



Mental Health

Categories : [Plan of Safe Care](#)

Caring for your mental health is important. When you maintain good social and emotional health, it positively impacts how you think and feel.

If you notice big changes in how you think or feel after your baby arrives, or at any point, don't be afraid to ask for help. Remember, taking good care of yourself is part of taking good care of your baby.

There are programs and services to support your mental health, from counseling to support groups, throughout the state. Whether you are feeling uneasy, angry or upset; have low energy; or feel hopeless, there is help for you.

If you, a family member or friend is experiencing a mental health emergency, it is best to call 9-1-1 to get help quickly. If someone under the age of 18 is experiencing a mental health emergency, you can get help quickly by calling 2-1-1.

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by program name:

- [Adult Residential Treatment](#)
- [Community Mental Health](#)
- [Domestic Violence Hotlines](#)
- [Emergency Mobile Psychiatric Services for Adults](#)
- [General Counseling Services](#)
- [Mental Health Evaluation](#)
- [Mental Health Related Support Groups](#)

ADDITIONAL RESOURCES

- [2-1-1 Mental Health Category Page](#)
- [Healthy Lives Connecticut](#)
- [Prevent Suicide CT](#)

SOURCES: Centers for Disease Control and Prevention; Connecticut Department of Mental Health and Addiction Services; MentalHealth.gov

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