

National Resources

AIDS NATIONAL HOTLINE

1-800-342-AIDS www.cdc.gov/hiv

CENTERS FOR DISEASE CONTROL AND PREVENTION

1-800-232-4636 www.cdc.gov

MENTAL HEALTH AMERICA

1-800-969-6642 www.nmha.org

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

1-888-55-4COAS www.nacoa.org

NATIONAL EATING DISORDERS ASSOCIATION

800-931-2237 www.nationaleatingdisorders.org

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME

202-785-4585 www.nofas.org

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)
1-888-628-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
www.suicidepreventionlifeline.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

1-877-726-4727 www.samhsa.gov

State Agencies

CT DEPARTMENT OF CHILDREN AND FAMILIES

1-800-842-2288 Careline www.ct.gov/DCF

CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

860-418-7000 www.ct.gov/dmhas

CT DEPARTMENT OF PUBLIC HEALTH

860-509-8000 www.ct.gov/dph

CT DEPARTMENT OF SOCIAL SERVICES

1-800-842-1508 www.ct.gov/dss

CT DEPARTMENT OF DEVELOPMENTAL SERVICES

860-418-6000 www.ct.gov/dsd

Signs and symptoms of substance use disorders

Behavioral changes, such as:

- Drop in attendance and performance at work or school
- Frequently getting into trouble (fights, accidents, illegal activities)
- Using substances in physically hazardous situations, such as while driving or operating a machine
- Engaging in secretive or suspicious behaviors
- Changes in appetite or sleep patterns
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation
- Appearing fearful, anxious, or paranoid, with no reason

Physical changes, such as:

- Bloodshot eyes and abnormally sized pupils
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

Social changes, such as:

- Sudden change in friends, favorite hangouts, and hobbies
- Legal problems related to substance use
- Unexplained need for money or financial problems
- Using substances even though it causes problems in relationships

Early warning signs for mental health disorders

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or doing drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family or friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Substance Abuse and Mental Health Services Administration
www.samhsa.gov/disorders

U.S. Department of Health and Human Services
www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders

U.S. Department of Health and Human Services
www.mentalhealth.gov/basics/what-is-mental-health/

