

Community Mental Health Services for Middlesex County, Lyme, and Old Lyme

The Connecticut Department of Mental Health and Addiction Services provides comprehensive, recovery-oriented mental health and addiction services for residents of Catchment Area 10 communities, which include Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Lyme, Middlefield, Middletown, Old Lyme, Old Saybrook, Portland, and Westbrook

Crisis Assessment, Triage, and Intake Evaluation:

River Valley Services Mobile Crisis Team – 24/7 emergency services * **860-344-2100**

Intake evaluation and connection to services – non-emergency * **860-262-5296**

Rushford Center * **860-346-0300**

Triage and evaluation for adults in need of substance abuse services

Middlesex Hospital Center for Behavioral Health **860-358-6760**

Comprehensive outpatient and inpatient behavioral health evaluation and treatment

Mental Health Treatment and Support Services

River Valley Services * **860-262-5200**

Local mental health authority and provider of comprehensive community mental health services

Gilead Community Services, Inc. * **860-343-5300**

Residential, rehabilitative, case management, psychosocial and ACT services

Middlesex Hospital Center for Behavioral Health * **860-358-6760**

Outpatient and inpatient psychiatric services

Community Health Center, Inc. * **860-347-6971**

Case management and homeless outreach services

Kuhn Employment Opportunities * **860-347-8923**

Supported employment services

St. Vincent de Paul * **860-344-0097 Mon thru Fri 9 AM to 3 PM**

Case management and support services for residents of Liberty Commons

Substance Abuse Treatment and Support Services

Rushford Center * **860-346-0300**

Comprehensive substance abuse treatment services

The Connection, Inc. * **860-343-5500 ext: 2125 Mon thru Fri 9 AM to 5 PM**

Outpatient and residential substance abuse treatment services

United Labor Agency * **860-347-8060 Mon thru Fri 8:30 AM to 4:30 PM**

Vocational services for adults with addictions disorders

Housing and Homelessness Services

Homeless Outreach Team * **860-262-5200**

Provides street outreach to homeless adults and links to needed services

Shelter Plus Care Program * **860-262-5352**

Housing subsidies and support services for homeless individuals and families

Other Services

Common Thread Warm Line ***800-316-9145 (toll free)**

Telephone support line staffed by peers and available 5 – 10 PM, seven days a week

Connecticut Legal Rights Project * **860-262-5030**

Legal advocacy and representation for clients of DMHAS-funded programs

**Provided by the Catchment Area Council #10
Region II Regional Mental Health Board, Inc.**

P.O. Box 351

Middletown, CT 06457

PH: 860-262-5027 FAX: 860-262-5028

Non-Department of Mental Health and Addiction Services-Funded Resources

Emergency Shelters/Services

The Connections' INC. * 860-343-5520

Emergency shelter for homeless, single adults

American Red Cross * 860-347-8686

Emergency housing for homeless families

New Horizons * 860-347-3044

Emergency shelter for victims of domestic violence

Women's Center of Southeastern CT * 860-701-6000

Emergency shelter for victims of domestic violence for Lyme and Old Lyme

Sexual Assault Crisis Services of Central CT * 1-888-999-5545

Emergency care for victims of sexual assault/domestic violence

Mental Health Services

Middlesex Hospital Crisis Assessment * 860-344-6496

Outpatient, emergency and partial hospitalization services

Community Health Center * 860-347-6971

Outpatient mental health clinic services

Gilead Community Services * 860-343-5300 Option #3

Outpatient mental health clinic services

Basic Needs

Amazing Grace * 860-347-3222 Mon, Wed and Fri 1 to 4 PM

Food pantry for low-income individuals and families

Shoreline Soup Kitchen * 860-388-1988

Food pantry and soup kitchen for low-income individuals and families

St. Vincent de Paul Place * 860-344-0097

Soup kitchen for low-income individuals and families

Department of Social Services * 860-704-3100

Cash assistance and basic needs for low-income, unemployable, single adults (SAGA); health insurance (Medicaid) for low-income elderly and disabled

Community Renewal Team * 860-347-4465

Assistance for low-income individuals and families

Social Security Administration * 860-347-8562

Cash assistance and health insurance (Medicare) for the elderly and disabled

Support Groups

NAMI – Connecticut * 800-215-3021

Support groups in Middletown and Old Lyme for family members of the mentally ill

Mental Health Association of Connecticut * 800-842-1501 Mon thru Fri 9 AM to 5 PM

Support groups for individuals with various psychiatric illnesses

Alcoholics Anonymous * 800-530-9511

12-step support groups for alcoholics

Narcotics Anonymous * 800-627-3543

12-step support groups for drug abusers

Alanon * 1-888-825-2666

Support groups for family members of substance-abusing individuals

Community Health Center Inc. * 860-344-0551

Support groups and other services for individuals with HIV/AIDS

Medical Services

Community Health Center, Inc. (Access Program) * 860-347-6971

Comprehensive medical and dental services provided on a sliding fee scale

Middlesex Hospital Family Practice Residency Program * 860-358-2402 or 860- 358-2430

Medical care provided on a sliding fee scale