

THE GOSPEL & MENTAL HEALTH RESOURCE GUIDE

This guide offers local resources and practical information to assist you as you consider engaging with mental health treatment. Our prayer is that you continue to encounter Jesus and receive strength through connection with the Body of Christ while you also consider engaging with professional mental health treatment, if needed.

GENERAL APPROACH for ACCESSING MENTAL HEALTH CARE TREATMENT

1. Speak to your primary care provider about symptoms of depression or anxiety.
2. Visit www.psychologytoday.com to find a therapist or psychiatrist in your area. You can filter your search by location, accepted insurance type, gender, types of therapies offered and other characteristics to help you find a good fit.
3. Review the resource list below for other mental health care treatment centers in the Greater New Haven Area.

ACCESS (APT Foundation) No waiting list for individuals with substance abuse and co-occurring disorders (including those who are actively using but want treatment). No waiting list to see a psychiatrist. Most insurances accepted. Accepts individuals without insurance. (Accepting Medicare) **Walk-In hours: Monday through Friday 8:30 a.m. to 11:00 a.m.**

Access (APT Foundation) provides outpatient and residential substance abuse treatment, primary healthcare, outpatient mental health treatment services, medication treatment, family counseling, and adult education & vocational services to all- including women with children and those with complex medical concerns.

1 Long Wharf Drive New Haven, CT
203-781-4600

Catholic Charities:

Hours: Monday - Wednesday – Thursday 9:00am – 8:00pm, Tuesday 9:00am - 5:00pm, Friday 9:00am – 3:00pm, Saturday 9:00am – 2:00pm

Medication management Hours: Monday and Saturday 9:00am – 3:00pm

(Accepting Medicare) Outpatient programs for adults, families and children include individual, group and family therapy to address problems associated with substance abuse, depression, anxiety, anger management, trauma, grief, and loss, and other mental health issues. We also provide therapy and related victim services to survivors of homicide as part of the Office of Victim Services' Counseling Services to Families of Homicide Victims Project.

501 Lombard St. New Haven, CT
203-787-2207

Geriatric and Adult Psychiatry, LLC: No waiting list. Prescriber Monday - Friday 9:00am - 5:00pm. Accepting Medicare traditional, railroad Medicare, blue cross blue shield, Aetna, Cigna, and value options insurances... **(Accepting Medicare)**
Provides psychiatric care to adults and elders 65 and older.
60 Washington St., Hamden, CT 06518
203-288-0414 (203-288-3655 fax)

Yale Behavioral Health Services at Hamden: **Accepting new patients at this time.** *Treatment for Hamden residents only.* Accepts clients with no insurance, Husky, Medicare and Medicaid insurance only. **(Accepting Medicare)**
95-97 Circular Ave., Hamden, CT 06517
203-288-6253 (phone)
203-288-0948 (fax)

**New Hours: Monday - Wednesday - Friday 9:00am - 5:00pm, Tuesday & Thursday 12:00pm - 8:00pm*

Hill Health Center:

Adult Psychiatric Clinic: 4 week waiting list for individual treatment. 6-8 week waiting list for medication management. Prescriber Monday Wednesday Friday 9:00a.m-5:00p.m. and Tuesday and Thursday 9:00a.m-7:00p.m **(Accepting Medicare)**
428 Columbus Ave. New Haven, CT 06511
203-503-3075

The Adult Psychiatric Clinic provides outpatient mental health and substance abuse assessment and treatment to adults age 18 and over. Staff consists of a multi-disciplinary team including psychiatrists, nurse-practitioners, psychologists, and licensed and master level therapists.

Cornell Scott Hill Health Center

122 Wilmot Rd.

New Haven

203-503-3741

2-4 week waiting list for individual treatment. 2-4 week waiting list for prescriber.

Cornell Scott-Hill Health Center at Wilmont Crossing is our newest location, offering an array of services including primary medical care, pediatrics, dental services, and adult outpatient behavioral health and substance use treatment services.

West Haven Hill Health Center: 4 week waiting list for individual treatment. 4 week waiting list for medication management. Full-time Prescriber. **(Accepting Medicare)**

M: 8:30am-8:30pm; T-F: 8:30am-5pm

285 Main Street

West Haven, CT 06516

203-503-3520

The Adult Psychiatric Clinic provides outpatient mental health and substance abuse assessment and treatment to adults age 18 and over. Staff consists of a multi-disciplinary team including psychiatrists, nurse-practitioners, psychologists, and licensed and master level therapists.

Northside Community Outpatient Services: 2-3 week waiting list. Monday-Thursday 9:00a.m- 5:00p.m.

Fax referral to Northside fax # 203-503-3478 **(Accepting Medicare)**

226 Dixwell Ave., New Haven, CT 06511

203-503-3470

A host of services is available for both children and adults at our Dixwell care site including internal medicine, pediatrics, Mental health counseling and addiction services. There are also special programs available such as the Village of Power, a recovery program for woman who may be struggling with substance abuse, homelessness, mental health challenges or HIV/AIDS.

State Street Clinic: 4 week waiting list at this time. Fax referral to State Street Clinic. Fax # 203-503-3562 **(Accepting Medicare)**

913 State St., New Haven, CT

203-503-3660

Offering a variety of specialized medical services as well as mental health counseling and substance abuse treatment.

Ansonia Hill Health Center

Our Ansonia office, located in the heart of the Valley, offers both medical and mental health services as well as several specialties, including orthopedics and podiatry. Cornell Scott-Hill Health Center - CSHHC,

121 Wakelee Ave., Ansonia, CT

203-503-3570

Jewish Family Services: 1 week waiting list. Openings for medication management. **(Accepting Medicare)**

1440 Whalley Ave., New Haven, CT 06515
203-389-5599

- **Community Outreach Services**
- **Counseling & Family Support**
- **Domestic Violence**
- **Food Pantry & Nutritional Health**
- **Jewish Wellness & Healing Center**
- **Older Adult Services**
- **Vocational Services**

<http://jfsnh.org/programs-services/food-pantry-and-nutritional-health-center/>

MCCA: 2 week waiting list for individual treatment. 4 week waiting list to see a prescriber.

419 Whalley Ave., New Haven, CT 06511
203-285-6475

- Outpatient Treatment
- Intensive Outpatient
- Free Tobacco Cessation Treatment
- Mental Health/Co-occurring Disorders
- Anger Management
- Relapse Prevention

Hours of Operation:

Monday: 9am – 9pm

Tuesday: 9am – 5pm

Wednesday: 9am – 9pm

Thursday: 9am – 9pm

Friday: 9am-1pm

Walk-in: Tuesday from 9:00am to 1:30pm

Post-Traumatic Stress Center, LLC: No waiting list. Prescriber 20 hours a week. psychiatric evaluation \$175.00 individual treatment \$150.00

The Post Traumatic Stress Center is a private, specialty clinic for people of any age who have experienced abuse, neglect, or psychological trauma such as sexual assault, sudden death of loved ones, combat, sex trafficking, harmful discrimination, accidents, or natural disasters.

19 Edwards Street New Haven, CT 06511
203-624-2146 (self-pay only)

Family Clinic Southern Connecticut State University: No waiting list. Has no prescriber. Fees are a sliding scale from \$10-\$60 per clinic hour based on a client's ability to pay. Clinic appointments can be made by calling the Family Clinic at 203 392-6415.

Services Offered

- Family Therapy
- Couples Therapy
- Individual Therapy
- Co-parenting
- Anger Management

Monday- 9a-8p

Tuesday- 9a-8p

Thursday- 9a-8p

Saturday- 9a-12p

615 Fitch St. New Haven, 06515

203 392-6415

Shoreline Wellness Center, LLC: 4 week waiting list for individual treatment. 6 week waiting list for medication management. Prescriber Mon – Fri 9:00am -5:00pm

Shoreline Wellness Center accepts all major insurance plans - including Medicaid and Medicare! We also offer a sliding scale for those without insurance.

Shoreline Wellness Center (SWC) is a multi-specialty, group, behavioral health practice located in West Haven, CT. SWC offers individual, group, marriage/couples and family counseling and medication management services for children, adolescents, adults and the elderly.

Office Hours:

Mon-Thurs: 9am-8pm Friday: 9am-6pm Saturday: 9am-4pm

415 Main St. West Haven, CT 06516 (Accepting Medicare)

203-931-1184 (phone)

203-931-0063 (fax)

Integrated Wellness Group, LLC: No waiting list for commercial insurance. 4 week waiting list for patients with Husky. Prescriber off-site. (Accepting Medicare)

Services Offered

- Group Therapy
- Individual Therapy
- Clinical Services
- Community Programs

446A Blake Street

Suite 200

New Haven

CT 06515

Ph: 203-387-9400

Fax: 888-772-2160

Monday—Thursday 9:00am—8:00pm

Friday 9:00am—5:00pm

Behavioral Health Consultants, LLC.

2 week waiting list for individual treatment and medication management.

Hours: Monday – Friday 8:00am – 9:00pm

3018 Dixwell Avenue

Hamden, CT 06518

Toll Free: 1-800-864-2742

Local: (203) 288-3554

Fax: (203) 281-0235

Behavioral Health Consultants (BHC) is a full range behavioral consulting company offering a wide variety of services to the business community as well as individuals. Our mission is to improve the effectiveness of our clients. We utilize only state of the art and scientifically verified approaches to provide consistently high quality, outcome oriented services.

- Substance Abuse
- Depression
- Anxiety
- Sleep Disorders/Difficulties
- Post-Traumatic Stress Disorder (PTSD)
- Gambling
- Smoking Cessation
- Attention Deficit-Hyperactivity Disorder
- Eating Disorders
- Elderly Issues and Dementia
- Chronic Pain

Integrity Counseling and Consultation

860-592-1030 (press 1 for new clients)

Offices in West Hartford and Woodbridge but also provides in-home therapy for Husky clients

Spiritual Resources for Healing Prayer**Sozo Ministry**

By appointment only, \$50 donation suggested

Hours: Monday, Wednesday, or Thursday

Gateway Christian Fellowship

129 Bull Hill Lane

West Haven, CT 06516

Local: (203) 934-0880