

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

Mobile Crisis Center: (203) 358-8500

Bridges House, Inc

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

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

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: Medi-
care, 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 Indi-
vidual & 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, Sey-
mour and Shelton
Services: Out Pt; Domestic Violence and Crisis Ser-
vices 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

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

ES 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

Alcohol & Drug Addiction: 241 Seymour Ave.

Derby, CT 06418

(203) 732-7541

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.