Family Care Connections

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1-877-381-4193 Option 5
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Eastern Region Resource List

To ensure that children and youth are connected to the care they need, below is a list of community-based supports and services. This list includes mental health evaluation and treatment resources along with related supports and services.

When in crisis, families can call or text 988 for support, request a mobile response by calling 988 or 211, and press 1, then 1 again, or visit an Urgent Crisis Center at one of three community-based locations. For more information on 988 go to https://988lifeline.org/

Urgent Crisis Center locations are listed below. For more information visit https://portal.ct.gov/dcf/behavioral-health-partnership/home/urgent-crisis-centers-for-children?language=en_US or scan QR Code

Contact Community Pathways at 877-381-4193 (option 1) to discuss available assistance and connect with community-based support and evidence-based interventions.

The Assisted Intervention Matching (AIM) Tool can be used to help providers and parents identify well-matched services to meet a child's behavioral health needs.
https://www.connectingtocarect.org/supports-services/aim/

More information can be found at connectingtocarect.org

(Updated 12.15.25 per CT State Statute §17a-22r)

Urgent Crisis Centers (UCC)

Walk-in clinics for families of children who are experiencing a behavioral health crisis but do not require emergency department level of care

Name of Agency	Service Provided	Location	Contact
Child and Family Agency of SE CT	UCC	255 Hempstead Street New London, CT 06320	860-437-4550
The Village for Families & Children	UCC	1680 Albany Avenue Hartford, CT 06105	860-297-0520
Wellmore Behavioral Health	UCC	141 East Main Street Waterbury, CT 06702	203-580-4298

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Community Based Behavioral Health

LEGEND | Outpatient Psychiatric Clinics for Children (**OPCC**) | Extended Day Treatment (**EDT**) | Care Coordination (**CC**) | Mobile Crisis (**MC**) |Modular Approach to Therapy for Children (**MATCH**) | Trauma-Focused Cognitive Behavioral Therapy (**TF-CBT**)

For mobile crisis, dial 211, press "1" and "1" again to be directly connected

Name of Agency	Service Provided	Location	Contact
Child and Family Agency of SE CT	OPCC/MATCH/TF-CBT	7 Vauxhall Street New London, CT 06320	860-443-2896
Child and Family Agency of SE CT	OPCC/MATCH/TF-CBT	190 Westbrook Road Essex, CT 06426	860-767-0147
Clifford Beers Guidance Clinic	MC	93 Edwards Street New Haven, CT 06511	203-772-1270
Community Health Center	OPCC/TF-CBT	675 Main Street Middletown, CT 06457	860-347-6971
Community Health Resources	OPCC/MATCH/TF-CBT	1310 West Main Street Willimantic, CT 06226	860-456-7200
Community Health Resources	CC	1491 West Main Street Willimantic, CT 06226	877-884-3571 or 860-771-4865
Middlesex Hospital	MC	51 Broad Street Middletown, CT 06457	860-358-3401
Natchaug Hospital	EDT	189 Storrs Road Mansfield Center, CT 06250	860-465-5943
Natchaug Hospital	EDT	934 North Main Street Danielson, CT 06239	860-779-2101 x315
Natchaug Hospital	EDT	1353 Gold Star Highway Groton, CT 06340	860-465-5907
Natchaug Hospital	EDT	11-A Stott Avenue Norwich, CT 06360	860-823-5320
Rushford Center Inc.	CC	883 Paddock Avenue Meriden, CT 06450	860-349-2043
United Community & Family Services	MC	31 Dow Road Plainfield, CT 06374	860-822-4317
United Community & Family Services	MC	77 East Town Street Norwich, CT 06360	860-822-4317
United Community & Family Services	OPCC/CC/ MATCH/TF-CBT	47 Town Street Norwich, CT 06360	860-892-7042

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United Services, Inc.	OPCC MATCH/TF-CBT	140 North Frontage Road Mansfield Center, CT 06250	860-456-2261
United Services, Inc.	OPCC MATCH/TF-CBT	1007 North Main Street Dayville, CT 06241	860-774-2020
Village for Families & Children	EDT	282 Main Street Ext Middletown, CT 06457	860-236-4511 x3636
Wheeler Clinic	EDT	20 Tuttle Place, Unit 6A Middletown, CT 06457	860-632-3231

Youth Services Bureau (YSB)

YSBs provide a network of resources and opportunities for children, youth, and their families. A wide range of services and programs are offered with the goal of helping youth to develop positively and to function as responsible members of their communities.

Name of Agency	Location	Contact
Ashford Youth Services Bureau	5 Town Hall Road Ashford, CT 06278	860-487-4417
Clinton Youth & Family Services	48 East Main Street Clinton, CT 06413	860-669-1103
Colchester Youth Services	127 Norwich Ave, Ste 205 Colchester, CT 06415	860-537-7255
Coventry Youth Services	1712 Main Street Coventry, CT 06238	860-742-5324
Cromwell Youth Services	41 West Street Cromwell, CT 06416	860-632-3448
Durham/Middlefield Youth & Family Services	405 Main Street, Ste 11 Middlefield, CT 06455	860-349-0258
East Haddam Youth & Family Services	387 East Haddam-Moodus Road Moodus, CT 06469	860-873-3296
East Hampton Youth Services	20 East High Street East Hampton, CT 06424	860-267-9982
East Lyme Youth Services (includes Salem)	45 Society Road Niantic, CT 06357	860-739-6788
Griswold Community Youth Center	28 Main Street Jewett City, CT 06351	860-376-7026
Groton Youth Service Bureau	45 Fort Hill Road Groton, CT 06340	860-441-6760
Youth and Family Services of Haddam - Killingworth, Inc.	91 Little City Road Higganum, CT 06441	860-345-7498

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Ledyard Youth Services (Ledyard, Gales Ferry)	741 Colonel Ledyard Hwy Ledyard, CT 06339	860-464-3213
Lyme's Youth Service Bureau (Lyme, Old Lyme)	59 Lyme Street Old Lyme, CT 06371	860-434-7208
Madison Youth Services	10 School Street Madison, CT 06443	203-245-5645
Mansfield Youth Services	4 South Eagleville Road Mansfield, CT 06268	860-429-3319
Middletown Youth Services	51 Green Street Middletown, CT 06457	860-854-6030
Montville Youth Services	836 Old Colchester Road Oakdale, CT 06370	860-848-7724
New London Office of Youth Affairs	111 Union Street New London, CT 06320	860-442-4994
Norwich Youth & Family Services	75 Mohegan Road Norwich, CT 06360	860-823-3782
Old Saybrook Youth and Family	322 Main Street Old Saybrook, CT 06475	860-395-3190
Portland Youth Service Bureau	265 Main Street Portland, CT 06480	860-342-6758
Preston Youth Service Bureau	389 Route 2 Preston, CT 06365	860-887-5581
Stonington Youth Services	166 South Broad Street Pawcatuck, CT 06379	860-535-5015
TEEG	15 Thatcher Road N. Grosvenordale, CT 06255	860-923-3458
Tri-Town Youth Services (Chester, Deep River, Essex)	56 High Street Deep River, CT 06417	860-526-3600
United Services, Inc (Brooklyn, Canterbury, Eastford, Killingly, Plainfield, Sterling)	P.O. Box 378 Wauregan, CT 06387	860-564-6100
Voluntown Youth Services	195 Main Street Voluntown, CT 06384	860-376-2325
Waterford Youth Service Bureau	200 Boston Post Road Waterford, CT 06385	860-444-5848
Westbrook Youth and Family Services	1163 Boston Post Road Westbrook, CT 06498	860-399-9239
Willington Youth Services	40 Old Farms Road Willington, CT 06279	860-429-8321

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Windham Youth Services (Willimantic, Windham)	872 Main Street Willimantic, CT 06226	860-423-4534

School Based Health Centers (SBHC)

Eligible students are those enrolled at the schools in which the SBHC is located
*Note Expanded School Health Sites provide medical or behavioral health services where SBHC provides both
For a full comprehensive, updated list of all SBHCs, click here: https://viewer.mapme.com/casbhc

Name of School	Location	Contact
Parish Hill High/Middle School*	304 Parish Hill Road Chaplin, CT 06235	860-455-9584
Catherine Kolnaski Magnet School	500 Poquonnock Road Groton, CT 06340	860-445-2191
Ella T. Grasso Technical High School	189 Fort Hill Rd, Groton, CT 06340	860-441-0310
Fitch High School	101 Groton Long Point Road Groton, CT 06340	860-446-9543 or 860-449-7253
Groton Middle School	35 Groton Long Point Road Groton, CT 06340	860-446-4200
Thames River Magnet School	250 Brandegee Avenue Groton, CT 06340	860-980-8230 temporary
Gales Ferry/Juliet Long Elementary School	1858 Route 12 Gales Ferry, CT 06335 1854 Route 12 Gales Ferry, CT 06335	860-437-4550
Gallup Hill School	169 Gallup Hill Road Ledyard, CT 06339	860-437-4550
Ledyard High School	24 Gallup Hill Road Ledyard, CT 06339	860-437-4550
Ledyard Middle School	1860 Route 12 Gales Ferry, CT 06335	860-437-4550
Brown Elementary School	980 Durham Road Madison, CT 06443	203-245-6400
Neck River Elementary School	180 Mungertown Road Madison, CT 06443	203-245-6460
Beman Middle School	1 Wilderman's Way Middletown, CT 06457	860-347-8594
Commodore Macdonough Elementary School	66 Spring Street Middletown, CT 06457	860-347-8553

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Wesley Elementary	10 Wesleyan Hills Road Middletown, CT 06457	860-344-0381
Mystic River Magnet School	160 Fishtown Road Mystic, CT 06355	860-908-8300
Northeast Academy Magnet School	115 Oslo Street Mystic, CT 06355	860-572-5852 x51263
Bennie Dover Jackson Middle School	36 Waller Street New London, CT 06320	860-437-6480 x7232
ISAAC (Interdistrict School for Arts and Communications)	190 Governor Winthrop Blvd New London, CT 06320	860-447-1003
Jennings Elementary School	50 Mercer Street New London, CT 06320	860-447-6050 x7665
Nathan Hale Elementary School	37 Beech Drive New London, CT 06320	860-447-6060 x7537
New London High School	490 Jefferson Avenue New London, CT 06320	860-437-6400 x7019
Regional Multicultural Magnet School	1 Bulkeley Place New London, CT 06320	860-437-7775 x7333
Winthrop Elementary School	74 Grove Street New London, CT 06320	860-447-6070 x7115
Barrows STEM Academy	141 Tuckie Road North Windham, CT 06226	860-465-2610 x4610
Putnam Elementary School	33 Wicker Street Putnam, CT 06260	860 928 4698
Putnam High School	152 Woodstock Ave Putnam, CT 06260	860-928-4698
Putnam Middle School	35 Wicker Street Putnam, CT 06260	860-928-4698
West Vine Street School	17 West Vine Street School Pawcatuck, CT 06379	860-599-5832 ext. 8162
Friendship School	24 Rope Ferry Road Waterford, CT 06385	860-447-4049 x7156
Windham High School	355 High Street Willimantic, CT 06226	860-465-2465
Windham Middle School	123 Quarry Street Willimantic, CT 06226	860-465-2620

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Family Resource Centers (FRC)

Located within public school buildings, FRCs provide access, within a community, to a broad continuum of early childhood and family support services which foster the optimal development of children and families.

Name	Location	Contact
Catherine C. Kolnaski Magnet School	500 Poquonnock Road Groton, CT 06340	860-448-5586
Farm Hill School	390 Ridge Road Middletown, CT 06457	860-347-0869
Jennings School	50 Mercer Street New London, CT 06320	860-448-5294
Nathan Hale School	37 Beech Drive New London, CT	860-448-5049
Thomas W. Mahan Elementary School	94 Salem Turnpike Norwich, CT 06360	860-823-4205
Plainfield's Early Childhood Center	651 Norwich Road Plainfield, CT 06374	860-564-6411
Putnam Elementary School	33 Wicker Street Putnam, CT 06260	860-963-6940
Goodyear E.C.C.	22 Williamsville Road Rogers, CT 06263	860-779-6770
Natchaug Elementary School	123 Jackson Street Willimantic, CT 06226	860-465-2396 or 860-465-2578

Regional Behavioral Health Action Organization (RBHAO) overseeing Regional Suicide Advisory Board (RSAB)

Specific RBHAO town information can be found: https://portal.ct.gov/-/media/DMHAS/Prevention/RBHAOContactspdf.pdf
Specific RSAB town information can be found: https://www.preventsuicidect.org/get-involved/regional-advisory-boards/

Name of Agency	Service Provided	Location	Contact
Alliance for Prevention and Wellness/A Program of BHcare	RBHAO RSAB	127 Washington Ave, 3rd Fl East North Haven, CT 06473	203-736-8566
Alliance for Prevention and Wellness serving the towns of Ansonia, Bethany, Branford, Chester, Clinton, Cromwell, Deep River, Derby, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Killingworth, Lyme, Madison, Meriden, Middlefield, Middletown, Milford, New Haven, North Branford, North Haven, Old Lyme, Old Saybrook, Orange, Portland, Seymour, Shelton, Wallingford, Westbrook, West Haven, Woodbridge			
SERAC	RBHAO RSAB	228 West Town Street Norwich, CT 06360	860-848-2800
SERAC serving the towns of Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, East Lyme, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Lyme, Mansfield, Montville, New London, North Stonington,			

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Norwich, Old Lyme, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

988 Suicide & Crisis Lifeline	https://988lifeline.org/	988 (call or text)

Statewide Programs

Name of Agency	Service Provided	Location	Contact
Carelon Behavioral Health	Intensive Care Coordination	500 Enterprise Drive Rocky Hill, CT 06067	877-552-8247
Connecticut Coalition Against Domestic Violence	Advocacy and Support	https://www.ctcadv.org/	888-774-2900
FAVOR, Inc.	Family Advocacy Family Peer Support	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232
Office of Behavioral Health Advocate (OBHA)	Advocacy Services for Behavioral Health		behavioralhealthadvocate@ct.gov
OBHA is an independent state agency that provides advocacy services for Connecticut behavioral healthcare consumers and families, with a focus on being a liaison between consumers and providers and insurance carriers.			
Office of Healthcare Advocate	Advocacy Services for Healthcare Plans	https://portal.ct.gov/OHA	866-466-4446
OHA is an independent state agency that provides advocacy services for Connecticut healthcare consumers. OHA does not replace your health plan. We hold health plans accountable and help you successfully resolve your healthcare issues.			

Disclaimer: This may not be an exhaustive list of the services available in your area. For additional services, you may reach out to your local children's behavioral health collaborative listed at www.connectingtocarect.org or contact Infoline 2-1-1 Connecticut at www.211ct.org.