Why care about your mental health?
Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. Improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

Remember that wellness is not the absence of illness or stress.
You can still strive for wellness even if you are experiencing these challenges in your life and if you want someone to talk to, there is no wrong door. Mental health professionals, school professionals, medical professionals and your faith community are all there to help or provide direction to those who can.

For immediate help, call 24/7

Newport Mental Health Hotline
401-846-1213

RI Behavioral Health Link Hotline
401-414-LINK (5465)

Kids Link RI
855-543-5465

For additional resources

RI Behavioral Health Link
www.bhlink.org

Mental Health Resource
www.bhddh.ri.gov/mh

Substance Abuse Resource
www.bhddh.ri.gov/substance_use

Prevent Overdose RI
www.preventoverdoseri.org
**Assessment**

RI Behavioral Health Link  [www.bhlink.org](http://www.bhlink.org)
The BH Link Hotline and Triage Center provides immediate treatment and recovery services, as well as connections to long-term treatment options – 24 hours-a-day, seven days-a-week.
BH Link Hotline – 401-414-LINK (5465)
BH Triage Center – 975 Waterman Street, East Providence, RI

(Y) Newport Mental Health 24/7 Emergency Crisis Helpline – 401-846-1213  [www.newportmentalhealth.org](http://www.newportmentalhealth.org)
127 Johnnycake Hill Road, Middletown, RI

Connects parents and caregivers to children’s services in RI. Helps parents find resources for treatment and counseling.

**Basic Needs**

Health Source RI – 855-840-4774  [www.healthsourceri.com](http://www.healthsourceri.com)
401 Wampanoag Trail, East Providence, RI
Health Insurance  •  Supplemental Nutrition Assistance Program (SNAP)  •  Child Care Assistance Program (CCAP)
Cash Assistance (Rhode Island Works, General Public Assistance and Refugee Cash Assistance)
State Supplemental Payments (SSP)  •  Medicare Premium Payments (MPP)  •  General Public Assistance-Burial Services


(Y) East Bay Community Action Program (EBCAP)  [www.ebcap.org](http://www.ebcap.org)
19 Broadway, Newport, RI – 401-847-7821  1048 Stafford Road, Tiverton, RI – 401-625-1364

RI Housing – 401-457-1234  [www.RIhousing.org](http://www.RIhousing.org)
44 Washington Street, Providence, RI

Lucy’s Hearth (Women/Children Shelter) – 401-847-2021  [www.lucyshearth.org](http://www.lucyshearth.org)
19 Valley Road, Middletown, RI

Women’s Resource Center – 401-846-5263 or 800-494-8100 (24 Hour Hotline)  [www.wrcnbc.org](http://www.wrcnbc.org)
114 Truro Street, Newport, RI

**Detoxification Services**

Butler Hospital Alcohol and Drug Treatment Unit – 844-401-0111  [www.butler.org](http://www.butler.org)
345 Blackstone Boulevard, Providence, RI

Roger Williams Hospital – Addiction Service Center – 401-456-2362  [www.rwmc.org/services/addiction-services-center](http://www.rwmc.org/services/addiction-services-center)
877 Chalkstone Avenue, Providence, RI

**Inpatient Facilities**

Newport Behavioral Health Unit – 401-846-6400  [www.newporthospital.org](http://www.newporthospital.org)
Newport Hospital Emergency Room, 11 Friendship Street, Newport, RI

Community Care Alliance – 401-295-5979  [www.communitycareri.org](http://www.communitycareri.org)
Acute Stabilization Unit – Charlesgate, 100 Randall Street, Providence, RI

AdCare Rhode Island – 401-294-6160  [www.americanaddictioncenters.org](http://www.americanaddictioncenters.org)
1950 Tower Hill Road, North Kingstown, RI

Phoenix House – 401-295-0960  [www.phoenixhouse.org/locations/rhode-island](http://www.phoenixhouse.org/locations/rhode-island)
251 Main Street, Exeter, RI
Inpatient Facilities  (continued)
Providence Center – Inpatient Intake Number – 401-276-4020  www.providencecenter.org
530 North Main Street, Providence, RI

Butler Hospital – Behavioral Health Service Call Center – 844-401-0111  www.butler.org
345 Blackstone Boulevard, Providence, RI

(Y) Bradley Hospital – 401-432-1000  www.bradleyhospital.org
1011 Veterans Memorial Highway, Riverside, RI

Outpatient Services  (including Intensive Outpatient Programs)
(Y) Child & Family Services of Newport County – 401-849-2300  www.childandfamilyri.com
31 John Clarke Road, Middletown, RI

AdCare Rhode Island – 401-683-0857  www.americanaddictioncenters.org
11 King Charles Drive, Unit 2A, Portsmouth, RI

CODAC Behavioral Healthcare Newport – 401-846-4150  www.codacinc.org
93 Thames Street, Newport, RI

Newport Hospital Partial Hospitalization Program – 401-845-1910  www.newporthospital.org
Borden-Carey Building, Suite 340, 19 Friendship Street, Newport, RI

(Y) Newport Mental Health – 401-846-1213  www.newportmentalhealth.org
127 Johnnycake Hill Road, Middletown, RI
Walk In Services M – F/9am – 2pm  Emergency Services (24/7)

Medication Assisted Treatment Services
CODAC Behavioral Healthcare Newport – 401-846-4150  www.codacinc.org
93 Thames Street, Newport, RI

The Journey to Hope, Health and Healing, Inc. – 401-946-0650  www.thejourneyhhh.com
26 Valley Road, Units 201 & 202, Middletown, RI

Peer Recovery and Support

Hope Recovery Center – 401-619-1343  www.psnri.org
50 Washington Square, Newport, RI

McKinney Cooperative Shelter – 401-846-6385
15 Meeting Street, Newport, RI

Recovery Housing Information – Call Brian: 401-440-0965 or Frank: 401-996-4379  www.recoveryhousingri.com


RlCares – 401-475-2960  www.ricares.org
1345 Jefferson Boulevard, Warwick, RI


(Y) Agencies servicing youth under 18.

If you are in immediate danger or an emergency, call 911.
### Hotlines and Helplines

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above The Influence Crisis Text Line</td>
<td>Text Above to 741-741</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>401-438-8860 or 401-739-8777</td>
</tr>
<tr>
<td>Al-Anon and Al-Ateen</td>
<td>401-781-0044</td>
</tr>
<tr>
<td>Behavioral Health Link Hotline</td>
<td>401-414-LINK (5465)</td>
</tr>
<tr>
<td>Boys Town National Hotline (Serving all at-risk teens/children/parents)</td>
<td>800-448-3000</td>
</tr>
<tr>
<td>Day One Sexual Assault Helpline</td>
<td>800-494-8100</td>
</tr>
<tr>
<td>Gambling Hotline</td>
<td>855-222-5542</td>
</tr>
<tr>
<td>Gay &amp; Lesbian National Hotline</td>
<td>888-843-4564</td>
</tr>
<tr>
<td>MADD (Victim/Survivor of Drunk Driving)</td>
<td>877-MADD-HELP</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>866-624-3578</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>800-799-7233</td>
</tr>
<tr>
<td>National Runaway Safeline</td>
<td>800-786-2929</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>800-273-8255</td>
</tr>
<tr>
<td>Newport Mental Health 24/7 Crisis Line</td>
<td>401-846-1213</td>
</tr>
<tr>
<td>RI Child Abuse Hotline</td>
<td>800-742-4453</td>
</tr>
<tr>
<td>RI Council on Alcoholism</td>
<td>866-252-3784</td>
</tr>
<tr>
<td>RI Department of Elderly Affairs (Adult Protective Services)</td>
<td>401-462-0555</td>
</tr>
<tr>
<td>RI Smoker’s Helpline</td>
<td>800-QUIT-NOW</td>
</tr>
<tr>
<td>RI Victims of Crime Hotline</td>
<td>800-494-8100</td>
</tr>
<tr>
<td>RI Legal Services (Expungement, Driver’s License and Public Benefits Services)</td>
<td>401-274-2652</td>
</tr>
<tr>
<td>Samaritans of RI/Crisis Prevention Hotline</td>
<td>800-365-4044 or 401-272-4044</td>
</tr>
<tr>
<td>Trevor Lifeline – LGBTQ</td>
<td>866-488-7386</td>
</tr>
<tr>
<td>Veterans Crisis Line</td>
<td>800-273-8255</td>
</tr>
<tr>
<td>Veterans Homeless Helpline</td>
<td>877-424-3838</td>
</tr>
<tr>
<td>Women’s Center of RI/24 Hour Helpline</td>
<td>401-861-2760</td>
</tr>
<tr>
<td>Women’s Resource Center Shelter Hotline</td>
<td>866-236-2474</td>
</tr>
<tr>
<td>Youth Pride (LGBTQ Youth)</td>
<td>401-421-5626</td>
</tr>
</tbody>
</table>