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 Cénèr 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 9:00pm-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)**
(privae & 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 Bridgeport 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.

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