

## Suffolk County Behavioral Health Resources

The current health crisis posed by COVID-19 is changing the way Behavioral Health services are being delivered. All of our providers are responding with safe, creative and remote connections to care.

**HELP IS AVAILABLE!!!** Check out this list of resources!

SC Mental Hygiene, access our full list of providers at <a href="http://www.suffolkcountyny.gov/departments/healthservices/mentalhygiene">www.suffolkcountyny.gov/departments/healthservices/mentalhygiene</a>	631-853-8500
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.	<b>Text GOT5 to 741741</b>
SAMHSA Disaster Distress Helpline: Provides 24/7 crisis counseling and support to people experiencing emotional distress	<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	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	800-273-8255
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	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
WELLLIFE Children's Home Based Crisis Intervention	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 <a href="http://smartrecovery.org/community/">smartrecovery.org/community/</a>	
<b><u>LINKS TO REGULARLY UPDATED STATE INFO:</u></b>	
<b>New York State Office of Mental Health (OMH)</b> <a href="https://omh.ny.gov/omhweb/guidance/">https://omh.ny.gov/omhweb/guidance/</a>	
<b>New York State Office of Addiction Services and Supports (OASAS)</b> <a href="https://oasas.ny.gov/keywords/coronavirus">https://oasas.ny.gov/keywords/coronavirus</a>	
<b>New York State Office for People With (Intellectual) and Developmental Disabilities (OPWDD)</b> <a href="https://opwdd.ny.gov/coronavirus-guidance">https://opwdd.ny.gov/coronavirus-guidance</a>	