Crisis intervention refers to approaches used to offer immediate, temporary help to individuals who experience a situation that prompts emotional, mental, physical, and behavioral distress. A crisis can refer to any event in which the individual perceives a loss of their ability to apply problem-solving skills or coping mechanisms.

The agencies below provide crisis intervention services.

**Southwest Connecticut Mental Health System Regional Mobile Crisis Intervention Team**

203-358-8500  
800-586-9903 (24/7)

The Regional Mobile Crisis Team is available to provide support for adults (18 years and older) who are experiencing a behavioral health crisis in the comfort of their own home or other community location.

**Covers the towns of:** (but not limited to…)

**Franklin S. DuBois Center**

780 Summer Street  
Stamford, CT 06905  
203-358-8500 (8am to 8pm)

**Covers the towns of:** Darien, Greenwich, Norwalk, Stamford, Weston, Westport, Wilton
PROGRAMS DEPARTMENT
CRISIS INTERVENTION

**Greater Bridgeport Community Mental Health Center**
1635 Central Avenue
Bridgeport, CT 06610
203-551-7507 (24 hours)
203-551-7400 (8am to 8pm), 800-586-9903

*Covers the towns of:* Bridgeport, Easton, Fairfield, Monroe, New Canaan, Stratford, Trumbull