

### Adult Psychiatric Counseling

Backus Hospital (Norwich)	860-823-6321
Sound Community Services	
Norwich	860-439-6480
New London	860-443-0036
United Community and Family Services	
Colchester	860-537-7676
Jewett City	860-376-7040
Norwich	860-892-7042
L+M Medical Group	
Groton	860-445-0494
New London	860-444-3366
Niantic	860-739-5426
Mystic	860-572-5782
Stonington	860-599-5477
Natchaug Hospital (Windham)	860-449-9947
SE Mental Health Authority	
OPtions (Norwich)	860-885-7255
United Community and Family Services	
Norwich	860-822-4938
United Services	
Columbia	860-228-4480
Willimantic	860-456-2261
Dayville	860-774-2020
Natchaug Hospital	
Dayville	860-779-0321
Vernon	860-870-0119
Mansfield Center	860-456-1311

### Our Mission:

*To promote the recovery of people with severe and persistent mental illnesses by evaluating existing and proposed state funded mental health programs and services under state mandate (CGS 17a 463-464) and by educating the public about mental health and illness.*

### CONTACT US:

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**The Eastern  
Regional Mental  
Health Board, Inc.**

**THE CITIZEN'S VOICE IN MENTAL HEALTH POLICY**

## Getting Help in Eastern Connecticut

### Behavioral Health and Substance Abuse Treatment Resources for Connecticut's Region Three:

Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, East Lyme, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Mansfield, Montville, New London, North Stonington, Norwich, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

**Mental Health Advocacy**

Eastern Regional Mental Health Board	
Norwich	860-886-0030
Advocacy Unlimited (Newington)	860-667-0460

**General Information and Referral**

Connecticut Clearinghouse	800-232-4424
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**Mental Health Trainings**

CONNECT & QPR	
SERAC (Norwich)	860-848-2800
Mental Health First Aid	
ERMHB (Norwich)	860-886-0030

**Individual Service Problems (Statewide)**

DMHAS Client Rights	860-418-6933
Office of Healthcare Advocate	860-331-2499
Office of Protection & Advocacy	800-842-7303
CT Department of Public Health	860-509-7407

**Legal Advice & Representation (Statewide)**

Connecticut Legal Rights Project	860-262-5030
Statewide Legal Services	860-344-8096

**Family Education & Support (Statewide)**

NAMI CT	860-882-0236
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**Inpatient Drug/Alcohol Detoxification**

SCADD (New London)	860-447-1717
Stonington Institute (N. Stonington)	800-832-1022
Natchaug Hospital (Windham)	800-426-7792

**Outpatient Drug Detoxification Programs**

Hartford Dispensary	
New London	860-447-2233
Norwich	860-886-0446
Willimantic	860-456-7990
Stonington Institute (N. Stonington)	800-832-1022

**Outpatient Drug Detoxification Programs (cont'd)**

Natchaug Hospital	
Dayville	860-779-0321
Groton	860-449-9947
Vernon	860-870-0119
Mansfield Center	860-456-1311

**Substance Abuse Counseling/Services**

Catholic Charities	
New London	860-443-5328
Norwich	860-889-8346
The Connection Counseling Center	
Groton	860-448-4993
Norwich	860-425-5258
New London	860-425-5258
SE Mental Health Authority	860-859-4500
Stonington Institute	
Groton	860-439-6014
North Stonington	800-832-1022
Perception Programs	860-450-0151
United Services	
Columbia	860-228-4480
Willimantic	860-456-2261
Dayville	860-774-2020
SCADD	
Norwich	860-889-3178
New London	860-437-2383

**Adult Inpatient Psychiatric Unit**

Backus Hospital (Norwich)	860-823-6321
L+M Hospital (New London)	860-442-0711
Natchaug Hospital (Windham)	800-426-7792
Day Kimball Hospital (Putnam)	860-928-6541

**Adolescent/Youth Counseling**

Catholic Charities (New London)	860-889-8346
Child & Family Agency of SE Connecticut	
New London	860-437-4550
Groton Human Services	860-441-6760
Ledyard Youth & Social Services	860-464-6760

**Adolescent/Youth Counseling (cont'd)**

Lymes' Youth Service Bureau	860-434-7208
Montville Youth Services	860-848-7724
Norwich Youth & Family	860-823-3782
Stonington Human Services	860-535-5015
United Community and Family Services	
Colchester	860-537-7676
Jewett City	860-376-7040
Norwich	860-892-7042
Day Kimball Hospital (Putnam)	860-963-6385
United Community and Family Services	
Moosup	860-822-4938
Columbia	860-228-4480
Dayville	860-774-2020

**Emergency Rooms—Psychiatric Crisis**

Backus Hospital (Norwich)	860-823-6321
L+M Hospital (New London)	860-442-0711
Day Kimball Hospital (Putnam)	860-928-7503

**Mobile Crisis: 24-Hour Hotlines**

SE Mental Health Authority (Norwich)	860-886-9302
Day Kimball Hospital (Putnam)	860-963-6385
United Services	
Columbia	860-228-4480
Willimantic	860-456-2261
Dayville	860-774-2020

**Emergency Mobile Psychiatric Services for Children:  
Dial 211 and Press Option1**