

If you are seeking emergency/crisis support:

If you or someone you know is in immediate danger of hurting themselves or others, call 911

Mental Health/Substance Use Crisis Resources

- **Northwell Health Behavioral Health Center:** Provides urgent or same day intervention to Sachem students Monday – Friday from 9:30am – 5:30pm. 2171 Jericho Turnpike, Suite 345 Commack, NY 11725 631-775-3280
- **Suffolk County Mobile Response Team and DASH (Diagnostic, Assessment, and Stabilization Hub):** Open 24/7 for children/adults in mental health/substance use crisis. 90 Adams Avenue, Hauppauge, NY 11788 or 631-952-3333
- **Long Island Crisis Center:** <https://longislandcrisiscenter.org/> 24/7 Crisis Hotline: (516) 679-1111
- **Children's Crisis Respite:** Short-term residential care for children during a mental health crisis. 631-370-1701
- **Comprehensive Psychiatric Emergency Program (CPEP) at Stony Brook Hospital:** 631-444-6050
- **Crisis Text Line:** Text "HOME" to 741-741
- **LICADD Substance Abuse 24/7 Hotline:** 631-979-1700
- **Response Crisis Center:** 24/7 crisis support. 631-751-7500
- **SAMHSA:** If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org

Additional Crisis Resources

- **NYS Child Protective Services Hotline:** 1-800-342-3720
- **Suffolk County Adult Protective Services:** 631-854-3195
- **Suffolk County Department of Social Services Emergency Services After Hours Hotline:** 631-854-9100
- **VIBS Domestic Violence, Sexual Assault 24/7 Hotline:** 631-360-3606

If you are seeking general information, referrals, advocacy, or self-help:

Mental Health/Substance Use Information, Referrals, Advocacy, Self-Help

- **Butterfly:** 631-666-5067 <https://www.butterflycswpc.com/>
- **Family Service League DASH (crisis resources)-** Crisis care for children (5 years of age and older), adults and families providing mental health assessments, counseling and care management interventions in a community-based site 24 hours a day, 7 days/week. 90 Adams Avenue, Hauppauge, NY Hotline: (631) 952-3333
- **The Social work intern at Sachem Public Library-** <https://sachem.librarycalendar.com/events/social-work-intern-person-20> 150 Holbrook Road Holbrook, NY 11741 (631) 588-5024
- **Sachem Community Youth Services:** they offer free individual and group counseling for youth with licensed professionals. Number: 631-585-1811, website: <http://www.sachemcys.com/programs.html>
- **Ministries-** 631-736-4800 (they offer free counseling all over the island)
- **Brookhaven Youth Bureau free counseling services:** <https://www.brookhavenny.gov/333/Counseling-Services.Town> of Brookhaven Youth Bureau, Town Hall. One Independence Hill Farmingville, New York 11738 (631) 451-8011
- **Islip Youth & Family Counseling Program-** Individual and family counseling as well as services for runaway/homeless youth. Licensed bilingual counselors have a specialty in working with children and adolescents. Town Hall West 401 Main St. Islip, NY 11751 (631) 446-1950
- **Town of Smithtown Horizons Counseling and Education Services-** <https://www.smithtownny.gov/150/Horizons-Counseling-Education> 161 E. Main Street, Smithtown New York 11787 (631) 360-7578
- **YMCA Family Services-** Provides counseling services to individuals and families seeking help for mental health issues and substance abuse concerns. Counseling is free for youth ages 6 to 21 years old. The YMCA of Long Island accepts Medicaid and Medicare. Patients who qualify can apply for scholarships based on income to help cover the cost of services. <https://ymcali.org/locations/familyservices> 1150 Portion Road, Suite 6, Holtsville, New York 11742 (631) 580-7777
- **Family service league-** <https://www.fsl-li.org/find-help/childrens-services/> (children services offered web page) <https://www.fsl-li.org/find-help/mental-health-integrated-care/> (mental health/integrative care services web page). They have multiple locations on long island. 631-427-3700 restorehope@fsl-li.org.
 - CONTACT: Bay Shore, NY 631-647-3100 Children & Family Treatment Support Services (CFTSS) program
 - CONTACT: Riverhead, NY 631-772-3287 Children & Family Treatment Support Services (CFTSS) program
 - CONTACT: Mastic Beach, NY 631-998-0016 Autism Social Skills program
 - CONTACT: Mastic Beach, NY 631-874-1359 Cognitive Behavioral Intervention for Trauma in Schools

- (C-BITS) program
 - CONTACT: Bay Shore, NY 631-650-0146 Children's Care coordination program
 - CONTACT: Bay Shore, NY 631-309-6900 Mental Health Clinics & Satellites
 - CONTACT: Central Islip, NY 631-663-4300 Mental Health Clinics & Satellites
 - CONTACT: East Hampton, NY 631-324-3344 Mental Health Clinics & Satellites
 - CONTACT: Huntington, NY 631-396-2300 Mental Health Clinics & Satellites
 - CONTACT: Mastic, NY 631-924-3741 Mental Health Clinics & Satellites
 - CONTACT: Mattituck, NY 631-298-8642 Mental Health Clinics & Satellites
 - CONTACT: Riverhead, NY 631-369-0104 Mental Health Clinics & Satellites
- **Community Counseling Services-** Mental health service in Shirley, New York Address: 468 Neighborhood Rd, Mastic Beach, NY 11951 Phone: (631) 772-6219
- **Catholic Charities Mental Health-** Social services organization in Medford, New York Address: 1727 N Ocean Ave, Medford, NY 11763 Phone: (631) 654-1919
- **Colonial Youth & Family Services-** Youth organization in Mastic, New York Address: 176 Madison St, Mastic, NY 11950 Phone: (631) 281-4461
- **Suffolk County Department of Community Mental Hygiene:** 631-853-8500 or view the full 2022 Directory of Behavioral Health Services at <https://www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene>
- **Adult Single Point of Access:** Information and service linkage for adults ages 18+. 631-853-6204
- **Al-Anon:** Support for families/friends of individuals struggling with alcoholism. 631-669-2827
- **Alcoholics Anonymous:** 631-654-1150
- **Association for Mental Health and Wellness Helpline:** 631-226-3900
- **Children's Single Point of Access:** Information and service linkage for youth ages 5-21. 631-853-8513
- **Hands Across Long Island (HALI):** Peer-run mental health support. 631-234-1925
- **Human Understanding & Growth Services, Inc. (HUGS):** Linkage to local substance use resources. 631-288-9505
- **Joe's Project:** Support to those affected by suicide. 1-888-375-2228
- **Long Island Families Together (LIFT):** Support for families of children with mental health challenges. 631-264-5438 www.lift4kids.org
- **Narcotics Anonymous of Suffolk:** 631-689-6262
- **New York State Office of Mental Health Long Island Field Office:** 631-761-2508
- **THRIVE:** Peer-run substance use recovery support for adults and their families. 631-822-3396
- **2-1-1:** Guide to local health and human services agencies. Call 2-1-1 or visit www.211li.org
- **Adelante of Suffolk County, Inc.:** Support services for families, available in Spanish. 631-234-1049
- **Adoptive and Foster Family Coalition of NY:** Support for adoptive/foster families and relative caregivers. 1-888-354-1342
- **Help Me Grow:** Information/service linkage for families of children under 5 years old. 516-548-8924
- **Legal Aid Society of Suffolk County, Inc.:** 631-630-3300
- **LGBT Network:** 631-665-2300 or visit www.lgbtnetwork.org
- **Long Island Against Domestic Violence:** 631-666-8833
- **Long Island Hospice Care Network:** 516-832-7100
- **Long Island Problem Gambling Resource Center:** 516-226-8342
- **Suffolk County DSS:** Protection of vulnerable populations, financial assistance, heating/shelter/food resources. 631-854-9930
- **New York State Office for People with Developmental Disabilities Regional Office:** 631-434-6100
- **Suffolk County Office for the Aging:** 631-853-8200
- **Suffolk County United Veterans:** 631-924-8088

Please be advised that this list does not include all available resources