

COLLEGE COUNSELING/ COMMUNITY MENTAL HEALTH RESOURCES

The following is a list of college resources and a brief list of some community resources that provide specific services related to counseling, mental health and family services, and treatment for alcohol and drug abuse. If you wish, you may directly contact any of these agencies for appropriate services. If none of them are to your choosing, you may call **211**, an anonymous social service referral program that keeps a database of all types of counseling/social service facilities.

College Resources

New and Continuing Students

- Advising & Student Support Center LH-L112
(203) 332-5097 (for all students)

International Students

- International Student Admission Office: (203) 332-5100
- ESL Program: (203) 332-5149

LGBT Students

LGBT Student Services: (203) 332-5181

Students with Disabilities

Disability Support Services: (203) 332-5018

Non-Traditional-Age Students

- Advising & Student Support Center LH-L112
(203) 332-5097
- Women's Center: (203) 332-5268
- Men's Center: (203) 332-5117

Community Resources

Bridges House, Inc

880 Fairfield Avenue, Bridgeport, CT 06605
Phone: (203) 335-5339; Fax (203) 331-1694
*1-800-921-0359 5:00pm-10:00pm
Psychiatric Emergency: 203-551-7507

Bridgeport Community Health Center

471 Barnum Ave, Bridgeport, CT 06608
(203) 696-3260, option#5

Catholic Family Services (you don't have to be Catholic)

238 Jewett Ave, Bridgeport, CT 06606
(203) 372-4301 x350

Center for Women & Family

753 Fairfield Ave., Bridgeport, CT 06604
(203) 334-6154 Crisis walk-in
(203) 384-9559 Domestic Violence hotline
(203) 333-2233 Sexual Assault hotline

Bureau of Rehabilitation Services

1057 Broad St, Bridgeport, CT 06604
(203) 551-5500

Greater Bridgeport Community Mental Health Center

(Primary focus: Mental health & substance abuse)
1635 Central Ave, 5th Floor, Bridgeport, CT 06610.
(203) 551-7400 (will connect with Crisis Center)
To inquire re: services (203) 551-7507 (diagnostic center – 8 AM-6PM)

Crisis Services: (203) 551-7507

Services: Mental Health & substance Abuse

Insurance: No insurance is needed

Jewish Family Service (You don't have to be Jewish)

2370 Park Ave, Bridgeport, CT 06604
(203) 366-5438 (psychiatric evaluation)

Life Bridge Community Services

(Formerly: Family Services Woodfield)
475 Clinton Ave, Bridgeport, CT -06605
(203) 368-4291

Services: Psychiatric Eval./Therapy

Insurance: Medicare, Medicaid/Husky

Southwest Community Health Center

1046 Fairfield Ave, Bridgeport, CT 06605
(203) 336-6260. Dial '0' for operator assistance.

Services: Behavioral Health & Substance Abuse
Individual & Groups

Insurance: Private/State/Husky/Sliding Scale

Southwest Connecticut Mental Health System

97 Middle Street, Bridgeport, CT 06604
Phone (203) 579-7300 Fax: (203) 579-6305

No Crisis Services

BHcare (Valley Offices)

(private & non-profit)
435 E. Main St, Ansonia, CT 06401
(203) 483- 2630 (x1234 Intake, Ms. Rachel Weiner)
Fax: (203) 736-2641

Serving the towns of Ansonia, Derby, Oxford, Seymour and Shelton

Services: Out Pt; Domestic Violence and Crisis Services and others

CT STRONG

(203) 878 6365

<http://turningpointct.org/resources/ct-strong/>

Connects individuals aged 16-25 to high quality behavioral health care.

Must be at risk for or have behavioral health disorders.

For residents of New London, Milford, Middletown only.

Center for Domestic Violence Services

BHCare, Ansonia, CT 06401
(203) 739-9944

Temporary confidential refuge for women and children affected by Domestic Violence.

BHcare (Shoreline Offices)

(private and non-profit)

14 Syamore Way, Branford, CT 06405

Phone: (203) 483-2630 Ms. Pula Anderson - Intake

Fax: (203) 483-2659

Serving the towns of Branford, East Haven, Guilford, Madison, North Branford, and North Haven

Fairfield Counseling Services

125 Penfield Rd, Fairfield, CT 06824

(203) 255-5777 x18

Services: Individual/Family/Couple/Group/Teenage Girls

Insurance: Husky/In-Network

No Cigna or Out of Network

Bridges...A Community Support System

(Private & Non-profit)

949 Brideport Avenue, Milford, CT 06460

Phone: (203) 878-6365 Fax: (203) 877- 3088

Intake: Mr. Kevin Boyer

Insurance: State (Husky), Medicare, Sliding scale for co-payment & Sliding scale for individuals

Services: M.H & substance abuse, Family Counseling, Out PT. Services, Groups, Crisis Services

Serving the towns of Milford, Orange, and West Haven.

Do take clients from out of the town area.

Connecticut Mental Health Center

34 Park Street, New Haven, CT 06790

Phone: (203) 974- 7300

Services: Crisis Services

Day time: (203) 974- 7713, 7 days per week 9am-5pm including most holidays

After 5pm – Acute Services

All other times: (203) 974- 7300, evenings, weekends, and holidays

Insurance: Will see with insurance or without insurance

Priority is given residents of the towns of Bethany,

Hamden, New haven, and Woodbridge

St. Vincent Behavioral Health Services

2414 Main St, Bridgeport, CT 06606

(203) 696-3570

Services: Mental Health & Substance Abuse

St. Vincent Intensive Out-PT Care (3 times a week)

2 Lois St., Norwalk, CT 06850

(203) 221-8899

St. Vincent Out-PT. Services

120 E. Avenue, Norwalk, CT

(203)750-9711

Insurance: Accepts a wide range of Insurances, Husky, Blue Cross Blue Shield, Aetna, High sliding scale

Do not accept United Health Care

F.S Dubois Center (State Operated)

780 Summer Street, Stamford, CT 06905

Phone: (203) 388-1600 Fax (203) 388-1681

Intake: (203) 388-1579

Mobile Crisis Center: (203) 358-8500

Stratford Community Services

(Primary focus: Mental health & family therapy)

468 Birdseye St., Stratford, CT 06615

(203) 385-4095. Must be a resident of Stratford.

Services: Mental Health & Family Therapy: Indi/Grp

Social Services: helps with finding resources for housing & energy

Insurance: Sliding Scale

Mary J. Sherlach Counseling Center

(Previously: Trumbull Counseling Center)

Must live in Trumbull to receive services

121 Old Mine Rd, Trumbull, CT 06611

(203) 261-5110

Services: By Appt. Marriage & Family Counseling

Insurance: Reasonable Sliding Scale depending on Family Income

Hall-Brooke Behavioral Health Services

(Primary focus: Mental health & substance abuse)

47 Long Lots Rd, Westport, CT 06880

In-patient: (203) 227-1251; Out-patient: (203) 221-8899

Westport In-Patient Services

47 Long Lots Rd, Westport, CT 06880

(203) 227-1251

Four Seasons Therapy, LLC

48 Alpine St., Bridgeport, CT 06610

(203) 870-6050

Services: Substance Abuse/Dependence, Relapse Prevention, Therapy for Depression and Anxiety, Group Sessions, Grief Counseling, Stress Management, Conflict Resolution, Anger Management, Domestic Violence.

Hours: Mon – Fri, 9:00 am – 7:00 pm.

Insurance: Accepts Husky and services may be covered in full or in part by your health insurance or employee benefit plan. Sliding Scale available. Does not accept United Health Care, CT CARE Insurances. Please call for information on services and insurance.

Specific to Drug/Alcohol Abuse

Liberation Program (Serving N. Fairfield County)
399 Mill Hill Ave, Bridgeport, CT 06610
(203) 384-9301. Follow the phone instructions.

125 Main St., Stanford, CT 06901
Phone: (203) 851-2077 Fax: (203) 851-2083
Outpatient/Rehab/Substance Abuse: (203) 356-1980
Therapist in charge, Mike McKnee: (203) 953-3341

Griffin Hospital Alcohol & Chemical Dependency Program

250 Seymour Ave, Derby, CT 06418
Out-patient Psychiatry: (203) 732-7580
Alcohol & Drug Addiction: (203) 732-7541

Center for Human Services

Regional Network of Programs
Detox & Counseling; Methadone Clinic
2 Research Dr, Stratford, CT 06615
(203) 386-8802. Dial '0' for operator assistance.
No Appt. necessary – call or walk-in
Insurance: Accepts all insurances. Sliding Scale based on pay stub.