

# Mental Health and Community Services

Available in these towns

**Branford, North Branford, North Haven, East Haven, Guilford, Madison**

## For Deaf and Hearing Impaired

**Mental Health and Addiction Services(DMHAS) TDD: 860 418 6688, Voice: 860 418 6830**  
**SHHH-ION, East Haven (email: J4913@juno.com) 203 467 9133**  
Self help/education/advocacy for the hard of hearing  
**Infoline, South Central Office, New Haven 203 867 4150**

## Substance Abuse Services and Drug Prevention

**Harbor Health 203 483 2630**  
**East Haven Counseling & Youth Services 203 468 3297**  
**SATU, 1 Long Wharf, New Haven 203 974 5777**  
Substance Abuse Treatment Unit  
**West Haven Veteran's Administration 203 932 5711**  
**APT Foundation 203 781 4646**

## Basic Services

**Community Dining Room 203 488 9750**  
Lunch every day of the year, noon to 1PM available to all  
Dinner on Tuesday, 5:30 to 6:30, available to families with children  
At the Volunteer Services Center  
30 Harrison Avenue, Branford  
**East Haven Food Pantry, 203 467 4668, 469 9377**  
Available to East Haven residents, Tuesday and Thursday 9:30 to 11:30, Saturday 1-3  
At Christ and the Epiphany Church, 39 Park Place  
**Guilford Food Bank 203 453 8166**  
Available to any Guilford resident in need; Fri 3-4:30, Sat 9-11  
45 Stonehouse Lane, Guilford  
**HHSI Clothing Bank 203 483 2643**  
Available to all, regardless of residency, \$10 one time charge, can pay in installments  
At the Volunteer Services Center, Mon to Thurs, 9:30-2, Fri 9:30-1, Sat 11-1  
30 Harrison Avenue, Branford  
**North Haven Food Bank 203 239 5321 ext 780**  
Available to North Haven residents, call ahead for availability  
**Connecticut Legal Rights Project 877 402 2299**  
For persons with psychiatric disabilities  
**Legal Aid toll free 800 453 3320**  
Statewide agency for low income  
**Domestic Violence Shelter 203 789 8104 Emergency Hot Line**  
Located in New Haven

## Comprehensive Resource Information

**INFOLINE by telephone 211 or on line at [www.211infoline.com](http://www.211infoline.com)**  
**Wheeler Clinic Clearinghouse online at [www.ct.clearinghouse.org](http://www.ct.clearinghouse.org)**  
**CMHC website [www.communityservicesnetwork.org](http://www.communityservicesnetwork.org)**  
**Connecticut Parents Advocacy Center, Inc [www.cpacinc.org](http://www.cpacinc.org) or 860 739 3089 V/TDD**  
Free service for parents of children with disabilities **or 800 445 CPAC**

Information prepared by  
Catchment Area Council # 8 of the

REGION II  
REGIONAL MENTAL HEALTH BOARD, INC.  
P.O. Box 351, Middletown, CT 06457 \* Phone (860) 262-5027 \* Fax (860) 262-5028  
Email: [rmhb2@aol.com](mailto:rmhb2@aol.com)

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## 24-hour Crises Hotline

**Harbor Health Services, Inc. 203 483 2630**

The lead mental health agency for CAC 8

**Sexual Assault Hot Line toll free 888 999 5545**

## Outpatient Treatment

### **Harbor Health**

Clinical and Community Support	203 483 2630
Social and Vocational	203 483 2645
Residential, Harbor House	203 483 2662
Residential and Respite, HARP	203 483 2635
Jail Diversion	203 483 2630

If you are uncertain which of these services you need, call HHSI at 203 483 2630

<b>Branford Counseling, Branford</b>	<b>203 481 4248</b>
<b>East Haven Counseling &amp; Youth Services</b>	<b>203 468 3297</b>
<b>North Haven Counseling &amp; Youth Services</b>	<b>203 239 5321, Ex 780 or ask for Community Services</b>
<a href="http://www.town.north-haven.ct.us/department/community_services">www.town.north-haven.ct.us/department/community_services</a>	
<b>Guilford Youth and Family Services</b>	<b>203 453 8047</b>
Available to Guilford children and families	

## Home Care

<b>VNA Community Health Care, Inc.</b>	<b>203 458 4290</b>
<b>VNA Services, Inc.</b>	<b>866 VNA 0888</b>
<b>VNA Services, Inc</b>	<b>203 288 1623</b>

## Self Help/Support Groups

<b>Alcoholics Anonymous, Alanon,. Alateen, (www.ct-aa.org)</b>	<b>800 203 1234</b>
<b>Cocaine Anonymous (www.ca.org)</b>	<b>800 347 8998</b>
<b>Narcotics Anonymous</b>	<b>800 627 3543</b>
<b>Statewide Narcotics Task Force</b>	<b>800 44DRUGs</b>
<b>Gambler's Anonymous Referrals</b>	<b>203 777 5585</b>
<b>NAMI of Connecticut</b>	<b>800 215 3021</b>
National Alliance for the Mentally Ill	
<b>NAMI-CAN</b>	<b>203 318 0604</b>
Support group for friends and family of mentally ill children	
<b>Contact Ann Nelson: <a href="mailto:ann.h.nelson@snet.net">ann.h.nelson@snet.net</a></b>	

## Spanish Speaking Services

<b>Catholic Family Services</b>	<b>203 787 2207</b>
<b>Multicultural Ambulatory Addiction Services (MAAS)</b>	<b>203 495 7710</b>

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