|  |  |  |
| --- | --- | --- |
| Name | Phone | Link/Info |
| **National Mental Health Crisis Available 24 Hours** |  |  |
| National Suicide Prevention Lifeline | 1-800-273-8255 |  |
| National Suicide Prevention Lifeline - Spanish | 1-888-628-9454 |  |
| SAMHSA DISASTER DISTRESS HELPLINE | 1800-985-5990 |  |
| Crisis Text Line | Text "NAMI" or "HELLO" to 741741 |  |
| **Local Mental Health (Suffolk) Available 24 Hours** |  |  |
| Response Crisis Center | (631) 751-7500 | 24hr Crisis Hotline |
| Response Crisis Center - Spanish speaking families | (631) 751-7423 | 24hr Crisis Hotline |
| DASH Crisis Care Center | (631) 952-3333 | 24hr hotline/crisis center |
| Suffolk Mobile Crisis Team | (631) 952-3333 | 24hr Crisis Hotline - Adults (18+) |
| Children's Mobile Crisis Team | (631) 370-1701 | 24hr Crisis Hotline - Children (under 18) |
| NYS OMH Crisis Text Line | Text "GOT5" to 741741 | 24hr Crisis Text Line |
| NYS OMH Crisis Hotline | (800) 273-TALK (8255) | 24hr Hotline |
| Long Island Crisis Center | (516) 679-1111 | 24hr Crisis Hotline |
| LICADD SUBSTANCE ABUSE HOTLINE | (631)979-1700 | 24HR HOTLINE |
| Suffolk Substance Abuse Hotline | (631) 979-1700 | 24hr Crisis Hotline |
| Domestic Violence, Sexual Assault Hotline | (631) 360-3606 | 24hr Hotline |
| Sagamore Children's Crisis Respite House and Crisis Respite Bed Network | (631) 370-1701 | Crisis Bed Program - Children |
| National Alliance on Mental Illness | Text "NAMI" to 741741 or call 1-800-950-6264 | 24hr Support Hotline |
| United Way | 211 | 24hr Resource Hotline |
| NYS HOPEline - Substance Abuse Hotline | (877) 846-7369 | 24hr Hotline |
| VIBES CRISIS HOTLINE | (631)360-3606 | 24/7 HOTLINE |
| **Food Resources** |  |  |
| Helping Hands Rescue Mission | (631) 351-6996 |  |
| Long Island Cares | (631) 824-6384 |  |
| St. Patrick's Outreach | (631) 385-3311 |  |
| Gloria Dei Evangelical Lutheran | (631) 271-2466 |  |
| POWER Program | (631) 447-6460 |  |
| Long Island Cares- phone assessment For home Food delivery | (631) 582-3663 |  |
| Long Island Cares- Aspara'gus' children's Mobile breakfast Food truck | (631-582-3663 |  |
| Angel home care | (631) 451-1930 |  |
| **Suffolk County Resources (that may still deliver)** |  |  |
| Island Harvest | (631)873-4775 |  |
|  |  |  |
| Smithtown Emergency Food Pantry | (631)265-7676 |  |
| Greater Sayville Food Pantry | (631)244-8375 |  |
| East Hampton Food Pantry | (631)324-2300 |  |
| Mt. Nebo Missionary Baptist | (631)789-1784 |  |
| St. Joseph Outreach | (631)981-6888 |  |
| St. Patrick's Social Ministry | (631)665-4911 |  |
| Bridgehampton Food Pantry | (631)481-8179 |  |
| Family Service League-South Shore Family Center | (631)647-3100 |  |
| Our Lady of the Snow | (631)363-6385 |  |
| Central Islip Civic Council | (631)348-0669 |  |
| Adelante of Suffolk County, Inc. | (631)234-1049 |  |
| St. John of God RC Church | (631) 234-1884 |  |
| Salvation Army- Riverhead | (631)727-3338 |  |
| Yes Program | (516)205-4899 |  |
| St. Martin of Tours Outreach | (631)264-4840 |  |
| Church of the Harvest | (631)727-1977 |  |
| Galilee Church Food Pantry | (631)388-9052 |  |
| Goodwill AME church | (631)727-5548 |  |
| Helping hands For the east end (vets place pantry) | (631)924-8088 |  |
| St. Cuthbert's Food pantry | (631)928-1078 |  |
| Lighthouse Mission Mobile Food Outreach -Ronkonkoma | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach – Coram | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach- Central Islip | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach- Rocky Point | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach- Shirley | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach- Port Jefferson | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach- Riverhead | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach-Centereach | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach- Patchogue | (631)758-7584 |  |
| Lighthouse Mission Mobile Food Outreach-Bellport | (631)758-7584 |  |
| Genesis church | (631)696-9498 |  |
| **Veterans Resources** |  |  |
| ASSOCIATION FOR MENTAL HEALTH AND WELLNESS (MHAW) DWYER PEER SUPPORT PROJECT(ONLINE PLATFORM) | (631)766-5806 |  |
| EOC SUPPORTIVE Housing FOR VETERANS & THEIR FAMILIES | (631) 289-2601 |  |
| BEACON VETERAN'S HOUSE | (631) 771-0209 |  |
| **Housing Resources** |  |  |
| Housing HELP | (631) 754-0373 |  |
| 90-DAY MORTGAGE RELIEF FOR NEW YORKERS |  | [EXECUTIVE ORDER ANNOUNCING 90-DAY MORTGAGE RELIEF FOR NEW YORKERS](https://www.dfs.ny.gov/reports_and_publications/press_releases/pr20203191) |
| 90-DAY MORTGAGE RELIEF GUIDANCE LETTER |  | [90-DAY MORTGAGE RELIEF GUIDANCE LETTER](https://www.dfs.ny.gov/reports_and_publications/press_releases/pr20203191) |
| NYS EVICTION COURT ORDER |  | <https://www.nycourts.gov/evictions/outside-nyc/> |
| NASSAU SUFFOLK LAW SERVICES- EVICTIONS DURING THIS PUBLIC HEALTH EMERGENCY | (631) 232-2400 | <https://www.nslawservices.org/covid19-publicbenefits> |
| LONG ISLAND COALITION FOR THE HOMLESS | (631)464-4314 | [WWW.ADDRESSTHEHOMELESS.ORG](http://www.addressthehomeless.org/) |
| SALVATION ARMY OF GREATER NEW YORK | COVID-19 HOTLINE 1 (347)395-3943 | [WWW.NEWYORK.SALVATIONARMY.ORG](http://www.newyork.salvationarmy.org/) |
| MAUREEN'S HAVEN | (631)727-6931 | [WWW.MAUREENHAVEN.ORG](http://www.maureenhaven.org/) |
| HOPE FOR THE YOUTH | (516)659-0923 | [WWW.HFY.ORG](http://www.hfy.org/) |
| **COVID 19 Testing** |  |  |
| CORONAVIRUS SELF CHECKER |  | <https://landing.google.com/screener/covid19?source=google> |
| COVID-19 TESTING APPOINTMENT |  | (888) 364-3065 |
| DRIVE-THROUGH TESTING: STONY BROOK UNIVERSITYHOSPITAL |  | MAKE APPOINTMENT: (888)364-3065 |
| NORTHWELL HEALTH URGENT CARE |  |  |
| AFC URGENT CARE |  | WEST ISLIP :125 SUNRISE HIGHWAY, WEST ISLIP (631)400-3430 FARMINDALE: 11037 FULTON ST, FARMINDALE (631)983-4578 |
| PROHEALTH URGENT CARE OF RIVERHEAD DRIVE-THROUGH TESTING |  | 1149 OLD COUNTRY RD, RIVERHEAD, NY (516)874-0411 |
| SUFFOLK COUNTY HOTSPOT TESTING |  | BY APPOINTMENT ONLY: 1-845-553-8030 |
| **ONLINE Resources For Social Emotional Health and Well Being:** |  |  |
| Office of Mental Health |  | <https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf> |
| Free Coronavirus (COVID-19) Youth Webinars |  | [https://news.hofstra.edu/2020/03/26/free-covid-19-webinars-For-youth/](https://news.hofstra.edu/2020/03/26/free-covid-19-webinars-for-youth/) |
| Guidance on How to Protect Yourself and Your family from COVID-19 when Enjoying the Outdoors |  | <https://hcr.ny.gov/system/files/documents/2020/03/doh_covid19_outdoorguidance_031820.pdf> |
| New York Times Article- Lost Sense of Smell May Be Peculiar Clue to Coronavirus Infection |  | [LOST SENSE OF SMELL MAY BE PECULIAR CLUE TO CORONAVIRUS INFECTION](https://www.nytimes.com/2020/03/22/health/coronavirus-symptoms-smell-taste.html?searchResultPosition=1) |
| Guide to living with worry and anxiety amidst global uncertainty |  | <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/> |
| Talking to young people about covid-19 |  | <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19> |
| OMH - Feeling Stressed About Coronavirus (COVID19)? Managing Anxiety in an Anxiety-Provoking Situation |  | <https://coronavirus.health.ny.gov/system/files/documents/2020/03/managing_stress_anxiety.pdf> |
| National Association of School Psychologists (NASP)- Helping Children Cope with Changes Resulting from COVID19 (publication) |  | <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR1GQl4pxVlvpupqRNEYaZOc0kZXSBRM05kDAB5c4hoUcZWfPcbCthTE3Kw> |
| National Association of School Psychologists (NASP)- Care For Caregivers: Tips For Families and Educators |  | [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-For-caregivers-tips-For-families-and-educators](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators) |
| National Association of School Psychologists (NASP)- Addressing Grief |  | <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief> |
| New York State- Department of Health- Helping Children After Tragic Events: Stop Watching, Start Talking |  | <https://www.health.ny.gov/environmental/emergency/tragic_events/> |
| Substance Abuse and Mental Health Services Administration (SAMHSA)- Talking with Children: Tips For Caregivers, Parents, and Teachers During Infectious Disease Outbreaks |  | [https://store.samhsa.gov/product/Talking-With-Children-Tips-For-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006](https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006) |
| The National Child Traumatic stress network (NCTSN)- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19) |  | [https://www.nctsn.org/Resources/PARENT-CAREGIVER-GUIDE-TO-HELPING-FAMILIES-COPE-WITH-THE-CORONAVIRUS-DISEASE-2019](https://www.nctsn.org/RESOURCES/PARENT-CAREGIVER-GUIDE-TO-HELPING-FAMILIES-COPE-WITH-THE-CORONAVIRUS-DISEASE-2019) |
| New York State School Social Workers' Association (NYSSSWA)- Coronavirus School Response Resources |  | [NEW YORK STATE SCHOOL SOCIAL WORKERS' ASSOCIATION (NYSSSWA)- CORONAVIRUS SCHOOL RESPONSE Resources](https://nyssswa.org/crisis-response/coronavirus-school-response-resources/) |
| New York State Office of Mental Health Crisis Counselors |  | [1-800-597-8481](tel:1-800-597-8481) |
| National Suicide Prevention Hotline |  | 1-800-273-8255 |
| SAMSHA's National Helpline |  | <https://www.samhsa.gov/find-help/national-helpline>  1-800-662-HELP |
| Home Health Aide Services to Seniors |  | [https://www.helpguide.org/articles/senior-housing/home-care-services-For-seniors.htm](https://www.helpguide.org/articles/senior-housing/home-care-services-for-seniors.htm) |
| Emotional Support Helpline |  | <https://omh.ny.gov/omhweb/covid-19-resources.html> |
| World Health Organization- Mental Health and Psychosocial Considerations During the COVID-19 Outbreak |  | <https://apps.who.int/iris/bitstream/handle/10665/331490/WHO-2019-nCoV-MentalHealth-2020.1-eng.pdf> |
| Supporting Children and Young People with Worries About COVID-19 |  | <https://www.annafreud.org/coronavirus-support/coronavirus/> |
| Talking to Children About Corona virus |  | <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html> |
| Wellbeing Resource Library |  | [INTENSIVE CARE SOCIETY: WELLBEING RESOURCE LIBRARY](https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c) |
| Living with Worry and Anxiety Amidst Global Uncertainty |  | <https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf> |
| National Center For PTSD- Managing Healthcare Worker's Stress Associated with the COVID-19 Virus Outbreak |  | <https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp> |
| MHAW Expands COVID-19 Response |  | <https://longislandbusiness.com/2020/03/mhaw-expands-its-covid-19-response-with-enhanced-mental-health-helpline-and-peer-support/> |
| MHAW help line |  | [MHAW HELP LINE WEBSITE](http://mhaw.org/programs/mental-health-help-line/) |
| The Coronavirus and the Public Charge Rule with Attorney Xavier Palacios, Esq. |  | [PUBLIC CHARGE RULE WAIVED-YOU TUBE VIDEO](https://www.youtube.com/watch?reload=9&v=moGgPhJM6lM&feature=youtu.be) |
| Community Agencies |  |  |
| CORONAVIRUS Resources | 1-888-364-3065 | NYS CORONAVIRUS HOTLINE P:888-364-3065 |
| CORONAVIRUS Resources |  | <https://fcali.org/news/hours-services-during-covid-19> Note: Scroll page For “Servicios de Apoyo para las Comunidades Inmigrantes AHORA y después del coronavirus (COVID-19)” |
| SUFFOLK COUNTY DEPARMENT OF SOCIAL SERVICES |  | RIVERHEAD CENTER: 893 E. MAIN ST, RIVERHEAD (631)852-3500 CORAM CENTER:  80 MIDDLE COUNTRY RD, CORAM (631)854-2300  SMITHTOWN CENTER: 200 WIRELESS BLVD, HAUPPAUGE (631)853-8714 SOUTH WEST CENTER: 2 SOUTH 2ND ST, DEERPARK (631)854-6600 |
| CORONAVIRUS RESOURCE HUB FOR BUSINESSES |  | [CMM CORONAVIRUS RESOURCE HUB FOR BUISNESSES](https://cmmllp.com/coronavirus/) |
| Resources FOR THINGS TO DO AT HOME WITH CHILDREN DURING THE COVID-19 PANDEMIC  For Hearing Impaired Children |  | [https://www.nationaldb.org/For-families/learning-resources/family-topics/activities-at-home/](https://www.nationaldb.org/for-families/learning-resources/family-topics/activities-at-home/) |
| REMOTE SERVICES FOR DOMESTIC VIOLENCE VICTIMS DURING COVID-19 QUARANTINE |  | <https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/> |
| SUFFOLK COUNTY 311 FAQS-3/23/20 |  | [https://www.SuffolkCountyny.gov/pager/4932/page/311](https://www.suffolkcountyny.gov/pager/4932/page/311) |
| USEFUL Resources REGARDING LIMITED OR LACK OF ACCESS TO DEVICES AND SERVICES |  | [https://www.kqed.org/mindshift/55608/14-tips-For-helping-students-with-limited-internet-have-distance-learning](https://www.kqed.org/mindshift/55608/14-tips-for-helping-students-with-limited-internet-have-distance-learning) |
| ONLINE TOOLS MAKE CIVICS ACCESSIBLE TO TEACHERS, PARENTS, AND TEENS |  | [ONLINE TOOLS MAKE CIVIC ACCESSIBLE TO TEACHERS, PARENTS, AND TEENS](https://www.uscourts.gov/news/2020/03/25/online-tools-make-civics-accessible-teachers-parents-and-teens?utm_campaign=usc-news&utm_medium=email&utm_source=govdelivery) |
| SUFFOLK COUNTY COMMUNITY Resources FOR SOCIAL WORKERS |  | <https://catholichomecare.chsli.org/sites/default/files/chc%20Community%20Resource%20Directory-SUFFOLK.pdf> |
| HWCLI AND LIVOAD- RESPONSE TO COVID 19 |  | [LIVOAD-COVID 19 RESPONSE](https://hwcli.com/work-we-do/coalition-grassroots-organizing/livoad/) |
| NYLAG- CORONA VIRUS LEGAL PLANNING: WHAT DOCUMENTS DO I NEED |  | [LEGAL PLANNING- WHAT DOCUMENTS DO I NEED](https://www.nylag.org/coronavirus-legal-planning-what-documents-do-i-need%E2%80%AF/) |
| SUFFOLK COUNTY LEGISLATURE LINKS AND CONTACT INFORMATION |  | <https://www.scnylegislature.us/1139/COVID-19/AlertCenter.aspx> |
| FAMILY & CHILDREN'S ASSOCIATIONS BILINGUAL COVID HOTLINE |  | BILINGUAL COVID HOTLINE: 516-546-0357 |
| Suffolk County Behavioral Health COVID |  | [https://www.SuffolkCountyny.gov/Departments/Health-Services/Mental-Hygiene](https://www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene) |
| Long Island family support council |  | <http://www.lifssac.com/> |
| Office of Mental Health-Children's services |  | <https://omh.ny.gov/omhweb/childservice/> |
| Long Island Families Together |  | <https://www.lift4kids.org/find_help/> |
| Long Island Families Together |  | [https://www.lift4kids.org/find\_help/inFormation\_resources.html](https://www.lift4kids.org/find_help/information_resources.html) |
| Association of Mental Health |  | <http://mhaw.org/> |
| Pandemic Behavioral Support Campaign |  | [https://www.SuffolkCountyny.gov/Departments/Health-Services/Mental-Hygiene](https://www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene) |
| Sepa Mujer |  | <https://www.sepamujer.org/> |
| **Substance Abuse Resources** |  |  |
| PHOENIX HOUSE RESIDENTIAL PROGRAMS RONK. MEN'S AND WOMAN'S PROGRAM | (631) 471-5666 |  |
| OUTREACH/OUTPATIENT BELLPORT & BRENTWOOD | BELLPORT (631) 286-0700 BRENTWOOD (631)-436-6065 OFFERS BILINGUAL SERVICES IN SPANISH |  |
| OUTREACH INPATIENT RECOVERY CENTER AT PILGRIM STATE (ADULT MALES) | (631) 521-8400 |  |
| OUTREACH HOUSE II AT PILGRIM STATE (TEENS 12-18) | (631) 231-3232 |  |
| OUTREACH WOMAN'S RECOVERY RESIDENCE | (631) 469-6200 |  |
| SEAFIELD/ INPATIENT WESTHAMPTON BEACH | (631) 288-1122 |  |
| SEAFIELD/OUTPATIENT REHAB | AMITYVILLE (631) 424-2900 |  |
| SEAFIELD/OUTPATIENT REHAB | MEDFORD (631) 451-6007 |  |
| SEAFIELD/OUTPATIENT REHAB | EAST PATCHOGUE (631) 363-2001 |  |
| SEAFIELD/OUTPATIENT REHAB | RIVERHEAD (631) 369-7800 |  |
| SOUTH OAKS HOSPITAL | (631) 608-5028 |  |
| MARYHAVEN CENTER OF HOPE STEPS TO LIFE PROGRAM | (631) 727-0710 |  |
| **Utilities Emergency Support Lines** |  |  |
| ALTICE ADVANTAGE BROADBAND- FREE WIFI FOR COMMUNITIES | 1-866-200-9522 |  |
| GENSER CONA ELDER LAW- VIRTUAL NOTARY AND 24/7 EMERGENCY HOTLINE/EMAIL SERVICE | (6313) 905-0000 |  |
| NATIONAL GRID | 1-800-930-5003 |  |
| PSEG LONG ISLAND | 1-800-490-0025 |  |