

## Off Campus/Local Resources

### Resources for Substance Use and Abuse

- [Alcoholics Anonymous](#) – For a listing of meetings in Connecticut
- [Connecticut Region Narcotics Anonymous](#) – For a listing of meetings in Connecticut
- [211/United Way of Connecticut](#) – Call 2-1-1, 24 hours/7days for information and referrals, or go to the 2-1-1 website for substance abuse related service listings.
- [The Connecticut Clearinghouse](#) – Fact sheets and lending library of printed materials and videos about individual drugs and related issues affecting mental health and wellness. The Clearinghouse is Connecticut’s resource center for information about alcohol, tobacco, other drugs, and related issues affecting mental health and wellness.
  - **Links to Connecticut Clearinghouse Drug Fact Sheets**  
([Fact sheets on specific drugs, drug testing, prescribed drugs, etc.](#))
- [SAMHSA](#) (Substance Abuse and Mental Health Services Administration, U.S. Department of Health & Human Services)  
SAMHSA’s National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, 1-800-662- HELP (4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 This service provides referrals to local treatment facilities, support groups, and community- based organizations.  
Also visit the [online treatment locator](#), or send your zip code via text message: 435748 (HELP4U) to find help near you. To read more about HELP4U, please visit: [HELP4U text messaging service](#).

### Resources for Disabilities

- <https://www.apa.org/about/apa/equity-diversity-inclusion/language-guidelines>  
**Inclusive Language Guide**
- [Disability Visibility Project](#) - The Disability Visibility Project is an online community dedicated to creating, sharing, and amplifying disability media and culture.
- [Implicit Bias and Those with Disabilities](#) "The American Bar Association's Commission on Disability Rights has created this resource to increase awareness of implicit biases, both in general and in particular with regard to persons with disabilities, and to offer techniques to help mitigate these biases. We begin with an overview of implicit bias, particularly what it is, where such biases originate, how we measure them, why they are harmful, and how we can mitigate them. This is

followed by a series of questions and scenarios that will allow you to examine your implicit biases about persons with disabilities."

- [National Equity Project](#) - At the National Equity Project, we support leaders to transform their systems into equitable, resilient, and liberating environments.
- [RespectAbility](#) - RespectAbility is a diverse, disability-led nonprofit that works to create systemic change in how society views and values people with disabilities, and that advances policies and practices that empower people with disabilities to have a better future. Our mission is to fight stigmas and advance opportunities so people with disabilities can fully participate in all aspects of the community.

## Resources for Neurodiversity

- <https://www.autismspeaks.org/> Autism Speaks is dedicated to creating an inclusive world for all individuals with autism throughout their lifespan. We do this through advocacy, services, support, research and innovation, and advances in care for autistic individuals and their families.
- <https://communication4all.org/> A 501(c)3 nonprofit organization, Communication 4 ALL recognizes that the key to changing policies and practices begins with shifting mindsets.
- <https://www.psychiatry.org/patients-families/autism/what-is-autism-spectrum-disorder> What Is Autism Spectrum Disorder?
- <https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd> Autism Spectrum Disorder
- <https://www.asha.org/practice-portal/clinical-topics/autism/communication-about-autism/> American Speech-Language-Hearing Association: Making effective communication, a human right, accessible and achievable for all.
- <https://www.neurodiversityhub.org/mental-health> Changing the narrative about autism and neurodiversity through awareness, education and engagement.
- <https://autisticadvocacy.org/> The Autistic Self Advocacy Network is a 501(c)(3) nonprofit organization run by and for autistic people. ASAN is a national grassroots disability rights organization for the autistic community. We fight for disability rights.
- <https://differentbrains.org/resources/> Different Brains® strives to encourage understanding & acceptance of individuals who have variations in brain function and social behaviors known as neurodiversity.
- <https://www.chconline.org/resourcelibrary/5-study-tips-for-neurodivergent-college-students/> Specializing in working with families living with ADHD, Learning Differences, Anxiety & Depression and Autism through our two schools, mental health clinic, community education and curated online resource library.

## Resources for LGBTQIA+

- [The Trevor Project](#) is a support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (Text “START” to 678678).
- [The LGBT National Help Center](#) offers confidential peer support connections for LGBT youth, adults and seniors including phone, text, and online chat.
- [The Gay and Lesbian Medical Association's Provider Directory](#) is a search tool that can locate a LGBTQ-inclusive health care provider.
- [The American Psychological Association \(APA\)](#) provides countless educational and support resources on a range of LGBTQ topics.
- [The Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling](#) delivers educational and support resources for LGBTQ individuals, as well as promoting competency on LGBTQ issues for counseling professionals.
- [The Association of Gay and Lesbian Psychiatrists](#) offers numerous resources for LGBT individuals experiencing mental health conditions and psychiatric professionals with LGBT clients.
- [The National Center for Transgender Equality](#) offers resources for transgender individuals, including information on the right to access health care.

## Resources for BIPOC-African American/People of Color

- Black Emotional and Mental Health Collective (Beam): [www.beam.community/bvtn](http://www.beam.community/bvtn)
- Black Girls Smile: [www.blackgirlssmile.org/resources](http://www.blackgirlssmile.org/resources)
- The Steve Fund: [www.stevelfund.org](http://www.stevelfund.org)
- Color of Change: <https://colorofchange.org/>
- Therapy for Black Girls: [www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)
- African American Mental Health (NAMI): <https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>
- [Black Mental Health Alliance - \(410\) 338-2642](#)  
Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.
- [Black Mental Wellness](#)  
Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.
- [Boris Lawrence Henson Foundation](#)  
BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network.

Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

- [Brother You're on My Mind](#)  
An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect African American men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in African American men.
- [Ebony's Mental Health Resources by State](#)  
List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- [Henry Health](#)  
Provides culturally sensitive self-care support and teletherapy for African American men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.
- [Melanin and Mental Health](#)  
Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory, and events.
- [Ourselves Black](#)  
Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine, and online discussion groups.
- [POC Online Classroom](#)  
Contains readings on the importance of self-care, mental health care, and healing for people of color and within activist movements.
- [Sista Afya](#)  
Organization that provides mental wellness education, resource connection and community support for Black women.
- [Unapologetically Us](#)  
Online community for African American women to seek support.

## Resources for Latin American/Hispanic

- Therapy for Latinx: <https://latinxtherapy.com/>

- Latino Mental Health (NAMI): <https://www.nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health>
- Latino Behavioral Health Resources (SAMHSA): <https://www.samhsa.gov/behavioral-health-equity/hispanic-latino>

## Resources for Immigrant/Refugee/Undocumented

- <https://irisct.org/> IRIS provides targeted wrap-around services for all clients, using a strength-based assessment model, that offers long-term support for successful integration.
- <https://portal.ct.gov/dss/economic-security/refugee-assistance-program> Refugee Assistance Program
- <https://cirict.org/> CIRI provides legal, economic, linguistic, and social services to immigrants, refugees, survivors of human trafficking and torture, and unaccompanied minors throughout Connecticut.
- <https://www.coalitionct.org/> Serving Connecticut's immigrant and refugee population since 1996

<https://static1.squarespace.com/static/5ee54757f8341714a0a0f0bb/t/61fc78b333d00e727ee7211e/1643935927960/RESOURCES+FOR+GREATER+HARTFORD+REFUGEES+%26+ADVOCATES+%28%29.pdf> Resource Guide for refugees and advocates

- [https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.392725-Connecticut\\_Institute\\_for\\_Refugees\\_and\\_Immigrants\\_Inc\\_Hartford\\_Office](https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.392725-Connecticut_Institute_for_Refugees_and_Immigrants_Inc_Hartford_Office) Connecticut Institute for Refugees and Immigrants, Inc. (Hartford Office)
- <https://refugeerights.org/> Everyone should have a safe place to live and a safe way to get there
- [UndocuHealth Initiative | Promoting Mental Wellbeing for Immigrant Youth \(unitedwedream.org\)](https://unitedwedream.org/) United We Dream is committed to ensuring that people who are, have been, or will be directly impacted by the immigrant experience are at the forefront of decision-making and throughout UWD