



228 W. Town Street, Norwich, CT 06360 ~ 860-848-2800 ~ seracct.org

“Uniting communities of Eastern CT to effectively coordinate the prevention of addictions and the promotion of optimal mental wellness.”

(This is not an exhaustive list of behavioral health providers in the region.)

Crisis Helplines

Mental Health

- For emergency services for all ages **Call 211** —press 1 for Mobile Crisis Intervention Services for persons under 18 who are experiencing a mental health crisis.
- For adult emergency services in the Southeast Call Southeastern Mental Health Authority at 860-859-4500
- For adult emergency services in the Northeast Call United Services at 860-774-2020
- Veterans Crisis Line: 800-273-8255

Suicide

- National Suicide Lifeline ~ 800-273-8255
- TREVOR LGBTQ Crisis Line ~ 866-488-7386
- Crisis Text Line: Text Hello to 741741

Violence

- Domestic Violence: 888-774-2900
- National Domestic Violence Hotline: 800-799-7233
- Sexual Assault Hotline: 800-656-4673
- Suspected Child Abuse/Neglect: 800-842-2288

Recovery

- Problem Gambling Helpline: 888-789-7777
- Smoking Cessation: 800-QUIT-NOW
- Alcoholics Anonymous (AA): 866-783-7712
- Brian's Healing Hearts (Coping with loss) 860-451-8354
- Peer Recovery Coach Services: 211
- Opioid Detox Access/Treatment: 860-536-4086 24/7

Behavioral Health Resources

Northeastern CT

- **United Services, Inc.:** 860-774-2020, USI provides a comprehensive array of behavioral health, prevention, education, treatment, and social services to children, youth, families, and adults. They have multiple locations including Columbia, Mansfield, Windham, and Dayville.
- **CHR:** 877-884-3571, CHR offers a wide range of personalized services for children, families and adults whose lives have been touched by mental illness, addiction or trauma. CHR has offices in Putnam, Mansfield, Danielson, and Willimantic.
- **Natchaug Hospital:** 860-456-1311, The hospital's outpatient programs provide clients with structured clinical treatment for their psychiatric or chemical dependency issues without inpatient care.
- **United Community and Family Services:** 860-889-7042, UCFS provides a full array of behavioral health services, school-based health centers, and other social service programs. ucfs.org
- **Bettor Choice Gambling Program:** 860-822-4938
- **Perception Programs:** 860-450-7122, outpatient and inpatient substance abuse treatment in NE CT. perceptionprograms.org

Southeastern CT

- **Southeastern Mental Health Authority:** 860-859-4500, SMHA's primary goal is to provide high quality behavioral health services to those in the community with mental health and substance use disorders who are 18 years or older and reside in New London County and its surrounding towns.
- **Reliance Health Inc.,** 860-887-6536, Reliance Health works with people 18 years or older to provide tools and resources for individuals to move forward in their lives. Each program focuses on positive relationships and mental wellness.
- **United Community and Family Services:** 860-889-7042, UCFS provides a full array of behavioral health services, school-based health centers, and other social service programs.
- **Child and Family Agency of SECT:** 860-443-2896, Provide behavioral health services to children, youth, and families and provide a variety of home-based and other social service programs.
- **Community Health Center of New London:** 860-447-8304, providing health and behavioral health services on site. They accept Medicaid and Husky. chc1.com
- **Southeastern Council on Alcoholism and Drug Dependence:** 860-886-2495, provides inpatient substance abuse treatment, sober house, and after care services. scadd.org