

AHM is proud to offer mental health clinical services to youth and their families!

These services are designed to support families in transition, crisis, or normal developmental processes.

Individual therapy is available for children, adolescents, and young adults up to age 26 to address emotional and/or behavioral problems.

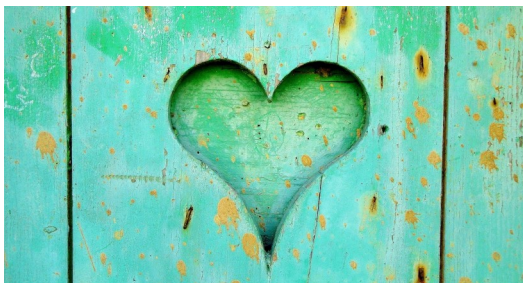
Family therapy is available to parents, couples and their family members to nurture change and development within the entire family system. Session frequency can be weekly or bi-weekly, with more or less determined on a case-by-case basis, based on the level or intensity required to stabilize and assist the person to improve their overall quality of life.

Our therapists are skilled at working with a wide range of diagnoses and presenting problems, including: anxiety, depression, coping with daily stress, trauma, grief & loss, parenting strategies, family support, divorce/separation, ADHD, school problems, substance use, relationship issues.

AHM'S Clinical Services Include:

- Individual therapy, Family therapy
- Crisis intervention
- Consultation with school and other professionals involved with the child
- Referral services
- School based counseling

For more information call 860-228-9488



Some Facts about Mental Health Issues

Prevalent Health Problem

Mental health issues are the most prevalent health problem in America. They are more common than cancer, lung, and heart disease combined.

Hope for Recovery

If you or someone you know is experiencing difficulty, there is hope for recovery with proper treatment and supports. New developments have led to successes not experienced in the past.

Early Intervention

As with many medical disorders, early identification and treatment increases the prospects for recovery and reduces the harm and suffering of a longer course of illness.

Treatable Medical Disorders

Anxiety Disorders, Chronic Depression, Bipolar Disorder, and Schizophrenia are treatable medical disorders. They are not reflective of a person's character, intelligence, or "will power".

Search for Recovery

Many treatments are available. If one treatment does not work for you, don't lose hope. Try another therapy or therapist. Peer-supports and recovery-oriented initiatives have also helped many individuals. Other supports are available from private and state service providers.

When to Seek Help

The American Psychiatric Association identifies when to seek help:

- Marked personality change
- Excessive anxieties
- Extreme highs & lows
- Prolonged depression and apathy
- Marked changes in eating or sleeping
- Inability to cope with problems & daily activity
- Abuse of alcohol or drugs
- Strange or grandiose ideas
- Excessive anger, hostility, or violent behavior
- Seek immediate help if thinking or talking about suicide or homicide.



25 Pendleton Drive, Hebron CT 06248
860-228-8488 ahmyouth.org



Emergency & Non-Emergency Telephone Directory for Mental Health, Substance Abuse, and Other Services for Andover, Hebron, Marlborough and Columbia Residents

This brochure does not include all services available, but we hope that this brief list will help you begin your search for support.

Some this information was provided by Amplify, Inc. www.amplifyct.org



**NON-EMERGENCY
COMMUNITY SERVICES**
ALL NUMBERS ARE IN THE 860 AREA CODE UNLESS NOTED

GENERAL INFORMATION AND REFERRAL

Connecticut Clearinghouse (Educational Materials) 800-232-4424
INFOLINE (Can Provide Additional Service Listings) 211

ENTITLEMENTS / BENEFITS

CT Dept. of Social Services, Manchester 800-842-1508
Medicare 800-633-4427
Social Security Administration 877-619-2851

FAMILY ORGANIZATIONS

AFCAMP - African Caribbean American Parents of Children with Disabilities 548-9959
Asian Family Services/Community Renewal Team 761-7900
FAVOR - Family Advocacy for Children's Mental & Behavioral Health 563-3232
NAMI Connecticut 800-215-3021

FOOD ASSISTANCE / PANTRIES / SOUP KITCHEN

Hebron Interfaith Human Services 228-1681
Andover Food Bank 742-7696
Marlborough Food Bank 295-6008
Columbia Food Bank 228-0759
Covenant Soup Kitchen Willimantic 423-1643

HUMAN & SOCIAL SERVICES

Andover Social Services 798-6583
Hebron Social Services - Chatham Health District 365-0884
Columbia Social Services 228-1008
Marlborough Social Services 295-6209

HIV/AIDS TESTING

Hartford Gay/Lesbian Collective 1841 Broad St, Hartford 278-4163
National AIDS HOTLINE/CDC Info 800-232-4636

HOUSING / SHELTER ASSISTANCE PROGRAMS

For All Access call 211
Then press 3, then 1 to speak with a housing specialist.

LEGAL ASSISTANCE

Connecticut Legal Rights Project 877-402-2299
Office of Protection & Advocacy for Persons w/Disabilities 297-4300
Statewide Legal Services of Connecticut 800-453-3320

TRANSPORTATION

Way To Go CT Mobility Manager 667-6207
CT Transit (Handicapped or Discount Travel Passes) 525-9181
Veyo (Non-Emergency Transportation for Medical Appointments) 855-478-7350

HELPLINES

CCAR Telephone Recovery Support 866-205-9770
CHR - Reach Warmline 866-927-6225
Turning Point CT http://TurningPointCT.org
Wheeler Clinic Helpline (Statewide) 524-1182
Young Adult Warmline (Statewide) 1-855-646-7669

**NON-EMERGENCY
MENTAL HEALTH AND ADDICTION RECOVERY SERVICES**
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INFORMATION AND REFERRAL

Rushford Behavioral Health 877-577-3233
DMHAS (Department of Mental Health and Addiction Services) 418-7000
DMHAS Substance Use Disorder Walk In: www.ct.gov/dmhas/walkins
DMHAS Mental Health Bed Availability: www.ctmentalhealthservices.com
Healthy Lives CT
HealthLivesCT.org
AMPLIFY (North Central Regional Mental Health Board) 667-6388
SATEP (Substance Abuse Treatment Enhancement Project) 1-800-563-4086
Turning Point CT (Resource Map) turningPointCT.org

MENTAL HEALTH SERVICES (Adult)

DMHAS Mental Health Bed Availability: www.ctmentalhealthservices.com
Institute of Living, Hartford 545-7000
Manchester Memorial Hospital / ECHN 647-6800
Beacon Health/Behavioral Health Partnership 877-552-8247

MENTAL HEALTH SERVICES (Children/Adolescents)

Department of Children & Families (Central Office) 550-6300
Catholic Family Services 522-8241
Community Child Guidance Clinic 643-2101
Community Health Resources 877-884-3571
Institute for the Hispanic Family - Child Guidance 524-8974
Manchester Memorial Hospital/Outpatient Behavioral Health 647-6827
AHM Youth & Family Services 228-9488
United Services Inc. 774-2020

PEER-LED RECOVERY

AU (Advocacy Unlimited) 505-7581
CCAR (CT Community for Addiction Recovery) 244-2227
HVN (Hearing Voices Network): http://www.cthvn.org
Toivo (Center for Holistic Health) 296-2338
AA http://www.ct-aa.org/find-a-meeting
NA http://ctna.org/find-a-meeting.php
GA (Gamblers Anonymous) http://www.ctwмага.org/
SMART Recovery smartrecovery.org

ADDICTION RECOVERY SERVICES

Greater Hartford Harm Reduction 250-4146

In Patient Detoxification

Access Line And Transportation (DMHAS) 800-563-4086
Blue Hills Treatment Center 293-6400
CRMHC (Capitol Region Mental Health Center) 297-0800
InterCommunity 569-5900 x515
Manchester Memorial Hospital 533-3434
Rushford 1-877-577-3233

Outpatient (includes partial hospital, intensive & medical assisted)

CHR - Manchester (Suboxone) 877-884-3571
ROOT Center (formerly Hartford Disp.-Access Line) 800-862-2181
Hockanum Valley Community Council (Suboxone) 872-9825
Manchester Memorial Hospital/ECHN (Suboxone) 533-3434
Natchaug River East (Suboxone) 870-0119
Rushford 1-877-577-3233

Residential Treatment

Rushford 1-877-577-3233

EMERGENCY SERVICES

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IF IMMEDIATE CRISIS (Medical, Fire, Police or if person is at risk of harm to self or others.) 911

MENTAL HEALTH OR SUBSTANCE USE DISORDER ISSUES

CHR Mobile Crisis Services (Hebron, Marlborough, Andover) 877-884-3571
228-448

United Services Inc. (Columbia) 800-563-4086
Substance Abuse Treatment & Enhancement Project - Access Line (SATEP)

ACTION LINE—ADULT CRISIS 800-HOPE-135 OR 211

CHILD/ADOLESCENT CRISIS - EMERGENCY MOBILE SERVICES

Call INFOLINE for direct statewide transfer for any crisis involving children/youth ages birth to 17 211

CHILD ABUSE/NEGLECT - TO REPORT CALL 800-842-2288

DOMESTIC VIOLENCE

Interval House Hotline 527-0550
Interval House Spanish Line 844-831-9200
Coalition for Women Crisis Line 225-6357

EMERGENCY ROOMS (Calling ahead is not required)

CT Children's Medical Center @ Hartford Hospital 545-9000
Manchester Memorial Hospital, 71 Haynes St 647-4777
Rockville General Hospital, 31 Union St., Vernon 872-5291
Hartford Hospital ED, 80 Seymour St., Hartford 972-0000
St. Francis Hospital, 114 Woodland St., Hartford 714-4001

HELPLINE

REACH Warmline/Community Health Resources 866-927-6225
Wheeler Clinic Helpline 524-1182

POISON CONTROL CENTER 800-222-1222

PROTECTIVE SERVICES FOR ELDERLY (60 +) 888-385-4225
(Open 5 days/week from 8:00 a.m. - 4:00 p.m.)

SEXUAL ASSAULT CRISIS SERVICES (SACS)

Connecticut Sexual Assault Crisis Svcs (English) 888-999-5545
(Spanish) 888-568-8332

SUBSTANCE USE DISORDER DETOXIFICATION TREATMENT

Blue Hills Hospital, Hartford 293-6400
Connecticut Valley Hospital 262-5000
InterCommunity 569-5900 x515
Substance Abuse Treatment & Enhancement Project (Access Line) for Referrals & Detoxification Center 800-563-4086

SUICIDE

National Suicide Prevention Lifeline 800-273-8255
Suicide INFOLINE 211