



Counseling Services – Connecticut

Here are some tips to help you find counseling services near you.

First Steps

- **Contact your insurance.** Check the back of your insurance card for a phone number for “mental or behavioral health” that you can call and ask for local providers in your network.
- **If you have one, speak with your employer’s Employee Assistance Program (EAP).** They usually have a list of local therapists. Your EAP may also provide short-term counseling and help you identify any longer-term therapy needs.

National Organizations

- **The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** 800-662-HELP (4357) TTY: 800-487-4889 or visit: [samhsa.gov/find-treatment](https://www.samhsa.gov/find-treatment) can help you find care near you.
- **If you don’t have insurance, or need a sliding fee, look for a Federally Qualified Health Center.** They offer care including mental health and substance use services. They’re authorized to provide telehealth services even if you’ve never been a patient at one before. Find a center near you: [findahealthcenter.hrsa.gov](https://www.findahealthcenter.hrsa.gov).
- **HelpPRO:** [helppro.com](https://www.helppro.com)
- **Psychology Today Therapist Finder:** [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)

In Connecticut

- **Call 211** - Call 2-1-1 on your phone 24 hours a day, 365 days a year, or search for services on the web [211ct.org](https://www.211ct.org). 211 is staffed by trained specialists who quickly assess your needs and refer you to the help you need. 211 services are free, confidential, and available in many languages.
- **Connecticut’s Network of Care for Behavioral Health-** made possible through State and Private Partnerships to promote access to behavioral health care information- see connecticut.networkofcare.org/mh.
- **Certified Community Behavioral Health Clinics (CCBHCs)** are nonprofit agencies that provide both mental health and substance use services They assist anyone regardless of diagnosis or insurance coverage. Connecticut has seven clinics that offer behavioral health services:thenationalcouncil.org/wp-content/uploads/2024/01/CCBHC-full-list-by-state-for-website_Jan-2024.pdf (Connecticut Listings on page 10).

Therapy Search

The website below offers listings of psychologists in Connecticut. There may be other psychologists not listed. Please check website policies to learn more about if and how they vet listed therapists (do they confirm credentials, licensing, and expertise, if they screen for complaints, etc.). Please note Mass General Hospital does not endorse any non-Mass General affiliated programs or providers

- **Connecticut Psychological Association-** Search for a psychologist at: connpsych.org/find-a-psychologist/

Support Groups

- **National Alliance on Mental Illness (NAMI) Connecticut-** Offers support groups for adults that have experienced symptoms of a mental health condition. In addition, specific groups are available to family members. See group listings at: namict.org/support-and-education/support-groups/

Online Programs

There are several online sites that offer a variety of services including video meetings, phone calls, live chat and messaging. They can be helpful, but may not offer all of the services above, may have monthly/weekly fees, and may not be covered by insurance. Examples include Amwell, Better Help and TalkSpace. Learn more at: apa.org/monitor/2017/02/online-therapy.