

Suffolk County Division of Community Mental Hygiene Services **Behavioral Health Resources-Update March 25, 2020 4:15 pm**

The current health crisis posed by COVID-19 has limited many of the Behavioral Health resources normally available to our community. We understand the impact this may have on many Suffolk County residents. We would like to let you know that help is still available! Check out this list of resources.

NYS COVID-19 Emotional Support Line/Reach Out Call to speak with specially trained volunteers who can help	1-844-863-9314
<u>Crisis Text Line:</u> anonymous texting service available 24/7.	Text GOT5 to 741741. <u>1-800-985-5990</u>
<u>SAMHSA Disaster Distress Helpline:</u> Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.	(631) 952-3333
Suffolk County Crisis Response - DASH (Diagnostic, Assessment, and Stabilization Hub) 24/7 Hotline, mobile services, and walk in services 90 Adams Ave., Hauppauge, NY 11788 <u>www.fsl-li.org/help-services/diagnosis-assessment-and-stabilization-hub-dash/</u>	(631) 444-6050 (631) 761-2929 (631) 360-3606 1-800-799-
CPEP Program at Stony Brook (Psychiatric ER) Crisis Residence (Pilgrim) Domestic Violence, Sexual Assault 24-hr. Hotline <u>Domestic Violence:</u> Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information SAFE/7233 or questioning unhealthy aspects of their relationship.	(631) 444-6050 (631) 761-2929 (631) 360-3606 1-800-799- SAFE/7233
Community Crisis Action Team/Joe's Project – Family Service League Response Hot Line - <u>www.responsehotline.org</u> LICADD Substance Abuse Hotline 24-hr. Hotline <u>www.licadd.org</u> Suicide Prevention Lifeline	(888) 375-2228 (631) 751-7500 (631) 979-1700 800-273-TALK (8255)
Talbot House, 24-hr. Substance Abuse Crisis APS (Adult Protective Services) CPS (Child Protective Services) Long Island Crisis Center SC Department of Social Services Emergency Services-Hotline (4:30pm- 8 am) SC Department of Social Services Commissioner's Response Unit (8am-4:30pm) Sagamore Children's Crisis Respite House & Suffolk Crisis Respite Bed Network Children's Home Based Crisis Intervention (WELLLIFE Network LINK) Veterans Crisis Line – <u>www.veteranscrisisline.net</u> Northport VA Medical Center	(631) 589-4144 (631) 854-3195 (800) 342-3720 (516) 679-1111 (631) 854-9100 (631) 854-9935 (631) 370-1701 (631) 920-8302 1-800-273-8255 631-261-4400
Association for Mental Health and Wellness (MHAW) Family Support Line:	631-226-3900
Association for Mental Health and Wellness (MHAW) Peer Support Line Online peer support groups <u>http://mhaw.org/programs/online-peer-support-groups</u> Association for Mental Health and Wellness (MHAW) Mental Health Helpline	631-471-7242 ext. 1217 631-471-7242

Phone and Online Self Help Resources

Phone and Online AA Meetings: <u>https://aa-intergroup.org/directory_telephone.php</u> NA Meetings Online: <u>https://tinyurl.com/NAonline</u>	
Emotions Anonymous	651-647-9712
Suffolk AA Intergroup	631-669-1124
Suffolk NA	631-689-6262
SMART Recovery Online Community: <u>smartrecovery.org/community/</u>	

