

**New Canaan Human Services
Mental Health Resources**



Call 988

Suicide & Crisis Lifeline

If you are thinking about harming yourself or attempting suicide, tell someone who can help right away.

- Call 911 for all emergency services.
- Go to the nearest hospital emergency room.
- Call or text **988** to connect with the **988 Suicide & Crisis Lifeline**. The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Support is also available via **live chat**, and for the **deaf and hearing impaired**. Para ayuda en español, llame al 988, **988Lifeline.org**.

Mental Health Emergency.... How You Can Help

If you have a family member or friend who is suicidal or in crisis, do not leave him or her alone. Try to get the person to seek help immediately from an emergency room, physician, or mental health professional. Take seriously any comments about suicide or wishing to die. Even if you do not believe your family member or friend will actually attempt suicide, the person is clearly in distress and can benefit from your help in receiving mental health treatment.

New Canaan Urgent Assessment Program

(866) 542-4455 - **SilverHillHospital.org**

A collaboration between the Town of New Canaan and Silver Hill Hospital. Its goal is to connect those in urgent need of mental health treatment with a timely psychiatric assessment and tailored referral for ongoing care.

Behavioral Health Services

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|---------------------------------|----------------|
| Child Guidance Center | (203) 324-6127 |
| CT Mental Hlth & Addiction Line | (800) 467-3135 |
| DuBois Center | (203) 388-1600 |
| Family Centers | (203) 869-4848 |
| Kids in Crisis | (203) 661-1911 |
| Laurel House | (203) 324-1816 |
| Mobile Crisis | 211 |
| NAMI Southwest CT | (203) 400-6264 |
| Resources to Recover | (203) 724-9070 |

Additional Resources

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|---------------------------------|----------------|
| AL-Anon of CT | (888) 825-2666 |
| Alcoholics Anonymous | (866) 783-7712 |
| Center for HOPE | (203) 655-0547 |
| CT Agency on Aging | (203) 333-9288 |
| CT Legal Services | (800) 453-3320 |
| Domestic Violence Crisis Center | (203) 588-9100 |
| Liberation Programs | (855) 542-7764 |
| NC Human Services/ Food Pantry | (203) 594-3076 |
| NC Parent Support Group | (203) 564-6374 |
| United Way of CT | 211 |
| Women Empowering Women | (203) 972-9403 |

Local Hospitals

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|-------------------|----------------|
| Norwalk Hospital | (203) 852-2000 |
| Stamford Hospital | (203) 276-2000 |

State of Connecticut Departments

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|-----------------------------|----------------|
| Adult Protective Svc. | (888) 385-4225 |
| Children and Families | (800) 842-2288 |
| Social Services | (855) 626-6632 |
| Substance Abuse Action Line | (800) 563-4086 |
| Women Infants & Children | (203) 854-7885 |
| Veteran's Health Care | (203) 932-5711 |