

## Eating Disorders

### Backcountry Wellness **E**

203-992-1700

Located in Greenwich. Eating disorder treatment using family-based model

### Center for Discovery **E S HC**

833-420-1009

Located in Greenwich. Eating disorder and mental health treatment for all genders, ages 10+

## Domestic Violence/Sexual Assault

### CT Safe Connect **E S HC**

24/7 hotline: 888-774-2900 (call/text)

Texting, web chat, and voice call options for survivors of domestic violence

### Domestic Violence Crisis Center **E S HC**

203-588-9100

24/7 hotline: 1-888-774-2900

Counseling, advocacy, and emergency safe housing for survivors of domestic violence and their children

### The Rowan Center **E S HC**

203-348-9346

24/7 hotline: 203-329-2929

Counseling for survivors of sexual assault and abuse ages 14+, support groups, and advocacy

## Housing & Employment Support

### Inspirica **E S HC**

203-388-0100

Housing, employment help, children's services and parenting programs, healthcare support

### Laurel House **E S**

203-324-1816

Education, employment, and housing resources for those recovering from or living with mental illness

### Building One Community **E S HC**

203-674-8585

Case management, employment support, and more for immigrant families

## Crisis Intervention

### Suicide Prevention Lifeline **E S**

9-8-8

### Crisis Text Line **E S**

Text 'CONNECT' to 741-741

### Kids in Crisis **E S HC**

203-661-1911

Counseling, temporary shelter, family reunification; services for LGBTQ+ youth & allies

### Mobile Crisis Intervention Services

2-1-1 **E S HC**

Mobile program for children in the community under the age of 18 in the midst of a psychiatric or emotional crisis, with the goal of stabilizing and referring to treatment

### Regional Mobile Crisis Intervention Team

24/7 Hotline: 800-586-9903 **E S HC**

Support for adults (18 years and older) who are experiencing a behavioral health crisis in the comfort of their own home or other community location. Available 7 days a week, 8:30 am to 4:30 pm. Provided by FS DuBois Center

## Inpatient Treatment

### Silver Hill Hospital New Canaan **E S HC**

866-542-4455

Adult and adolescent treatment. Inpatient, transitional living and intensive outpatient treatment for substance use and mental health disorders

### Stamford Health **E S HC**

203-276-1000

Inpatient and crisis management care. Referrals to community resources



[bit.ly/stamfordsupport](https://bit.ly/stamfordsupport)

# City of Stamford Mental Health Resources



### Language Key:

- E** Services in English
- S** Servicios o interpretación en Español
- HC** Sevis ou byen tradiksyon en Kreyòl


## Outpatient Counseling & Treatment

### Centro Bienestar

203-883-8135

Mental health, parenting, eating disorder, and domestic violence services for individuals and families

### Child Guidance Center of Southern CT

203-324-6127 

Mobile crisis services; individual, group, and family therapy; and medication management and care coordination for children and their families

### Community Health Centers, Inc.

203-869-0802

Individual, group, family and couples counseling offered for adults and children. Psychiatric and therapeutic services offered in Spanish and other languages. In-person and remote sessions available

### Family Centers, Inc.

203-869-4848

Mental health, trauma, grief, and social support services ranging from counseling to parenting classes

### FS Dubois Center

203-388-1600

Crisis intervention:

203-358-8500 or 1-800-586-9903

Treatment for mental health and substance abuse; psychiatric services & medication management; jail diversion and care management

### Jewish Family Service of Fairfield County

203-921-4161

Individual, group, family, & marital counseling for children and adults; medication management; grief therapy

### Optimus Health Care

203-621-3750

Individual, group, family, & marital therapy; medication and case management, and employment support

## Addiction Services

### Connecticut Community for Addiction Recovery

866-205-9770

Online recovery coaching & virtual support groups

### CT Department of Mental Health and Addiction Services

24/7 hotline: 1-800-563-4086

Provide resources for substance abuse treatment

### Liberation Programs

203-851-2077

Inpatient and outpatient treatment for substance use disorder recovery

### Pacific House

203-348-2792

Support for substance use disorder, housing, and case management

### Recovery Network of Programs

203-416-1915

A medically monitored residential detoxification unit helping those 18 and over detoxing from alcohol, opiates, and/or benzodiazepines

### Substance Abuse and Mental Health Services Administration (SAMHSA)

24/7 Hotline: 800-662-4357

Crisis counseling and support


## Maternal Mental Health

### The Alliance Center

203-921-6653

Support groups, movement classes, and individual therapy for new and expecting parents

### National Maternal Mental Health Hotline

Call or text 1-833-943-5746 

24/7, free, confidential support, resources, and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones

## LGBTQ+ Affirming Resources

### Anchor Health

203-903-8308

24/7 hotline: 1-888-774-2900

LGBTQ+ affirming healthcare center offering behavioral health, primary care, gender affirming care, sexual health care, case management, and more

### Child Guidance Center of Southern CT Gender Diversity & Resilience Program

475-215-2389

Serves transgender, nonbinary and gender expansive youth through age 18 and their families, providing a tailored combination of group, individual, and family therapy, as well as case management, psychiatry, and gender affirming medical care

### LGBT National Help Center

National hotline: 888-843-4564 (all ages)

National youth talkline: 800-246-7743 (up to 25)

National senior hotline: 888-234-7243 (ages 50+)

### Triangle Community Center

203-853-0600

LGBTQ+ community center in Norwalk with services for teen and adult mental health and substance use, social events, case management, referrals, and counseling

### Trans Lifeline

24/7 hotline: 877-565-8860

Peer support phone service run by trans people for trans and questioning people; Friends and Family line operators for help with supporting trans loved one

### The Trevor Project

24/7 hotline: 1-866-488-7386

Text 'START' to 678-678

Trained crisis intervention counselors to give immediate support to LGBTQ+ people. Live chat option available on website