

## Mental Health and Substance Abuse Community Resource List

### Serving

**Ansonia, Derby, Shelton, Oxford, Beacon Falls**

#### Self Help:

Resource	Phone	Website
Alcoholics Anonymous/Alanon	211	<a href="http://www.CT-AA.org">http://www.CT-AA.org</a>
Cocaine Anon	1-800-347-8998	<a href="http://WWW.CA.org">WWW.CA.org</a>
Narcotics Anon	1-800-627-3543	
Statewide N.A. Task Force		
Gambler's Anonymous Hotline	800-346-6238	
Schizophrenics Anonymous	203-736-2601(contact:Jim Cronin)	
Warmline	203-732-2004(evening 7 days a week)	

#### Mental Health Services:

Resource	Phone
<b>Outpatient Mental Health Services:</b>	
Birmingham Group Health Services	1-203-736-2601
Cochran Clinic Outpatient Services	1-203-732-7580
Catholic Charities	735-7481
Sterling Center	929-2400

#### Services for Children:

Parent Child Resource Center	203-954-0543
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#### Nursing Services:

Visiting Nurses Association	203-735-7468
VNS	734-8088
Unison	877-520-6628

#### Inpatient Services:

Griffin Psychiatric	203-732-7470
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#### Domestic Violence Services:

Resource	Phone
Birmingham Health Serv./Umbrella	203-736-2601 x381
Local Hotline	1-203-736-9944
Statewide Hotline	1-800-774-2900

#### Spanish Speaking Services:

Birmingham Group Health Services	203-736-2601 (some services)
Catholic Family Services	203-735-7481

#### Deaf & Hearing Impaired:

DMHAS TDD	860-418-6618
DMHAS Voice	418-6830

<b>Infoline:</b>	211 <a href="http://www.211infoline.com">www.211infoline.com</a>
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<b>Inpatient Detox Services:</b>		
Rushford Center	860-346-0300x161or800-542-4791	
Rushford Center	Detox x104 Triage x109	
South Central Rehab. Center	1-860-782-1106	
<b>Substance Abuse:</b>		
BGHS	203-736-2601	
Liberty Center	203-735-8761	
Parents Advocacy Center, Inc.	<a href="http://www.CPACInc.org">www.CPACInc.org</a>	
<b>Subst. Abuse Prevention:</b>		
Birmingham Health Serv./Valley Subs.	1-203-736-8566	
Abuse Action Council		
<b>Prepared by Catchment Area #5</b>		
<b>Region II</b>		
<b>Regional Mental Health Board, Inc.</b>		
<b>P.O. Box 351, Middletown, Ct. 06457 * Phone (860-262-5027) * Fax (860-262-5029)</b>		
	<b>email: <a href="mailto:rmhb2@aol.com">rmhb2@aol.com</a></b>	