



Regional Behavioral Health Resource List

Listed below are the mental health resources and services available in Connecticut, including mental health evaluations, treatment resources, and more.

When in crisis, families can contact Mobile Crisis at 2-1-1 and press “1” and “1” again.

Information from ConnectingtoCare.org

Legend: Outpatient Psychiatric Clinics for Children (OPCC) Extended Day Treatment (EDT) Care Coordination (CC) Mobile Crisis (MC) Modular Approach to Therapy for Children (MATCH) Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)			
Name of Agency	Service(s) Provided	Location	Contact
Region 1 Southwest CT			
Network of Care Manager: Mai Kader (Mai.Kader@carelon.com)			
Boys and Girls Village	OPCC/EDT/TF-CBT	528 Wheelers Farm Rd, Milford, CT 06461, USA	203-877-0300
Child and Family Guidance Center	OPCC/CC/MC	180 Fairfield Ave, Bridgeport, CT 06604, USA	203-394-6529
Child Guidance of Mid Fairfield	OPCC/EDT/CC/MATCH/T F-CBT	100 East Ave, Norwalk, CT 06851, USA	203-299-1315
Child and Guidance of Southern CT	OPCC/CC/TF-CBT	103 W Broad St, Stamford, CT 06902, USA	203-324-6127
Family Centers	OPCC/CC/TF-CBT	60 Palmer's Hill Rd, Stamford, CT 06902, USA	203-324-3167
LifeBridge	OPCC	475 Clinton Ave, Bridgeport, CT 06605, USA	203-368-4291
Family and Children’s Agency	OPCC/TF-CBT	9 Mott Ave, Norwalk, CT 06850, USA	203-855-8765
Region 2 South Central CT			
Network of Care Manager: Daniela Giordano (Daniela.Giordano@carelon.com)			
Bridges Healthcare, Inc.	OPCC/CC/MATCH/TF- CBT	949 Bridgeport Avenue Milford, CT 06460	203-878-6365
Bridges Healthcare, Inc.	OPCC/CC/MC MATCH/TF-CBT	98 Elm Street West Haven, CT 06516	203-878-6365

For More Information:



Children's Center of Hamden	EDT	1400 Whitney Ave, Hamden, CT 06517, USA	203-248-2116
Clifford Beers Guidance Clinic	OPCC/CC/MC MATCH/TF-CBT	93 Edwards Street New Haven, CT 06511	203-772-1270
Clifford Beers Guidance Clinic	OPCC	1575 Boston Post Rd building b unit c, Guilford, CT 06437, USA	203-772-1270
Cornell Scott Hill Health Corporation	OPCC/TF-CBT	400 Columbus Ave, New Haven, CT 06519, USA	203-503-3055
Lower Naugatuck Valley Parent Child Resource Center, Inc.	OPCC/MATCH/TF-CBT	30 Elizabeth St, Derby, CT 06418, USA	203-800-7177
Yale Child Study Center	OPCC/CC/MATCH/TF- CBT	350 George St 2nd fl, New Haven, CT 06511, USA	844-362-9272
West Haven Mental Health Clinic	OPCC/TF-CBT	270 Center St, West Haven, CT 06516, USA	203-974-5900
Region 3 Eastern CT			
Network of Care Manager: Andrew Lavallee (Andrew.Lavallee@carelon.com)			
Child and Family Agency of SE CT	OPCC/MATCH/TF-CBT	7 Vauxhall St, New London, CT 06320, USA	860-443-2896
Child and Family Agency of SE CT	OPCC/MATCH/TF-CBT	190 Westbrook Road Essex, CT 06426	860-767-0147
Clifford Beers Guidance Clinic	MC	93 Edwards Street New Haven, CT 06511	203-772-1270
Community Health Center	OPCC/TF-CBT	675 Main Street Middletown, CT 06457	860-347-6971
Community Health Resources	OPCC/MATCH/TF-CBT	1310 West Main Street Willimantic, CT 06226	860-456-7200
Community Health Resources	CC	1491 West Main Street Willimantic, CT 06226	877-884-3571 or 860-771-4865
Middlesex Hospital	MC	51 Broad Street Middletown, CT 06457	860-358-3401
Natchaug Hospital	EDT	189 Storrs Road Mansfield Center, CT 06250	860-465-5943
Natchaug Hospital	EDT	934 North Main Street Danielson, CT 06239	860-779-2101 x315
Natchaug Hospital	EDT	1353 Gold Star Highway Groton, CT 06340	860-465-5907
Natchaug Hospital	EDT	11A Stott Ave, Norwich, CT 06360, USA	860-823-5320

For More Information:



Rushford Center Inc.	CC	883 Paddock Avenue Meriden, CT 06450	860-349-2043
United Community & Family Services	MC	31 Dow Rd, Plainfield, CT 06374, USA	860-822-4317
United Community & Family Services	MC	77 E Town St, Norwich, CT 06360, USA	860-822-4317
United Community & Family Services	OPCC/MATCH/TF-CBT	47 Town St, Norwich, CT 06360, USA	860-892-7042
United Services, Inc.	OPCC/MATCH/TF-CBT	140 N Frontage Rd, Mansfield Center, CT 06250, USA	860-456-2261
United Services, Inc.	OPCC/MATCH/TF-CBT	1007 N Main St, Dayville, CT 06241, USA	860-774-2020
Village for Families & Children	EDT	282 Main Street Extension, Middletown, CT 06457, USA	860-236-4511 x3636
Wheeler Clinic	EDT	20 Tuttle Place unit 6A, Middletown, CT 06457, USA	860-632-3231
Region 4 North Central CT			
Network of Care Manager: Lisa Palazzo (Lisa.Palazzo@carelon.com)			
Bridge Family Center	OPCC	26 Union Street, Ste 2 Rockville, CT 06066	860-313-1119
Bridge Family Center	OPCC	100 Shield Street West Hartford, CT 06110	860-313-1119
Catholic Charities	OPCC/TF-CBT	45 Wadsworth St, Hartford, CT 06106, USA	860-527-1124
Community Child Guidance Clinic	OPCC	317 N Main St, Manchester, CT 06042, USA	860-643-2101
Community Health Resources	MC/CC/MATCH/TF-CBT	444 Center St, Manchester, CT 06040, USA	860-730-8956
Community Health Resources	MC/CC/MATCH/TF-CBT	153 Hazard Ave, Enfield, CT 06082, USA	860-253-5020
Community Health Resources	OPCC/CC/TF-CBT/MATCH	693 Bloomfield Ave ste 101, Bloomfield, CT 06002, USA	860-243-6584
Hartford Hospital (Institute of Living)	OPCC/EDT	200 Retreat Ave, Hartford, CT 06106, USA	860-545-7200

For More Information:



Hockanum Valley Community Council	OPCC	27 Naek Rd ste 4, Vernon, CT 06066, USA	860-872-9825
Klingberg Family Center	OPCC	157 Charter Oak Ave, Hartford, CT 06106, USA	860-243-4416
Village for Families & Children	OPCC/EDT/ MATCH/TF-CBT	331 Wethersfield Avenue Hartford, CT 06114	860-236-4511
Village for Families & Children	EDT	34 Sequassen St, Hartford, CT 06106, USA	860-236-4511
Village for Families & Children	EDT	317 North Main Street Manchester, CT 06040	860-236-4511
Wheeler Clinic	CC	43 Woodland St, Hartford, CT 06105, USA	860-793-3551
Wheeler Clinic	OPCC/MC/ MATCH/TF-CBT	43 Woodland St, Hartford, CT 06105, USA	860-793-3500
Community Renewal Team Click here for more: crtct.org	Screenings/Evaluations Individual & group therapy/Parent education/Case management	555 Windsor Street, 1st Floor, Hartford, CT 06120	860-849-9207
Region 5 Western CT			
Network of Care Manager: Jules Calabro (Julie.Calabro@carelon.com)			
Charlotte Hungerford	OPCC/EDT/MATCH/TF-CBT	50 Litchfield St, Torrington, CT 06790, USA	860-489-3391
Community Mental Health Affiliates	OPCC/EDT/MATCH/TF-CBT	255 Bank St, Waterbury, CT 06702, USA	860-596-9724
Family and Children's Aid, Inc.	OPCC/EDT/TF-CBT	75 West St, Danbury, CT 06810, USA	203-205-2616
Family and Children's Aid, Inc.	OPCC	325 Danbury Rd, New Milford, CT 06776, USA	860-354-8556
Family and Children's Aid, Inc	OPCC/EDT/TF-CBT	30 Holmes Ave, Waterbury, CT 06702, USA	203-755-2868
Wellmore, Inc.	MC/CC/MATCH/TF-CBT	141 E Main St 2nd fl, Waterbury, CT 06702, USA	203-756-7287
Wellmore, Inc.	OPCC	333 Church St 1st fl, Naugatuck, CT 06770, USA	203-723-9599

For More Information:



Wellmore, Inc.	MC/CC	402 E Main St, Waterbury, CT 06702, USA	203-755-1143
Wellmore, Inc.	MC/CC	30 Peck Rd bldg 2 ste 2203, Torrington, CT 06790, USA	860-626-7007
Region 6 Central CT			
Network of Care Manager: Ann Petitti (Ann.Petitti@carelon.com)			
Bridge Family Center	OPCC	45 West Main Street Avon, CT 06001	860-313-1119
Child and Guidance of Central CT	OPCC/MATCH/TF-CBT	384 Pratt Street Meriden, CT 06450	203-235-5767
Community Mental Health Affiliates	OPCC/MATCH/TF-CBT	233 Main Street New Britain, CT 06051	860-224-8192
Klingberg Family Services	OPCC/EDT	370 Linwood Avenue New Britain, CT 06052	OPCC: 860-243-4416 EDT: 860-832-5527
Rushford Center Inc. and Hartford HealthCare	CC	883 Paddock Ave, Meriden, CT 06450, USA	860-227-0321
Village for Families & Children EDT	EDT	282 Main St. Ext. Middletown, CT 06457	860-840-1291
Wheeler Clinic	OPCC/EDT/CC/MC	91 Northwest Drive Plainville, CT 06062	860-793-3500
Wheeler Clinic	OPCC	225 North Main Street Bristol, CT 06011	860-793-3500

For More Information:

1-877-381-4193
Option 3

ConnectingtoCare.org

[Public Act No. 21-116](#)

Plan4Children.org