

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 www.suffolkcountyny.gov/departments/healthservices/mentalhygiene	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.	Text GOT5 to 741741
SAMHSA Disaster Distress Helpline: Provides 24/7 crisis counseling and support to people experiencing emotional distress	<u>1-800-985-5990</u>
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 www.fsl-li.org/help-services/diagnosis-assessment-and-stabilization-hub-dash/	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 - www.responsehotline.org	631-751-7500
LICADD Substance Abuse Hotline 24-hr. Hotline www.licadd.org	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 – www.veteranscrisisline.net	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 http://mhaw.org/programs/online-peer-support-groups	631-471-7242 ext. 1217
Association for Mental Health and Wellness (MHAW) Mental Health Helpline	631-471-7242
<u>Phone and Online Self Help Resources</u>	
Phone and Online AA Meetings: https://aa-intergroup.org/directory_telephone.php	
NA Meetings Online: https://tinyurl.com/NAonline	
Emotions Anonymous	651-647-9712
Suffolk AA Intergroup	631-669-1124
Suffolk NA	631-689-6262
SMART Recovery Online smartrecovery.org/community/	
<u>LINKS TO REGULARLY UPDATED STATE INFO:</u>	
New York State Office of Mental Health (OMH) https://omh.ny.gov/omhweb/guidance/	
New York State Office of Addiction Services and Supports (OASAS) https://oasas.ny.gov/keywords/coronavirus	
New York State Office for People With (Intellectual) and Developmental Disabilities (OPWDD) https://opwdd.ny.gov/coronavirus-guidance	