



MENTAL HEALTH SUPPORTS



2-1-1 Mental Health Crisis/Mobile Crisis Intervention Services – CT • 211



2-1-1 is a mobile crisis intervention service in Connecticut for children and adolescents experiencing a behavioral health crisis. Dial 2-1-1 from any phone to get support.

Program and Services:

24 Hour Crisis Hotline

Community Health Center (CHC) • 860.347.6971



CHC offers individual and group behavioral health services for children, adults, and families.

Program and Services:

Behavioral Health • 24/7 Nurse Help Line • Specialty Services

Connecticut Children's Center for Care Coordination • 860.837.6200



Connecticut Children's Center for Care Coordination connects families to appropriate medical, behavioral, educational, legal and social services in the North-Central region of the state.

Program and Services:

Services for Families • Support for Parents and Providers • Transitional planning

Connecticut Connecting to Care • 877.381.4193



Connecticut Connecting to Care provides information about behavioral healthcare services for children across the state.

Program and Services:

Behavioral Health Services • Care Coordination • Family Resources

Connecticut Parent Advocacy Center (CPAC) • 860.739.3089



CPAC is a nonprofit organization that offers statewide information and support to families of children, birth through 26, with any disability or chronic illness.

Program and Services:

Parent Training and Information • Family Connections • Collaboration Between Families and Schools

Connecticut Medical Home • 855.436.6544



Connecticut Medical Home is for children birth through 21 who have or are at risk for a chronic physical, developmental, behavioral or emotional condition.

Program and Services:

Family Access Coordinated Special Care • Educational Services • In/Out-Of-Home Care • Family Support

KidsMentalHealthInfo.com

KidsMentalHealthInfo.com was developed to help parents and caregivers understand their child's behavioral health diagnosis.

Program and Services:

Child Trauma · Infant/Early Childhood Mental Health · Mental Health in Schools Evidence-Based Practices



National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Program and Services:

Free Online Education Program For Parents And Caregivers



National Center for Pyramid Model Innovations (NCPMI)

NCPMI provides resources to families on how to promote positive social, emotional and behavioral outcomes of young children, birth through five.

Program and Services:

Free on-line resource for families.



Talk It Out Line • 833.258.5011

Talk It Out Line is a Connecticut hotline to help support parents and caregivers during times of parenting stress. The hotline is available; Mon-Fri, 8am-8pm; Sat, Sun, and Holidays, 1pm-8pm.

The Little Kids, Big Hearts Podcast

Little Kids, Big Hearts is a podcast for parents and educators on how to introduce big topics in social and emotional learning to their children. Episodes focus on identity, friendship and standing up for others. This podcast is available on Apple, Spotify and Google.



The University of Connecticut's A.J. Pappanikou Center for Excellence in Developmental Disabilities • 860.679.1500

We engage in innovative disability related research, training, and technical assistance to bring about societal change. We are leaders in developing and supporting the advancement of systems, policies and programs that improve quality of life for people with disabilities and their families. We have committed ourselves to the belief that education is a powerful force for positive change.

