

**Directions To
Southeastern Mental Health Authority
401 West Thames Street, Building 301
Norwich, CT
860-859-4500**

Norwich Area:

Take Route 395 North or 395 South to Exit 79A, (*) Take Exit 1 to Route 32, Take a left onto Route 32 North, proceed on Route 32 for approximately 1.5 miles (through approx. 6 traffic lights), on the left directly across from Charles Toyota automobile dealership is the entrance to the Uncas on Thames Campus. Proceed up the hill and bear right at fork. SMHA is the brick building on your left at stop sign.

From Putnam, Danielson, Northeast Connecticut Area:

Take Route 395 South to Norwich to Exit 79 A. Continue from (*) above.

From Willimantic Area:

Take Route 32 South to Route 2 to Norwich to Route 395 South, Exit 28 South to Exit 79A. Continue from (*) above.

From Enfield, North Central Connecticut Area:

Take Route 91 South to Hartford. Route 2 East to Norwich to Route 395 South, Exit 28 South to Exit 79A. Continue from (*) above.

From Hartford Area and Colchester:

Take Route 2 East to Norwich to Route 395 South, Exit 28 South to Exit 79A. Continue from (*) above.

From Northwest Connecticut Area:

Route 4 East or Route 8 South to Torrington. Route 202 East to Route 44. Route 44 East to Hartford. Route 2 East to Norwich to Route 395 South, Exit 28 South to Exit 79A. Continue from (*) above.

From Greenwich and Shore Points:

Take Route 95 North to Route 395 North to Norwich to Exit 79A. Continue from (*) above.