

# mental health resources

## Counseling Services



**Mansfield Youth Services**  
860-429-3319



**United Services**  
860-456-2261



**Perception Programs, Inc.**  
860-420-2450



**Generations Family  
Health Center**  
860-450-0585



**Community Health  
Resources (CHR)**  
860-456-7200



**Maple Ridge  
Clinical Services**  
860-429-2928



**Change Counseling, LLC.**  
860-833-2657



**UConn Psychological Services**  
860-486-2642



**Natchaug Hospital**  
860-456-1311



This information is provided by  
Mansfield Human Services



303 Maple Road, Mansfield  
860-429-3315

**Crisis Support**



**Child Crisis - Dial 2-1-1**

**Adult Crisis - Call United Services  
(860) 456-2261**

**Suicide & Crisis Lifeline - Dial 9-8-8**

**Adult Action Line - 1-800-467-3135**

**Domestic Violence Support**



**Domestic Violence Hotline  
1-800-799-SAFE (7233)  
or Text "START" - 88788**

**CT Coalition Against Domestic Violence  
860-282-7899**



**Parenting Support**



**Mansfield Youth Services  
860-429-3319**



**Peace at Home Parenting  
860-775-5109**



**LGBTGIA+ Services**



**Mansfield Human Rights  
Commission**



**The Trevor Project  
1-866-488-7386**



**PFLAG Tolland  
860-962-4240**



**Trans Lifeline  
1-877-565-8860**



## PTSD Support



**National Center for PTSD**  
**(802) 296-6300**



**Institute of Living**  
**(860) 545-7000**



**SAMHSA**  
**1 (800) 662-HELP**



**DMHAS**



**Resilience Behavioral Health**



## Veteran Services



**Veterans Crisis Line**  
**Dial 9-8-8, then Press 1**



**Veterans Online Chat**



**Windham Region Community Council**  
**(860) 423-4534**



**U.S. Veteran Affairs**



**CT Veteran Affairs**



**CT VA Healthcare**

