

WESTPORT MENTAL HEALTH RESOURCES 2023:

This is not an exhaustive list, nor is it an endorsement of one person or organization. Please explore your options, interview potential treatment options, and be sure to check with your insurance company to determine coverage.

Local Hospitals & Clinics:

Bridgeport Hospital.....	203-384-3000
St. Vincent's Behavioral Health Services.....	203-227-1251
Norwalk Hospital.....	203-851-1000
Norwalk Community Health Center.....	203-899-1770
St. Vincent's Medical Center.....	203-575-6000
Silver Hill Hospital	866-542-4455
Stamford Hospital.....	203-276-1000
Westport Family Health (Walk-in Clinic)	203-276-1000
Yale New Haven Hospital.....	203-688-4242

Infoline DIAL 211 or 800-203-1234 or go to www.211ct.org

Wherever you live in Connecticut, get the resources in your community: AA meetings, Alzheimer's Resource Child Care, Community Groups, Counseling, Crisis Intervention, Domestic Violence Programs, Drug/Alcohol Programs, Employment, Energy or Financial Assistance, Food/Nutrition Services, Health Care, Legal Assistance, Senior and Youth Services, Support Groups, Transportation, Volunteers, Voting Information and hundreds of other human services.

United Way Infoline Crisis Helpline 1-800-233-HELP

24/7 Suicide & Crisis Lifeline: Call or Text 988 for Mental Health Support

The HUB CT (Formerly known as the SOUTHWEST REGIONAL MENTAL HEALTH BOARD)

A local website with mental health resources. The HUB is a citizens' advisory council that works to ensure a high-quality mental health system that promotes recovery and wellbeing for the residents of southwestern Connecticut, provides advocacy, education and connects people to services and supports in southwest CT.

[Regional Behavioral Health Action Organization | The Hub CT | Norwalk](#)

Substance Abuse/Recovery:

<http://www.ctaddictionservices.com> . DMHAS has recently gone live with an updated site listing real-time bed availability across more than 1,000 DMHAS operated and funded beds in detox, residential treatment and recovery house programs.

[Resources to Recover/ Laurel House](#)— counseling resources for “Family Endorsed Providers”

LOCAL COUNSELING AND MENTAL HEALTH AGENCIES:

AA: Alcoholics Anonymous

888-624-6063

<https://www.aa.org/find-aa>

Call or check the website for more information and local meetings.

Al-Anon (Westport)

203-227-2496

www.ct-al-anon.org

Al-anon (and ALATEEN) is a world wide organization that offers a program of help and support for families and friends of someone with a drinking problem whether or not the person with a drinking problem seeks help or even recognizes the existence of a drinking problem.

Alateen

888-825-2666

www.ct-al-anon.org

Acadia Treatment Placement Specialists

Kelli Megenis Treatment Placement Specialist® for CT and RI
475-529-5715; Kelli.Megenis@AcadiaHealthcare.com
<https://www.acadiahealthcare.com/>

Aspire Counseling of CT

203-828-0868

www.aspirecounselingCT.com

Outpatient, individualized, psychotherapeutic care of mental health disorders, substance use and misuse disorders, and trauma.

Bread and Roses

Stamford CT

203-388-0188

141 Franklin Street

<https://www.breadandroses.org/>

Services include various support groups for persons with AIDS/HIV and their families. Case management, referral

CancerCare, Inc.

120 East Avenue, Norwalk, CT

203-854-9911 or Toll-Free: 800 813-4673

www.cancercare.org

CancerCare provides counseling, support groups and emotional support adults and children; information about cancer and treatment; referral to other support services; educational seminars, conferences and teleconferences; and financial assistance.

Center for Hope

590 Post Road, Darien, CT

203-655-0547

www.centerforhope.org

The Center offers support groups and therapy for individuals and their families living with a life threatening illness. Bereavement counseling, cancer support groups, and therapeutic services for children.

Child Guidance Center of Mid-Fairfield County

100 East Avenue Norwalk, CT 06851

(203) 299-1315

www.childguidancemfct.org

Outpatient Children's Clinic offers individual, family, and group therapies, as well as parent guidance. Our experienced team of board-certified child and adolescent psychiatrists, psychologists, and clinical social workers utilize evidence-based practices to treat a wide variety of emotional and behavioral disorders, including depression, anxiety, bi-polar disorders, OCD, and ADHD.

Coastal Connecticut Counseling

960 Post Road

3rd Floor Suite 3B2

Southport, CT 06890

(203) 307-3030

[Contact | Coastal Connecticut Counseling](#)

Connecticut Counseling Centers, Inc.

20 North Main Street, 3rd Floor, Norwalk, CT 06854

203-838-6508

www.Ctounseling.org

Methadone treatment program, comprehensive behavioral healthcare organization providing all levels of outpatient substance abuse and mental health services.

Hours: 9am–3pm (Mon–Thurs) 8:30am–2pm (Fri)

Connecticut Renaissance Inc.

83 Wall Street, Norwalk, Connecticut 06852-1520

203-866-2541

<https://ctrenaissance.org/>

Adolescent programs include but are not limited to mental health and substance abuse assessments, intensive outpatient, individual counseling, family therapy, psycho-educational groups, addiction groups, stress management, anger management, crisis management, relapse prevention, drug screening, psycho-spiritual counseling, treatment services for depression and eating disorders. **Hours:** Mon. - Fri. 9:00 am-6:00 pm with evening and Saturday hours by appointment. In-home services are available.

Elayne and James Schoke Jewish Family Service

196 Greyrock Place • Stamford, CT 06901

4200 Park Avenue • Bridgeport, CT 06604

203-921-4161

www.ctjfs.org

Jewish Family Service offers counseling and psychotherapy, group, individual, marital therapy. Psychiatric consultation is available. Services are available to all members of the community, all religions & races.

Elevate Health and Wellness

179 Post Road West, Westport, CT 06880

203-450-4882

www.elevatehealthandwellnessct.com

Individual and group therapy, medication evaluation and management, intensive outpatient program for addiction and dual diagnosis.

Family and Children's Agency, Inc.

9 Mott Avenue, 4th Floor, Norwalk, CT

203-855-8765

www.familyandchildrensagency.org

Offers behavioral health counseling, drug and substance abuse treatment, and intensive family preservation.

Hours: 8:30 a.m.–8:30 p.m.(Mon.–Thurs.) 8:30 a.m.–5:30 p.m. (Fri.)

Fairfield Counseling

203-255-5777

(leave a detailed message and you will receive a return call within 24 hours to schedule an intake)

125 Penfield Road

Fairfield, CT

[Fairfield Counseling Services | LifeBridge Community Services \(lifebridgect.org\)](http://FairfieldCounselingServices|LifeBridgeCommunityServices(lifebridgect.org))

Four Winds Hospital

800 Cross River Road, Katonah, NY 10536

914-763-8151 or Toll Free: 800-528-6624

www.fourwindshospital.com

Four Winds Westchester provides a comprehensive range of inpatient psychiatric treatment services for children, adolescents and adults. Four Winds treats a full spectrum of psychiatric disorders in these intensive programs including psychiatric/substance abuse (dual diagnosis), eating disorders, psychological trauma/abuse, and behavioral and anxiety

disorders.

High Focus Centers

17 High Street, Norwalk, CT 06851

866-935-4424

[Norwalk Mental Health Treatment | High Focus Centers](#)

Adults and teens can access outpatient mental health treatment services at High Focus Centers' facility in Norwalk, CT. Our experienced clinical team uses evidence-based therapeutic models to help adults and teenagers address depression, anxiety, self-harm, and other mental health conditions, as well as co-occurring disorders. Partial hospitalization (PHP), Intensive Outpatient (IOP) are offered.

Kids in Crisis

24 Hour helpline: 203-661-1911

<https://www.kidsincrisis.org/about-us/>

Access to Staples High School Teen Talk Counselor in Westport; emergency shelter for kids; on-site health clinic

Laurel House and Resources to Recover

1616 Washington Blvd, Stamford, CT 06902

203-324-1816

www.laurelhouse.net

Provides a resources and opportunities for individuals and family to achieve and sustain mental health recovery to lead fulfilling lives in the community.

Liberation Programs

Call 855.LIB.PROG (855.542.7764)

<https://www.liberationprograms.org/>

Liberation Programs' mission is to provide prevention, treatment and recovery services to help individuals and their families impacted by substance use and mental health conditions to foster hope and maintain wellness.

Access to an Student Support Coach at Staples High School in Westport, CT. By appointment.

Lift Wellness Group

8 Myrtle Avenue, Westport CT 06880

203-908-5603

<https://www.liftupwellness.com/>

Customized, evidence-based individual and group counseling treatment for a full range of mental and behavioral health conditions, including depressive disorders, anxiety, OCD, PTSD, gender and sexual identity issues, relational conflicts, grief and loss, parenting, divorce and eating disorders, relational conflicts, grief and loss, parenting, divorce, and eating disorders.

Mid-Fairfield Hospice/The Care Network

112 Main Street or mailing: P.O. Box 818, Norwalk

203-762-8958

www.visitingnurse.net

Mid-Fairfield Hospice offers home care for terminally ill patients with follow-up bereavement services for family and friends. Physician directed home care program, 24 hour nurses, social workers, counseling and volunteer program.

NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

www.nami.org

Narcotics Anonymous

800-627-3543

<https://ctna.org/find-a-meeting/>

Norwalk Hospital Psychiatric Services part of Nuvance Health

34 Maple Street, Norwalk, Connecticut

203-852-2000

www.norwalkhospital.org

Offers individual and family therapy, ambulatory detox, and intensive outpatient treatment. Hours: 9 a.m.–8 p.m. (Monday–Friday).

Positive Directions, the Center for Prevention & Recovery

420 Post Road West, Westport, CT 06880

203-227-7644

www.positivedirections.org

Positive Directions provides comprehensive counseling services including addictions, depression, anxiety and other emotional issues. In addition to counseling, we provide free telephone advisory services, compulsive gambling counseling, intervention services, groups, parenting programs, community forums and workshops. Sliding scale fees are available.

Redeem Wellness Center

Westport, CT

203-208-3940

<https://redeemwellnesscenter.com/>

Therapeutic treatments for individuals, groups, couples, and families.

Silver Hill Hospital

208 Valley Road, New Canaan, CT 06840

866-542-4455

www.silverhillhospital.com

A fully accredited, not-for-profit psychiatric hospital that offers a full range of diagnostic and treatment services for psychiatric and addictive disorders (alcoholism & substance abuse). Inpatient adolescent unit. Hours: M-F 9 am–10 pm

St. Vincent's Behavioral Health Services

47 Long Lots Road, Westport, CT 06880

203-227-1251 or toll free 1-800-543-3668

<https://stvincents.org/>

Offers intensive outpatient program, ambulatory services, school and after-school programs. Hall-Brooke provides a full range of inpatient and outpatient behavioral health and chemical dependency programs for children, adolescents, and adults. Treatment is brief, goal-oriented and tailored to meet individual needs. Hours: 24 hours/day.

Triangle Community Center

650 West Avenue, Norwalk, CT 06850

203-853-0600

www.ctpridecenter.org

Offers regular programs and support for the LGBTQ+ community, including peer support, recovery, social groups, wellness, and youth programs. Case management and referrals for housing, employment, education and training, and counseling.

Turnbridge

162 Kings Highway North, Westport, CT 06880

877-646-1160

www.turnbridge.com

Behavioral healthcare provider for adolescents, emerging adults, and families experiencing mental and behavioral health disorders. Recently opened a new adolescent after-school intensive outpatient mental and behavioral healthcare program in Westport.

Westport Family Counseling

250 Post Road East

Westport, CT 06880

203-227-4555

www.westportfamilycounseling.org

Westport Family Counseling is both a traditional and modern therapy group offering Psychodynamic Therapy, Cognitive Behavioral Therapy, Family Therapy, Couples Counseling, Play Therapy, Parent Consulting, and EMDR.

This is not an exhaustive list, nor is it an endorsement of one person or organization. Please explore your options, interview potential treatment options, and be sure to check with your insurance company to determine coverage.