

**Suffolk County Division of Community Mental Hygiene Services**  
**Behavioral Health Resources**

The current health crisis posed by COVID-19 has limited many of the Behavioral Health resources normally available to our community. With the recent CDC and NYS Department of Health recommendations banning gatherings of (10) individuals or more, many community supports are (temporarily) suspending their meeting places to prevent the spread of COVID-19. 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	1844-863-9314
<u>Crisis Text Line:</u> anonymous texting service available 24/7.	<b>Text GOT5 to 741741.</b>
SAMHSA Disaster Distress Helpline: Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.	<b><u>1-800-985-5990</u></b>
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 <a href="http://www.fsl-li.org/help-services/diagnosis-assessment-and-stabilization-hub-dash/">www.fsl-li.org/help-services/diagnosis-assessment-and-stabilization-hub-dash/</a>	(631) 952-3333
CPEP Program at Stony Brook (Psychiatric ER)	(631) 444-6050
Crisis Residence (Pilgrim)	(631) 761-2929
Domestic Violence, Sexual Assault 24-hr. Hotline	(631) 360-3606
Domestic Violence: Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.	1-800-799-SAFE/7233
Community Crisis Action Team/Joe's Project – Family Service League	(888) 375-2228
Response Hot Line - <a href="http://www.responsehotline.org">www.responsehotline.org</a>	(631) 751-7500
LICADD Substance Abuse Hotline 24-hr. Hotline <a href="http://www.licadd.org">www.licadd.org</a>	(631) 979-1700
Suicide Prevention Lifeline	800-273-TALK (8255)

Talbot House, 24-hr. Substance Abuse Crisis	(631) 589-4144
APS (Adult Protective Services)	(631) 854-3195
CPS (Child Protective Services)	(800) 342-3720
Long Island Crisis Center	(516) 679-1111
SC Department of Social Services Emergency Services-Hotline (4:30pm- 8 am)	(631) 854-9100
SC Department of Social Services Commissioner's Response Unit (8am-4:30pm)	(631) 854-9935
Sagamore Children's Crisis Respite House & Suffolk Crisis Respite Bed Network	(631) 370-1701
Children's Home Based Crisis Intervention (WELLLIFE Network LINK)	(631) 920-8302
Veterans Crisis Line – <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>	1-800-273-8255
Northport VA Medical Center	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 <a href="http://mhaw.org/programs/online-peer-support-groups">http://mhaw.org/programs/online- peer-support-groups</a>	631-471-7242 ext. 1217
Association for Mental Health and Wellness (MHAW) Mental Health Helpline	631-471-7242
<b><u>Phone and Online Self Help Resources</u></b>	
Phone and Online AA Meetings: <a href="https://aa-intergroup.org/directory_telephone.php">https://aa-intergroup.org/directory_telephone.php</a>	
NA Meetings Online: <a href="https://tinyurl.com/NAonline">https://tinyurl.com/NAonline</a>	
Emotions Anonymous	651-647-9712
Suffolk AA Intergroup	631-669-1124
Suffolk NA	631-689-6262
SMART Recovery Online Community: <a href="http://smartrecovery.org/community/">smartrecovery.org/community/</a>	