



THERE IS A LOT GOING ON...
WE'RE HERE TO SUPPORT YOU!



24-HOUR DISABILITY SUPPORT LINE



1(888)847-3209

With all the challenges happening right now it is easy to feel overwhelmed, stressed, anxious, or a lot of other emotions. If you are a person with a disability, a caregiver, family member or provide support services and are struggling **CALL NOW!**
Counselors are available 24-hours, 7 days a week.

RESOURCE REFERRALS | ASSESSMENTS | ONGOING WELLNESS CHECKS

An initiative brought to you by:  Stony Brook University  The Arc California