

All Crisis/Hotlines
are available 24/7

Northwest CT Resource Card

-Crisis Lines-

Updated March 2026



United Way - Comprehensive information and referral helpline. Call 211 or www.211ct.org	211
Mobile Crisis - Mobile crisis intervention services for youth under the age of 18	211
CT Suicide & Crisis Lifeline - Emotional distress and/or mental health or substance use crisis (call or text)	988
CT DMHAS Access Line - Access to substance use treatment, including detox and transportation	1-800-563-4086
Western CT Mental Health Network - For Adults: Regional Crisis Hotline	1-860-482-1560
Wellmore Urgent Child Crisis Center - For Youth: Mobile Crisis and in-office stabilization	1-203-580-4298
CT Safe Connect - Domestic/Intimate partner violence hotline (call or text)	1-888-774-2900
CT Sexual Assault Crisis Services - Hotline services, crisis counseling, support groups, referral information.....	1-888-999-5545
TREVOR Lifeline - Crisis/Suicide prevention for LGBTQ+ youth/young adults under 25.....	1-866-488-7386 or TEXT 678678
CT DCF Careline - Request voluntary assistance or report abuse/neglect.....	1-800-842-2288
National Runaway Safeline	1-800-786-2929
National Trafficking Hotline	1-888-373-7888 or TEXT 233733
Susan B. Anthony Project Crisis Line - Domestic violence & sexual assault crisis services	860-482-7133
Project SAGE - Domestic Violence Hotline	860-364-1900
Safespot Overdose Hotline - Safe use hotline	1-800-972-0590

-Mental Health & Substance Use Services-

Apex Community Care - Individual outpatient mental health/substance use services, HIV/AIDS services	860-453-0888
Center for Youth & Families - Individual/family/group counseling for children/adolescents	860-489-3391
Center for Human Development - Intensive support for adults returning to the community.....	203-596-9323
Charlotte Hungerford Hospital - Lifespan mental health and substance use services	860-496-6666
Community Health & Wellness Center of Greater Torrington - Lifespan mental health and substance use services	860-489-0931
Connecticut Junior Republic - Child/youth mental health and substance use services	860-482-7600
Family and Children's Aid, Inc. - Child/youth mental health and substance use services	860-482-6085
Greenwoods Counseling & Referrals, Inc. - Lifespan counseling and referral services	860-567-4437
Mental Health CT - Counseling and case management for individuals 18+	860-496-7670
McCall Behavioral Health Network - Lifespan mental health and substance use services	860-496-2100
Torrington Recovery Community Center - Supports all recovery pathways	860-626-4118
Root Center for Advanced Recovery - Adult methadone maintenance; adult/adolescent intensive outpatient	860-482-8796
Wellmore Behavioral Health - Mental health and substance use services (Child/Adolescent)	860-626-7007
(Adult: Drug/Alcohol treatment)	203-755-1143
Wheeler Clinic - Lifespan mental health and substance use services	860-793-3500
Love146 - Support and counseling for youth who have been trafficked	203-361-7899
Litchfield County Opiate Task Force - Harm reduction resource map	lctf.org/harm-reduction/