

Mental Health and Community Services

Available in these towns

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

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 203 483 2630

Clinical and Community Support 203 483 2650

Social and Vocational 203 483 2645

Residential, Harbor House 203 483 2662

Residential and Respite, HARP 203 483 2635

Jail Diversion 203 483 2630

Spanish speaking clinician

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

Branford Counseling, Branford 203 481 4248

East Haven Counseling & Youth Services 203 468 3297

North Haven Counseling & Youth Services 203 239 5321, Ex 780 or ask for Community Services

www.town.north-haven.ct.us/annexdepts/communityservices.asp

Guilford Youth and Family Services 203 453 8047

Available to Guilford children and families

Home Care

VNA Community Health Care, Inc. 203 458 4290

VNA Services, Inc. 866 VNA 0888

VNA Services, Inc 203 288 1623

Self Help/Support Groups

Alcoholics Anonymous, Alanon, Alateen, (www.ct-aa.org) 800 203 1234

Cocaine Anonymous (www.ca.org) 800 347 8998

Narcotics Anonymous 800 627 3543

Statewide Narcotics Task Force 800 44DRUGs

Gambler's Anonymous Referrals 203 777 5585

NAMI of Connecticut 800 215 3021

National Alliance for the Mentally Ill

NAMI-CAN 203 318 0604

Support group for friends and family of mentally ill children

Contact Ann Nelson: ann.h.nelson@snet.net

Spanish Speaking Services

Catholic Family Services 203 787 2207

Multicultural Ambulatory Addiction Services (MAAS) 203 495 7710

Harbor Health clinical services 203 483 2630

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: southcentral@rmhb2.org

OVER

Mental Health and Community Services

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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

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,
Director: Sal Mattei cell phone 203 530 3429
Available to East Haven residents, Tuesday and Thursday 9:00 to 11:00, 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
Spanish speaking volunteers
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
Wheeler Clinic Clearinghouse online at www.ct.clearinghouse.org
CMHC website www.communityservicesnetwork.org
Connecticut Parents Advocacy Center, Inc www.cpacinc.org or 860 739 3089 V/TDD
Free service for parents of children with disabilities **or 800 445 CPAC**

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