Substance Use Disorder Counseling

Categories : Plan of Safe Care

People seeking treatment for a substance use disorder have access to a wide range of programs and services. The State of Connecticut runs a 24-hour access and entry line where individuals can get information on in-patient substance use treatment programs. Walk-in assessment centers are also located throughout the state and offer evaluations as well as Naloxone (Narcan) treatments.

As part of treatment, individuals may receive medication, counseling and/or other support services. The goal is to reduce or eliminate drug or alcohol use.

During counseling, individuals work to understand their addiction in order to reduce or eliminate substance use and prevent relapse. Depending upon the individual's needs, counseling may occur in a one-on-one, group or family setting.

To find treatment for a substance use disorder:

- Call the 24-hour Access Line at 800.563.4086
- Text CTRecovery to 898211
- Search for a Walk-In Assessment Center near you
- Call 2-1-1 for a list of substance abuse support groups near you

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by program name:

- General Assessment for Substance Use Disorders
- Central Intake/Assessment for Substance Use Disorders
- DMHAS's Medication Assisted Treatment (MAT) Provider Network Map
- Medication Assisted Maintenance Treatment for Opioid Use Disorders
- Opioid Antidote Distribution Sites
- Substance Use Disorder Peer Recovery Coaches

ADDITIONAL RESOURCES

- Support Groups
- 2-1-1 Substance Use Disorder Category Page
- Opioid Substance Use Treatment Options in Connecticut

SOURCES: 211; Connecticut Department of Mental Health and Addiction Services
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