

Community Resources

Counseling & Medication

- Behavioral Medicine/Counseling
72 North Street, Danbury, CT
(203) 748-1200
Private insurance
- Blue Sky Behavioral Health, LLC.
52 Federal Road, Ste 2A, Danbury, CT
(888) 822-7348
Private insurance
- Community Health Center (CHC), Inc.
8 Delay Street, Danbury, CT
(203) 797-8330
Private insurance; Medicare; Medicaid.
Must be seen by a CHC PCP to receive mental health treatment.
Sliding scale for uninsured.
- Connecticut Institute for Communities
CIFC Greater Danbury Community Health Center
120 Main Street, Danbury, CT
Adult Behavioral Health: (203) 791-5005
Sliding scale for uninsured
- Mar Y Sol Mental Health Experts
46 Federal Road Suite D, Danbury, CT
(203) 456-6989
Most Private insurance; Medicare
Some providers also accept Medicaid
- Southbury Counseling
 - 519 Heritage Road, Suite 2A5, Southbury, CT
 - 2 Old New Milford Road, Unit 1F, Brookfield, CT
 - 14 Commerce Rd, 1st Floor, Newtown, CT
 - 619 Main Street, Watertown, CT(203) 568-5923
Private insurance; Medicare
Some providers also accept Medicaid
- Sterling Institute Neuropsychiatric & Behavioral Medicine
7 Kenosia Avenue, Danbury, CT
(475) 329-2686
Most Private insurance; Medicaid
***One provider is also licensed in New York*
- WCT Behavioral Health/
Connecticut Behavioral Health
246 Federal Rd, Unit D22, Brookfield, CT
(203) 529-8451; (959) 210-1131
Most Private insurance; Medicaid

Substance Abuse

- MCCA
38 Old Ridgebury Road, Danbury, CT
(877) 874-6222 or
(203) 792-4515 Ext. 1211
Private insurance; Medicaid

Substance Use Support Groups

- Alcoholics Anonymous
aa-meetings.com/directory/connecticut
(866) 920-0628
- Narcotics Anonymous
na.org/meetingsearch/find-na
In-person or virtual
- Al-Anon
al-anon.org

Eating Disorders

- The Renfrew Center
1025 Westchester Avenue, White Plains, NY
(800) 736-3739
Private insurance

LGBTQ+ Resources

- APEX Community Care
30 West Street, Danbury, CT
(203) 778-2437
Private insurance; Medicare; Medicaid
- Triangle Community Center
650 West Avenue, Norwalk, CT
(203) 853-0600
ctpridecenter.org
- The Health Collective
643 Maple Avenue, Hartford, CT
860-278-4163
healthcollective.org

Near Bridgeport

- The Waynik Group
160 Hawley Lane, Trumbull, CT
(203) 386-0096
Private insurance; Medicare

Off-Campus Mental Health Referral

Thriving Campus:

wcsu.thrivingcampus.com

Find a therapist who works with college students

Mental Health Peer Support App

TalkCampus App: www.talkcampus.com/wcsu

TalkCampus Web:

web.talkcampus.app/signup-login

A peer support platform where students give and get support within a safe, supportive infrastructure.



24/7 Emergency Text 24/7 Helplines

- **988** Suicide & Crisis Lifeline (call or text)
- **741741** Crisis Text Line
Connect with a volunteer Crisis Counselor
 - ✧ Text **"HOME"** (English)
 - ✧ Text **"HOLA"** (Español)
 - ✧ Text **"STEVE"** (students of color)
- **22522** National Domestic Violence Hotline
 - ✧ Text **"LOVEIS"**



24/7 Emergency Call Hotlines

- Domestic Violence Hotline
203.731.5206 (English)
888.568.8332 (Español)
- Sexual Assault Hotline
203.731.5204
- Trans Lifeline
877-565-8860
- Trevor Lifeline LGBTQ+
866-488-7386