RESOURCES

CRISIS

911 and hospital emergency room for psychiatric emergency
860-456-2261 Mobile Crisis Unit for adult psychiatric emergency
211 for crisis, child psychiatric emergency
INFOLINE for information and resources https://www.211ct.org/

CCADV, DOMESTIC VIOLENCE HOTLINE 888-774-2900, para espanol llama 844-8311-9200
CONNSACS, SEXUAL ASSAULT HOTLINE 888-999-5545, para espanol llama 888-568-8332
DCF CARELINE 800-842-2288 for reports of suspected child abuse

FOR UCONN STUDENTS

COUNSELING AND MENTAL HEALTH SERVICES 860-486-4705,
located at 337 Mansfield Road, Storrs, CT. Arjona Building, across from Mirror Lake on Storrs
Campus. https://counseling.uconn.edu/

To get specific resources about Sexual Assault, Intimate Partner Violence, and Stalking visit
UConn’s Office of Institutional Equity https://equity.uconn.edu/title-ix/

UCONN Health Services provides STD testing, general wellness appointments and more
https://shs.uconn.edu/

FOR FAMILIES

Mansfield Youth Services http://www.mansfieldct.gov/MansfieldYouthServices family and youth
counseling, activities programming for children and teens

Hockanum Valley Behavioral Health, Vernon, CT https://www.hvcchelps.org/behavioral-health/

Stafford Family Services, Stafford, CT http://www.staffordct.org/family.php
OTHER OUTPATIENT THERAPY SERVICES IN THE AREA.

- **CHR** [http://www.chrhealth.org/](http://www.chrhealth.org/)
- **PERCEPTION PROGRAMS** [https://www.perceptionprograms.org/](https://www.perceptionprograms.org/)

**Outpatient Willimantic**
(860)450-0151
**Outpatient Danielson**
(860)779-5852
**Behavioral Health Center**
(860) 420-2450
- **UNITED SERVICES** [http://unitedservicesct.org/](http://unitedservicesct.org/)

LOCAL HOSPITALS:

Windham Hospital Emergency Room located at 112 Mansfield Avenue, Willimantic, CT  Phone 860-456-6715  [Windham Hospital](http://www.windhamhospital.org/services/medical-specialties/emergency-care)

Manchester Memorial Hospital located at 71 Haynes St., Manchester CT  Phone 860-646-1222  [Manchester Memorial Hospital](http://www.echn.org/locations/manchester-memorial-hospital.aspx)

UCONN Health Center Urgent Care Walk-In, Storrs Center located at 1 Royce Circle Suite 103, Storrs Center 860-487-9300 for non life-threatening medical emergencies  [UCONN Health Urgent Care Walk-In](http://www.echn.org/locations/manchester-memorial-hospital.aspx)

Natchaug Hospital, for substance abuse, psychiatric programming, adult, young adult, adolescent and child programming, multiple locations, serving Mansfield  [https://natchaug.org/](https://natchaug.org/)

**How to find a private therapist using your insurance**

- Check the back of your insurance card for provider listing phone or web link
- Find the type of provider that you are looking for using a geographic area search
- Cross check people who are listed on your insurance by looking up their profiles online.
- Many therapists have a profile listing on *Psychology Today* website with descriptions of the issues they specialize in treating and some information about their background payment policies and contact information. Call the therapist to determine whether they are taking new patients, and what their intake process is. You can also ask your Primary Care Doctor or GYN for recommended referrals within your/their network.