

## Children's Behavioral Health Resources

- **ACCESS Mental Health** → Immediate free phone consultation and referrals (Monday-Friday 9am - 5pm): Hartford Hospital Hub: 855-561-7135; Wheeler Clinic Hub: 855-631-9835; Yale Child Study Center Hub: 844-751-8955.
- **Mobile Crisis Intervention Services** → Free behavioral health crisis services, including suicide assessment (age <18; if older will refer to adult system). Calls taken 24/7. [Dial 2-1-1, press 1 (wait) & press 1 again]. *Remind families to follow these phone prompts to avoid long wait times in the general 211 queue.* [www.211ct.org](http://www.211ct.org).
- **CT Children's Center for Care Coordination / DPH Care Coordination** → **(860) 837-6200**. Connects families to services that address basic needs, mental health, and triages to DPH Care Coordination regional programs: North Central (CT Children's Center for Care Coordination, Hartford, 860-837-6200); Southwest (Stamford Hospital, Stamford, 866-239-3907); South Central (Family Centered Services of CT, New Haven, 877-624-2601); Eastern (United Community and Family Services, Norwich, 866-923-8237), Northwest (St. Mary's Hospital, Waterbury, 866-517-4388). *There is no cost to families for care coordination services.*
- **Find a Provider** → Options for referrals include: **Access MH, 2-1-1, the CT Children's Center for Care Coordination, and:**
  - **Connecticut Evidence-Based Practices Directory** - a searchable directory of children's mental health providers offering selected evidence-based treatments disseminated by CHDI in Connecticut (<https://bit.ly/ebp-tracker>).
  - **CHDI's Educating Practices** (now virtual Zoom) "**Behavioral Health: Connecting to Services**" training includes participation from local mental health clinicians for immediate referral. <https://www.chdi.org/educating-practices>
  - Parents can search **Psychology Today's "Find a Therapist" tool** at <https://www.psychologytoday.com/us>.
- **KidsMentalHealthInfo.com** → Children's mental health info for parents (English/Spanish); national & **CT resource links**.
- **Beacon Health Options** → The State's Medicaid administrative services organization offers member support (877) 552-8247, [www.CTBHP.com](http://www.CTBHP.com).
- **WrapCT Care Coordination** → provides care coordination services to families with children experiencing mental or behavioral health needs that meet the criteria for Wraparound services. For information on making a referral, visit: <https://www.connectingtocarect.org/wrapct/care-coordination/>.

## Additional Resources and Services for Families and Providers

- **Child Development Infoline** → **(800) 505-7000**, a specialized 2-1-1 call line, provides access to early childhood development and behavior services through: Help Me Grow CT, Birth to Three, and preschool/school-age special education.
- **COVID-19 Hotlines: (1) "Talk It Out"** → a **State of CT hotline to help parents and caregivers decompress** from the pressure of caring for children during COVID-19. (*Mon-Fri, 8am-8pm; Sat, Sun, and Holidays, 1pm-8pm*). **(2) COVID Hotline for Parents** → **(833) 226-2362** from Connecticut Children's Hospital. **(3) Hero Hotline** → **(888) 217-HERO**: Free mental health hotline operated by CHR for frontline workers and those suffering with stress related to the COVID-19 crisis.
- **Family Support programs** → **Peer Family Support**: Peer support for families with children who have medical, mental, or behavioral health challenges [FAVOR-CT.org, **(860) 563-3232**]. **Connecticut Family Support Network**: Helps families raising children with disabilities & special health care needs; [www.CTFSN.org](http://www.CTFSN.org); **(877) 376-2329**.
- **Intimate Partner Violence/Domestic Abuse** → Available to providers & parents, **(888) 774-2900**. [CTSafeConnect.org](http://CTSafeConnect.org)
- **Postpartum Support International Helpline** → Call 1-800-944-4773; Text 503-894-9453 English / 971-420-0294 Spanish
- **Families in Need of Food** → 2-1-1, <https://uwc.211ct.org/covid19resources/#Food>
- **Child Health & Development Institute (CHDI)** → Resources for clinicians ([chdi.org/ep-covid-19](http://chdi.org/ep-covid-19)). Resources for parents and the public on supporting children's well-being, accessing social services, health and safety, and behavioral health ([chdi.org/covid-19](http://chdi.org/covid-19)).