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, treatment for substance, alcohol abuse/addiction and family services. 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

**Mental Health Services with Optimus Healthcare**
Every Thursday From 8:00am- 4:00pm
Walk-in Room # LH A-113
or contact phone: 203-696-3260
Email: ATirado@optimus.org

**Community Resources**

**Optimus Health Center**
471 Barnum Ave, Bridgeport, CT 06608
(203) 696-3260, option#4  Services: Behavioral Health
Accepts most insurances

**Center for Women & Family**
753 Fairfield Ave., Bridgeport, CT 06604
M-F 9:00am – 5:00pm
(203) 334-6154 Crisis walk-in
(203) 384-9559 Domestic Violence hotline
(203) 333-2233 Sexual Assault hotline

**BHcare - Center for Domestic Violence Services**
E. Main Street, Ansonia, CT 06401 (203) 736-2601 -M & F 8:30am - 5pm; T,W, &Th 8:30am-8:pm
Temporary confidential refuge for women and children affected by Domestic Violence.

**Safe Haven of Greater Waterbury**
29 Central Ave., Waterbury, CT 06702
(203) 575-0388 (24 Hour Hotline)
(203) 575-0036 - Domestic Violence
(203) 753-3613 - Sexual Assault
Help with process of restraining order & Counseling

**Bureau of Rehabilitation Services**
1057 Broad St, Bridgeport, CT 06604
Services: Disability Vocational help
(203) 551-5500 or (203)-683-0500
Insurance – case by case

**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) 551-7423
(Diagnostic Center – 8 AM- 6PM)
**Crisis Services:** (203) 551-7056
**Services:** Mental Health & Substance Abuse
**Out Patient Services:** 203-551-7507
**Insurance:** No insurance is needed

Updated June 2019
Jewish Family Service (You don't have to be Jewish)  
222 Post Road, 2nd FL, Fairfield, CT 06824  
(203) 366-5438 (psychiatric evaluation)

Life Bridge Community Services  
475 Clinton Ave, Bridgeport, CT -06605  
(203) 368-4291,  
Hours: M, W & F 9:30am-12:00pm; T&Th 2pm- 4pm  
Services: Psychiatric Eval./Therapy  
Insurance: Medicare, Medicaid/Husky; No Cigna

Chemical Abuse Services Agency (CASA)  
1124 Iranistan Ave.,  
Bridgeport, CT 06605  
(203) 331-4728

Four Seasons Therapy, LLC  
47 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.

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  
100 Fairfield Ave. CT 06604  
M- F 9:00am - 4:30pm  
Phone (203) 579-7300 Fax: (203) 579-6305  
Homeless Outreach Team and Psychiatric Services  
No Crisis Services

BHcare (Valley Offices)  
(private & non-profit)  
435 E. Main St, Ansonia, CT 06401  
(203) 483- 2630 (x1234 Intake, Ms. Anna Sullivan)  
Fax: (203) 736-8597  
Serving the towns of Ansonia, Derby, Oxford, Seymour and Shelton  
Services: Out Pt; Domestic Violence and Crisis Services and others  
Accept most insurances

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

Catholic Charities – Behavioral Health,  
120 E. Avenue 2nd FL, Norwalk CT, 06851  
203-750-9711  
Director – Richard Madwid MS, LPC, LADC,  
Tina Smith – Receptionist

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  
Serves only New Haven County  
BHcare E. Haven Office location  
Ph # 203-736-9944

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

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

Updated June 2019
Bridges Health Care - A Community Support System  
(Private & Non-profit)  
949 Bridgeport Avenue, Milford, CT 06460  
Phone: (203) 878-6365 Fax: (203) 877-3088  
Intake-Marcy Hutches 203-878-6365 ext 359  
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 24/7  
Serving the towns of Milford, Orange, and West Haven. Do take clients from out of the town area  
M-Th 8am-8pm; F-8am-5pm  

South West M.H Center  
F.S Dubois Center (State Operated)  
1351 Washington Blvd, Stamford, CT 06902  
Phone: (203) 388-1600 Fax (203) 388-1681  
Intake: (203) 388-1574 - Crisis line 203-388-1556  

Connecticut Mental Health Center  
34 Park Street, New Haven, CT 06790 Phone: (203) 974-7300  
Services: Crisis Services Day time: (203) 974-7713, M-F 9am-5pm, 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  

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  

St. Vincent Behavioral Health Services  
(Previously, Hall-Brooke Behavioral Health)  
47 Long Lots Rd, Westport, CT  
Services: Primary focus: Mental Health & Substance Abuse  
In-patient: (203) 227-1251;  

St. Vincent Behavioral Health Services  
2400 Main St, Bridgeport, CT 06606  
Out PT: (203) 696-3570/203-362-3900 IOP  
Out-PT Services: Mental Health & Substance Abuse  
Insurance: Accepts most insurances  

St. Vincent Intensive Out-PT Care (3 times a week)  
2 Lois St., Norwalk, CT 06850  
(203) 221-8899  

Griffin Hospital Alcohol & Chemical Dependency Program  
Out Pt. Psychiatry: 250 Seymour Ave., Derby, CT 06418  
(203) 732-7580  

Connecticut Community for Addiction Recovery (CCAR)  
75 Charter Oak Ave., Bldg. 1, Suite 305  
Hartford, CT 06106  
1-866-205-9770  

Center for Human Services  
Regional Recovery Network of Programs  
Detox & Counseling: Methadone Clinic 2 Research Dr, Stratford, CT 06615  
(203) 386-8802. Dial ‘0’ for operator assistance. Appt. necessary for Intake.  
Insurance: Accepts all insurances. Sliding Scale based on pay stub.