

Behavioral and Mental Health

Advanced Solutions Therapy Center

1138 W Main St, Waterbury 06708

(203) 755-0707

Marriage and family therapy

<https://www.wellness.com/>

Catholic Charities (Family Service Center)

56 Church St, Waterbury 06702

(203) 755-1196

Individual and group therapy, to address problems associated with substance use, depression, anxiety, anger management, trauma, grief and loss, and other mental health issues.

<https://www.ccaoh.org/locations/>

Choices Mental Health Association

969 W Main St, Waterbury 06708

(203) 757-5431

Full range of outpatient treatment for substance abuse and mental health.

<https://www.wellness.com/>

Community Health Center, Inc.

51 N Elm St, Waterbury 06702

(203) 574-4000

Marriage and family therapists, drug and alcohol counseling, LGBTQIA+, health therapy groups

<https://www.chc1.com/locations/waterbury>

Community Mental Health Affiliates

255 Bank St, 4th Fl, Waterbury 06702

(203) 596-9724

Child and adult behavioral outpatient services. Individual, family and group therapies. Relapse prevention, seeking safety, DBT, CBT, anger management, extended day treatment.

<https://www.cmhacc.org/>

Connecticut Counseling Center (Brookside Location)

50 Brookside Rd, Waterbury 06708

(203) 568-7474

Outpatient treatment for mental health and substance use challenges.

<https://www.ctcounseling.org/>

Connecticut Counseling Center (Midland Location)

4 Midland Rd, Waterbury 06705

(203) 755-8874

Outpatient treatment for mental health and substance use challenges.

<https://www.ctcounseling.org/>

Connecticut Junior Republic

80 Prospect St, Waterbury, 06702

(203) 757-9939

Teen outreach program & family integrated therapy. Residential, community and home-based services.

<https://cjrimpact.org/about-us/our-mission/>

Deeper View Counseling, LLC

228 Meadow St, Suite 402, Waterbury 06702

(860) 510-3959

Individual and family counseling, group therapy, consultation, tutoring and home care.

<http://www.deeperviewcounseling.com/>

Department of Mental Health and Addiction Services - Transitional Case Management

402 East Main St, Waterbury 06702

(860) 262-5812

Case management for male inmates with history of substance abuse. Assistance with housing, substance abuse counseling, employment, legal aid and advocacy.

<https://www.findhelp.org/>

Behavioral and Mental Health

Family & Children's Aid

30 Holmes Ave, Waterbury 06708
(203) 755-2868

Outpatient services (behavioral/substance abuse), Intensive In-Home Child & Adolescent Psychiatric Services, Therapeutic Foster Care (8-17 yrs.), community-based and residential services

<https://www.fcaweb.org/what-we-do/>

Family Intervention Center

51 Lakeside Blvd E, 2nd Fl, Waterbury 06708
(203) 753-2153

Intensive Substance Abuse Outpatient Treatment, Eating Disorder Recovery, Individual Therapy, Couples Therapy, Group/Family Therapy, Prevention, Gambling Addiction.

<http://familyinterventioncenterct.com/contact-us.html>

Mental Health CT

969 W Main St, Ste 3A, Waterbury 06708
(203) 757-8153

Home-based services, Residential, Independence Center, Supported Education/Employment, and more

<https://www.mhconn.org/service/waterbury/>

McCall Behavioral Health Network

Dempsey Center: 900 Watertown Ave,
Waterbury 06708

(203) 756-8984 Ext 107

Intensive residential treatment for men ages 18+ affected by substance use disorders as well as co-occurring behavioral health conditions.

<https://mccallbhn.org/>

Outpatient: 969 W Main St, Unit 2A,
Waterbury 06708

(203) 754-0322

Outpatient group, IOP group, medication assisted treatment, peer support, employment services.

<https://mccallbhn.org/>

Glenlunan House: 107 Tudor St, Waterbury
06704

(860) 496-2100

Intensive residential treatment and support for males, 18+ with psychiatric disorders. Transportation assistance, activities of daily living assistance, counseling for individuals and family, case management, introduction to community resources, etc.

<https://mccallbhn.org/>

Rogers House: 900 Watertown Ave,
Waterbury 06708

(860) 496-100

Intensive outpatient program. Anger management, relapse prevention, 12-step facilitation, step down group, grief recovery.

<https://mccallbhn.org/>

Behavioral and Mental Health

National Maternal Mental Health Hotline

1-833-TLC-MAMA hotline

Mental health support for moms and families before, during and after pregnancy.

[National Maternal Mental Health Hotline | MCHB \(hrsa.gov\)](https://www.mchb.hrsa.gov)

St. Mary's Hospital/Trinity Health

56 Franklin St, Waterbury 06706
(888) 311-3043

Dual diagnosis treatment, inpatient and outpatient services including Intensive Outpatient Program (IOP) and partial hospitalization program.

<https://www.trinityhealthofne.org/>

St. Vincent DePaul Mission of Waterbury

114 Benedict St, Waterbury 06706
(203) 573-9018

Licensed Mental Health Residential Living Center, Permanent Supportive Housing Program

<https://www.svdpmision.org/home>

StayWell Health Center

80 Phoenix Ave, Waterbury 06702
(203) 756-8021

Medical care (primary, dentistry, behavioral health, HIV, opioid addiction, and infectious disease).

<https://staywellhealth.org/>

Substance Abuse and Mental Health Services

Administration National Helpline

1 (800) 662-HELP (4357)

For individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

<https://www.samhsa.gov/find-help/national-helpline>

Suicide and Crisis Lifeline

Call or Text: 988

Free and confidential support to people in suicidal crisis or emotional distress works.

<https://988lifeline.org/>

The Wheeler Clinic

855 Lakewood Rd, Waterbury 06704
(888) 793-3500

Depression, anxiety, substance use disorder treatment, LGBTQIA+, intensive outpatient program for all ages.

<https://www.wheelerclinic.org/>

Tides of Mind Counseling

230 Frost Rd, 1st Fl, Waterbury 06705
(203) 819-0789

Crisis education, cognitive behavioral therapy, grief counseling and trauma focused therapy.

<https://tidesofmindcounseling.com/>

Urgent Crisis Center (Youth Resource)

141 E Main St, Waterbury 06702
(203) 580-4298

Outpatient level of care that provides walk-in care for youth who are experiencing a mental health or behavioral crisis. Call to verify hours.

<https://www.wellmore.org/urgent-crisis-center>

Behavioral and Mental Health

Waterbury Hospital

88 Grandview Ave, Waterbury 06708

Adolescent: (203) 573-7121

Children and adolescents ages 12 - 18 years.

Partial Hospitalization Program (PHP),
Intensive Outpatient Program (IOP), family
therapy.

<https://www.waterburyhospital.org/all-services/behavioral-health/adolescent-behavioral-health/>

Adult: (203) 573-6500

Addiction treatment, adult outpatient
services, inpatient care for adults ages 18 +.

<https://www.waterburyhospital.org/all-services/behavioral-health/adult-behavioral-health/>

Wellmore Behavioral Health Inc

141 E Main St, 2nd Fl, Waterbury 06702

(203) 756-7287

Counseling for children, adolescents, adults
and entire families, (telehealth or in-person
therapy).

<https://www.wellmore.org/>

Western Connecticut Mental Health Network

- Waterbury Area

95 Thomaston Ave, Waterbury 06702

(203) 805-5300

Access Center/Mobile Crisis, community
support programs, outpatient services,
young adult services (18 - 25 yrs.), acquired
brain injury community care program,
respite services, jail diversion program.

Contracted programs include residential and
employments services, supported
education, psychosocial, outpatient and
homeless services.

[WCMHN-Waterbury \(ct.gov\)](http://WCMHN-Waterbury.ct.gov)

Wheeler Clinic

855 Lakewood Rd, Waterbury 06704

(860) 793-3500

Same-day walk-in access for behavioral
health and addiction services,

Individual/family therapy, Intensive
Outpatient Programs (Adults, Adolescents
and Children), Proud Program (for mothers
of young children/pregnant women who
have active substance use concerns or a
substance use history)

<https://www.wheelerclinic.org/services/adults/behavioral-health-substance-abuse-treatment>