠	National - 24/7 - free peer support for the transgender community, run by and for trans people	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Call 877-565-8860</li> <li>• <a href="#">Send a message via website</a></li> </ul>
<u>Treatment Services Locator</u> ▲	National - a free resource for people seeking treatment for mental health and substance use disorders in the US	Visit the <a href="#">website</a>
<u>Trevor Project</u> ▲⚠	National - 24/7 - a free resource that provides information about and support for the LGBTQ+ community	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Email <a href="mailto:info@thetrevorproject.org">info@thetrevorproject.org</a></li> <li>• For 24/7/365 access to a crisis counselor: <ul style="list-style-type: none"> <li>◦ Call 1-866-488-7386</li> <li>◦ Text START to 678678</li> <li>◦ <a href="#">Chat via website</a></li> </ul> </li> </ul>
<u>Veterans Crisis Line</u> ▲⚠	National - 24/7 - free, confidential support for veterans and their loved ones	<ul style="list-style-type: none"> <li>• Visit the <a href="#">website</a></li> <li>• Dial 9-8-8, then press 1</li> <li>• Text 838255</li> <li>• <a href="#">Chat online</a></li> </ul>



REAL LIFE. REAL HOPE.

CHR is the most comprehensive, non-profit behavioral healthcare provider in Connecticut, offering a wide range of personalized services for children, families and adults whose lives have been touched by mental illness, addiction or trauma. The largest outpatient offices are in Manchester and Enfield, with smaller offices throughout central and eastern Connecticut and several community-based programs.

<https://www.chrhealth.org/>

1.877.884.3571



# Mental Health FIRST AID

*from* NATIONAL COUNCIL FOR  
MENTAL WELLBEING



Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.



<https://www.mentalhealthfirstaid.org>

# SOURCES

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- Centers for Disease Control and Prevention (CDC)
- CHR
- Connecticut Department of Public Health
- Mental Health First Aid
- National Alliance on Mental Health (NAMI)
- National Institute of Mental Health (NIMH)
- National Institutes of Health (NIH)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- The Jed Foundation (JED)
- World Health Organization (WHO)

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