

Eating Disorders

Backcountry Wellness **E**

203-992-1700
Located in Greenwich. Eating disorder treatment using family-based model

Center for Discovery **E S HC**

855-938-1281
Located in Greenwich. Eating disorder and mental health treatment for all genders, ages 10+

Domestic Violence/Sexual Assault

CT Safe Connect **E S HC U**

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 U**

203-588-9097
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**

English: 203-348-9346 | Español: 888-568-8332
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 U**

211
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. Mon-Thur 9 am - 5 pm. Fri 9 am - 4 pm.

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 U HC**

24/7 Call or Text: 9-8-8

Crisis Text Line **E S**

24/7 Text 'HOME' to 741-741

Kids in Crisis **E S HC**

24/7: 203-661-1911
Counseling, temporary shelter, family reunification; services for LGBTQ+ youth & allies

Mobile Crisis Intervention Services **E S HC U**

2-1-1
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

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. Monday - Friday 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 U**

203-276-1000
Inpatient and crisis management care. Referrals to community resources

Yale New Haven Child Urgent Crisis Center

203-688-4707 **E S**
20 York St. New Haven, CT 06510
Immediate access to resources during a behavioral health crisis for children up to 18 years old.

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
- U** послуги доступні українською мовою



bit.ly/stamfordsupport

For Emergencies Dial 911


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.

860-347-6971

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: 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

203-696-3260

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

855-542-7764

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 1-833-852-6262 

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

203-324-6127

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+)

National coming out hotline: 888-688-5428

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