



Strong Minds Referral Guide

Local Mental Health Provider Information

These are local providers that have been identified by your local Special Olympics Clinical Director as options for follow-up care. These are not endorsed by Special Olympics.

Emergency: *For urgent and immediate mental health support.*

Organization Name: Yale-New Haven Psychiatric Hospital

Organization Phone Number: 203-688-9704 or Admissions 203-688-9907 or Dial 911 (emergency)

Organization Address: 184 Liberty Street, New Haven, CT 06510

Contact Person Name: Admissions Office Staff

Counseling Resources: Local Professionals with experience working with our athletes in the mental health field.

Organization Name: Clifford Beers (Emergency Mobile Psychiatric Services/EMPS Crisis Care)

Organization Phone Number: Dial 211 (crisis call) or 203-772-1270 for appointment

Organization Address: 93 Edwards Street, New Haven, CT 06511

Contact Person Name: Clinical Staff

Mental Health Wellness Services:

Organization Name: Allumé Home Health (transition beyond high school, case management, transport)

Organization Phone Number: 860-417-6881

Organization Address: 1044 Main Street, Suite #12, Watertown, CT 06795 (serves Western CT)

Contact Person Name: Admissions Staff

Organization Name: Wheeler Clinic

Organization Phone Number: 888-793-3500

Organization Address: 91 Northwest Drive, Plainville, CT 06062

Contact Person Name: Clinical Staff

Additional Information or Resources

Apps you might like

Headspace – Guided meditation exercises and teachings (Stress & You/Strong Messages)

Stop, Breathe & Think – Facilitates breathing exercises related to strong emotions (Strong Breathing)

Colorfy – Mindfulness coloring book (Strong Messages)

Happify – Multiple ways to have positive thoughts (Strong Messages)

The Worry Box – Keep a personal diary about worries and learn techniques to manage (Strong Supports)