

## Mental Health is a Big Deal

**1 in 10 children** has a mental illness serious enough to impair how they function at home, at school, and with peers.

*Have you ever wondered what kind of resources there are to help you and your child?*

What are local resources that you can use today?

Referrals to other therapists, psychiatrists, and community programs are available as well.

***Ask your doctor or nurse today!***



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# Mental Health Resources

*For you and your child*





*For children less than three...*

**Connecticut Birth to Three:**  
**[www.birth23.org](http://www.birth23.org)**  
**1-800-505-7000**

**Eligibility:**

Any child who experience a significant developmental delay in 1 or more of the following:

- Cognitive development
- Physical development (motor, vision, hearing)
- Communication development
- Social or emotional development
- Adaptive skills

**Services:**

- Each family is assigned a service coordinator who will facilitate all aspects of care based on need

Cost: FREE initial developmental evaluation



*For children older than three...*

**Wheeler Clinic (Plainville)**  
**[www.wheelerclinic.org](http://www.wheelerclinic.org)**  
**(860) 793-3588**

- Offers a wide variety of at home and outpatient services for children with depression and anxiety, addiction, trauma, oppositional defiant behavior, ADHD, autism, and other mental health conditions
- **Walk-in services available:**  
Monday and Thursday: 8:30 am-6:30 pm  
Tuesday, Wednesday and Friday: 8:30 am-5 pm at the Bristol Campus (225 North Main Street)

**For emergencies:**  
**Call 211**  
for immediate mental health crisis intervention services

**InterCommunity (East Hartford):**  
**[www.intercommunityct.org](http://www.intercommunityct.org)**  
**(860)569-5900**


- Provides services for children 3-18 and their families
- Provides initial evaluation, group, individual, and family therapy and medication management
- **Walk-ins available** Monday, Tuesday, Wednesday and Thursday 8 am- 8 pm  
Friday 8 am- 6 pm and Saturday 8 am- 4 pm at 287 Main Street, East Hartford.

**Jewish Family Services (Bloomfield)**  
**[Jfshartford.org](http://Jfshartford.org)**  
**(860) 236-1927**

- Supports children and adolescents with issues coping with stress, anxiety, loss, trauma, social, emotional or mental health issues
- Also provides medication management, and counseling for children with ADHD, intellectual disability, developmental disability or autism

Did you know that psychologists are here in the office on Wednesday and Thursday afternoons to help you and your child with mental wellness?

Ask your doctor about it!



**Central CT's Premier Psychology Group Practice**  
**Hopewell Health Solutions**  
Targeted Counseling, Consultation, and Trainings