



Frequently Asked Questions

Where are you located?

The MHRC is located at 175 East Main St., Middletown, CT 06457. While our physical office is in Middletown, the MHRC has the ability to provide guidance and assistance remotely. Most of the calls we receive are from the local Middletown area, but people from Maine, South Carolina, California, Canada, and even Belgium have received support from the MHRC.

Who do you serve?

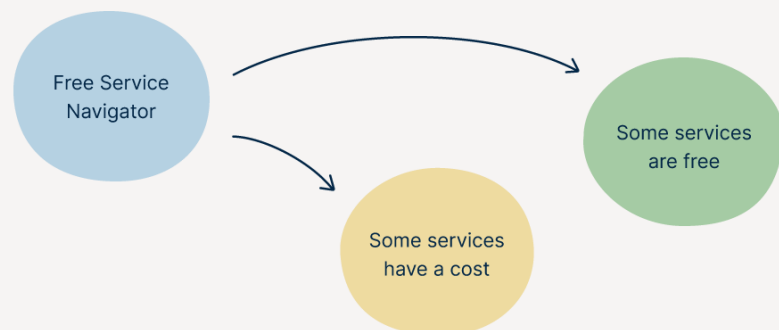
The MHRC serves individuals looking for services for themselves, caregivers looking for services for a loved one, and businesses, organizations, and municipalities looking for customized services for their communities.

What services do you provide?

The MHRC provides service navigation, case management, crisis support, screenings and assessments, health education, and coaching. The MHRC also provides custom services to community partners, like Mental Health First Aid Training, on-site mental health support, and more. Please contact the MHRC for more information.

Is there a cost for your services?

The first initial screening call with the MHRC is always free. From there, some services come at a cost and some are free. We will always be upfront about costs.



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Mon.-Fri. 8am-4pm