

Please be advised that this list does not include all available resources. (Updated 3/22/2022)

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

- **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
- **Suffolk County COVID-19 Emotional Support Helpline/Project Hope:** Emotional support and linkage to community resources. 631-471-7242 ext 1800 or email projecthope@mhaw.org.
- **Response Crisis Center:** 24/7 crisis support. 631-751-7500
- **SAMHSA Disaster Distress Helpline:** 24/7 crisis/counseling support after a disaster. 1-800-985-5990 or text "TalkWithUs" to 66746

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

- **Suffolk County Department of Community Mental Hygiene:** 631-853-8500 or view the full 2021 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
- **AI-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

Additional Information, Referrals, Advocacy, Self-Help

- **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
- **Smithtown Children's Foundation:** Financial assistance and emotional support to Smithtown families. 516-835-1219
- **Suffolk County Office for the Aging:** 631-853-8200
- **Suffolk County United Veterans:** 631-924-8088