Resources for Mental, Physical and Emotional Wellbeing

**Emotional Support & Mental Health**
- Domestic Violence: [National Domestic Violence Hotline](tel:1.800.799.7233): 1.800.799.7233
- [National Alliance on Mental Illness](https://www.nami.org) (NAMI)
- List of suicide hotlines across the world
- [National Suicide Prevention Lifeline](tel:1-800-273-8255): 1-800-273-8255
- [Treatment Referral Routing Service](tel:1-800-662-4357): 1-800-662-4357
- [Crisis Text Line](https://www.crisistextline.org) - This resource offers 24/7 crisis counseling to those who text HOME to 741741

**Physical Health**
- [Coronavirus Disease 2019 (COVID-19)](https://www.cdc.gov/coronavirus) - Center for Disease Control
- Virtual AA Meetings: AA Groups Using Digital Platforms to Find Sobriety During Coronavirus (COVID-19) Outbreak

**Access & Equality resources**
- [The Trevor Project](tel:1-866-488-7386) (1-866-488-7386) has a 24/7 hotline and virtual chat for LGBTQ youths who are struggling emotionally and may be considering suicide.
- [Mutual Aid and Emergency Funds](https://www.ncteq.org) - National Center for Transgender Equality

**Mental Health Clinicians & Centers that incorporate mindfulness into their work**
*Many currently offering secure online therapy appointments*

Dr. Robin Tucker Lapidus, LLC  
776 Farmington Avenue  
West Hartford, Connecticut 06119  
(860) 481-8210

Inner Peace CT Wellness Center  
125 Boston Post Road Suite 1  
Waterford, CT 06385  
(860) 917-0790
Deborah Applefield  
304 Main Street, Suite B  
Farmington, CT 06032  
(860) 678-0124

George Geysen, ChangePoint, LLC  
74 New London Turnpike  
Suite 2  
Glastonbury, Connecticut 06033  
(860) 591-8216

Caryn R. Bienstock, Ph.D.  
95 Rowayton Avenue  
Rowayton, Connecticut 06853  
(203) 838-4122

Elleon Coaching  
Fairfield, CT 06824  
(203) 652-8003

Kim Levesque  
124 Simsbury Road  
Building 1  
Avon, CT 06001  
(860) 785-2747

Enroue Halfkenny  
Healing and Liberation Counseling  
801 Edgewood Avenue  
New Haven, CT 06515  
(203)204-1395

Joanna Karp  
21 Middle Turnpike East  
Manchester, CT 06040  
(860) 607-1915

Rick Blum, Ph.D.  
8 Arapahoe Road  
West Hartford, Connecticut 06107  
(860) 233-1897

Center For Healing Arts  
17 South Highland Street  
West Hartford, Connecticut 06119  
(860) 455-4879

Dr. Shah Nawaz  
The Healthy Mind Psychiatric Services  
900 Straits Turnpike  
Suite D  
Middlebury, Connecticut 06762  
(203) 635-5013

Tim St. Onge, Ph.D.  
Center for Growth  
Southbury, CT  
tim.christofour@gmail.com  
203.262.6069

Charleen Miele  
The Sacred Self  
109B Main St.  
Glastonbury, CT  
thesarcedselfllc@gmail.com  
860.614.8382

David Ames  
639 Prospect Ave.  
West Hartford, CT  
1davidames@gmail.com  
860.706.9010

Purvi Shah Vanderploeg  
West Hartford, CT  
860.333.6892

Liza Josephson  
Newington, CT 06107  
959.230.0810

Have suggestions to add to this resource list?  
Email us at info@copperbeechinstitute.org