

## Promoting Mental Health

Many things promote mental health including:

**Caring for our bodies**  
(rest, nutrition, exercise)



**Supportive relationships**  
(practical and emotional support)

**Healthy thinking patterns**  
(identifying and replacing unhealthy thinking)



**Grieving losses**  
(identifying and grieving losses)

**Healing from wounding**  
(acknowledging wounding and seeking support)



**Self care and healthy boundaries**  
(establishing healthy rhythms)



**Helping others**  
(finding ways to contribute)



A Care and Counseling Initiative



## Care & Counseling Resources

[charisnetworkct.org](http://charisnetworkct.org)

### About Urban Alliance

Urban Alliance is a Christian collective impact organization located in East Hartford, CT. Our goal is to create opportunities for people to achieve lasting change in their lives through the collaborative work of churches and organizations in our local community.

Your support helps mental health resources, like this brochure, get into the hands of the people who need them most.



[urbanalliance.com](http://urbanalliance.com)



Charis is an Urban Alliance initiative.



## Understanding Mental Health

According to the CDC, mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Through Charis, we strive to understand mental health through a Biblical lens and incorporate research and best-practices into care and counseling. We take a holistic approach and recognize that there are a variety of factors that impact mental health including:

- **Physical:** our bodies
- **Relational:** interactions with other people
- **Mental:** our thoughts and beliefs
- **Spiritual:** faith, God and supernatural influence
- **Actions:** the things we do
- **Experiences:** life situations and stressors

This brochure highlights care and counseling resources in Connecticut, some of which are offered from a Christian perspective.



The Charis website lists local Christian care and counseling resources.

[www.charisnetworkct.org](http://www.charisnetworkct.org)

## Find a Professional Counselor

### *The Charis Network (Christian Support)*

Visit the Charis website for a complete and up-to-date list of Christian professional counselors, support groups, care ministries, and Christian non-profit organizations that can help provide support for you or someone you know. Information about counselor's specialties, locations, insurances accepted, and languages spoken are listed in each profile on the website.

[charisnetworkct.org](http://charisnetworkct.org)

Charis Website



### *Psychology Today*

**Psychology Today** offers a general listing of professional counselors. It is searchable by counselor's specialties, locations, insurances accepted, and languages spoken.

[psychologytoday.com](http://psychologytoday.com)

### *Community-Based Outpatient Counseling*

Visit the **Urban Alliance resource library** for county specific resource guides. Each guide lists community-based outpatient behavioral health providers by county.

[urbanalliance.com/resources](http://urbanalliance.com/resources)

**United Way 2-1-1** also lists community based behavioral health providers. **Dial 2-1-1** or visit the website.

[211ct.org](http://211ct.org)

## Supportive Programs

### *Domestic Violence*

**Safe Connect**, Connecticut's domestic violence information and resource hub, is the entry point for domestic violence services in Connecticut. You can connect with Safe Connect advocates 24/7 in the way that is safest for you.

Call or text **1.888.774.2900** or email [safeconnect@ctcadv.org](mailto:safeconnect@ctcadv.org).

### *Sexual Assault*

If you call the **Connecticut Alliance to End Sexual Violence's** statewide hotline, you will be connected to the sexual assault crisis center nearest you. Counselors and advocates are available 24-hours a day, seven days a week to listen and offer support. Dial **1.888.999.5545** (English) or **1.888.568.8332**, (Spanish)

### *Alzheimer's and Dementia*

The **Alzheimer's Association Connecticut Chapter** offers easy access to education programs, resources and services through their Community Resource Finder. Visit [www.alz.org/ct](http://www.alz.org/ct) to find support near you.

### *Parenting Support*

**MOPS (mops.org)** and **Mastering Motherhood (masteringmotherhood.com)** offer Christ-centered supportive communities for mothers. Visit their websites to find a group near you.

### *Crisis Support*

- **Mobile crisis teams** visit people in their homes or in the community for crisis situations. **Dial 211** and ask for Emergency Mobile Psychiatric Services.
- **National Suicide Hot line: Dial 988** for support
- If you or a loved one are not safe, **call 911 immediately** or visit the nearest emergency room.

### *Addiction*

- **DMHAS** has established a 24/7 Access Line to facilitate access to substance abuse treatment. Individuals from anywhere in Connecticut may call to help with linkage to residential detox. **Dial 800.563.4086**
- **The Behavioral Health Recovery Program (BHRP)** provides individuals with Husky D clinical and basic recovery support services. **Dial 800-658-4472** (basic needs) or **800.606.3677** (clinical)

### *Higher Levels of Care*

If outpatient counseling is not enough, intensive outpatient and partial hospitalization programs offer more comprehensive treatment. **Dial 2-1-1** for information about this type of support or visit [211ct.org](http://211ct.org)

*"Therefore encourage one another and build each other up, just as in fact you are doing."  
(1 Thessalonians 5:11)*

## Free Community-Based Support Groups

**NAMI** offers support for individuals with mental illness and their family. To find a group near you *visit* [www.nami.org](http://www.nami.org).



**Grief Share** offers Christ-centered support after the death of a loved one. To find a group near you *visit* [www.griefshare.org](http://www.griefshare.org)



**Divorce Care** offers Christ-centered support after a divorce. To find a group near you *visit* [www.divorcecare.org](http://www.divorcecare.org)



**Celebrate Recovery** offers Christ-centered recovery support for anyone with a hurt, habit or hang-up. To find a group near you *visit* [www.celebraterecovery.com](http://www.celebraterecovery.com)



**Alcoholics/Narcotics Anonymous** offer support to help people achieve sobriety. To find a group near you *visit* [www.aa.org](http://www.aa.org) or [ctna.org](http://ctna.org)



**Al-Anon** is a mutual support program for people whose lives have been affected by someone else's drinking. To find a group near you *visit* [al-anon.org](http://al-anon.org)



*Visit [uwc.211ct.org/support-groups](http://uwc.211ct.org/support-groups) for a listing of support groups by topic in Connecticut.*