

National Helplines

National Suicide and Crisis Lifeline: 988 or text HOME to 741741

24 hr. Emergency & Community Resource Hotline: 211

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Adolescent Suicide Hotline: (800) 784-2433

Self-Harm Hotline: 1-800-366-8288

Family Violence Helpline: 1-800-996-6228

Child Abuse Hotline: (800) 422-4453

Child Sex Abuse Hotline: 1-888-773-8368

National Domestic Violence Hotline: 800-799-7233 or text START to 88788

The Trevor Project: 1-866-488-7386 or text "START" to 678678 (LGBTQ+ hotline)

Substance Abuse & Mental Health Services: 1-800-662-HELP (4357)

Alcoholics Anonymous (CT): 1-866-783-7712

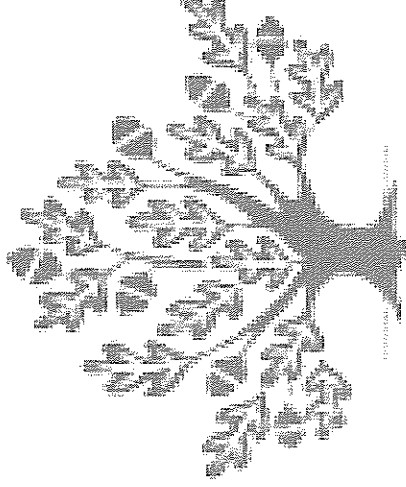
National Eating Disorders: (800) 931-2237 or text "NEDA" to 741741

National Runaway Hotline: 1-800-786-2929

Pet Loss Support Hotline: (877) 474-3310

National Sexual Assault Hotline: 1-800-656-4673

Planned Parenthood: 1-800-230-PLAN (7526)



"Our commitment to the future"

Somers High School Counseling Resources & Hotlines

Somers High School
#5 Vision Blvd.
Somers, CT 06071
(860) 749-2270

Community Assistance & Resources

Town of Somers Human Services

<https://www.somersct.gov/town-departments/social-services-department/>
(860) 265-7551

Services: emergency financial assistance, energy assistance, meals on wheels, back to school clothing/backpack program, crisis intervention, utility assistance, farmers' market vouchers, CHOICES counseling, etc.

Community Health Resources (chr)

www.chrhealth.org

Enfield

(860) 253-5020

Manchester

(860) 646-3888

Services: child & adolescent outpatient mental health services

Department of Children and Families

www.ct.gov/dcf

505 Hudson Street, Hartford CT 06106

(860) 550-6300

Services: (24/7) suspected child abuse & neglect and voluntary services

Hartford Juvenile Clerk's Office

www.jud.ct.gov

920 Broad Street, Hartford, CT 06106

(860) 244-7900

Services: children under 16; run away, beyond control of parent/guardian, engaged in immoral or indecent conduct, truancy, overly defiant with school rules

Institute of Living

www.instituteofliving.org

200 Retreat Avenue, Hartford, CT 06106

(860) 545-7000

Services: adolescent counseling, assessments, evaluations, group/family therapy, psychopharmacology

Planned Parenthood

www.plannedparenthood.org

76 Palomba Drive, Enfield, CT 06082
(860) 741-2197

Services: sex education, birth control education and supplies, emergency contraception, pregnancy testing and counseling, STD testing, and testing and treatments for UTI's

Psychiatrists**Anjali Maharaj Shah**

Psychiatrist, DO
Manchester, CT 06040
Offers online therapy

Mariela Podolski

Psychiatrist, MD
433 South Main Street, Suite 327
West Hartford, CT 06110
(959) 600-6640
Offers online therapy

Rangsun Sittichai

Psychiatrist, MD
345 North Main Street, Suite 311
West Hartford, CT 06117
(860) 934-0523
Offers online therapy

Attachment & Trauma Specialists**West Hartford Holistic Counseling**

17 S. Highland Street, West Hartford, CT 06119
(860) 325-4118
info@westhartfordholisticcounseling.com
Services: trauma-informed therapy

David Bonanno Psy. D.

156 River Rd Suite #2102, Willington, CT 06279
(860) 222-2633
<https://www.doctorbonanno.com/>

Sexual Assault**YWCA Sexual Assault Crisis Services**

<https://ywcanb.org/#>
New Britain Office

Hotline: 860-223-1787

19 Franklin Square, New Britain, CT 06051

Office: (860) 225-4681

Hartford Office

Hotline: 860-547-1022

175 Main Street, Hartford, CT 06106

Office: (860) 225-4681

Services: 24-hour hotline for victims of sexual assault, victim support, education, & medical/legal information

Substance Use**New Directions**

<https://www.chrhealth.org/new-directions-new-substance-use-program-enfield/>

113 Elm St # 204, Enfield, CT 06082

(860) 741-3001

Services: outpatient individual & family counseling; drug & alcohol treatment, intervention, prevention, community education, and referral services

Phoenix House Springfield

5 Madison Ave, Springfield, MA 01105

Phone: (401) 441-6107

AccessMass@phoenixhouse.org

Services: detoxification services, residential and outpatient programs, transitional support services

Rachel Corso

Drug & Alcohol Counselor, MA, LADC, LPC

Bloomfield, CT 06002

(959) 600-6598

Offers online therapy

Anxiety & Depression**BGC Counseling, LLC**

Brett Carra

133 Mountain Road, Suite 9, Suffield, CT 06078

(860) 640-4765

Offers online therapy

Rachel O'Coin

Tolland, CT 06084

(860) 288-8950

Offers online therapy

Eating Disorders**Walden Behavioral Care**

112 Turnpike Rd, Westborough, MA 01581

Admissions: (888) 305-2997

Phone: (508) 796-5797

or

213 Court St., Middletown, CT 06457

(203) 491-5060

Services: treatment of eating disorders; includes partial hospitalization and intensive outpatient treatment

Grief & Bereavement**Suffield Community Aid**

450 South Street, Suffield, CT

(860) 668-1986

Services: Support group for people who have experienced the loss of a loved one

Rick's Place

85 Post Office Park #8521, Wilbraham, MA

01095

(413) 279-2010

Services: grief support groups for teens

LGBTQ+ Specialists**Hartford Gay & Lesbian Health Collective**

www.hglhc.org

1841 Broad Street, Hartford, CT 06114

(860) 278-4163

Email: info@hglhc.org

West Hartford Holistic Counseling

17 S. Highland Street, West Hartford, CT 06119

(860) 325-4118

info@westhartfordholisticcounseling.com

Services: LGBTQ+ adult counseling, LGBTQ+ parent coaching, LGBTQ+ family counseling, therapy for LGB, Gender-Expansive, and Gender Nonconforming Youth