



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 of Stony Brook University and The Arc of California

