

Mental Health Resources

- [Find a Therapist - Northwell Health](#)
- [Telehealth Therapy](#)
- [Family Service League](#)
- [DASH Crisis Care Center](#)
[Open 24/7](#)
- [Pride for Youth - LGBTQ Support Services](#)
- [Emotional Survival Guide](#)
- [Test Anxiety](#)
- [Say Something - Anonymous Reporting System](#)

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

response

Crisis Center

24/7 Hotline (631) 751-7500

I'm not okay.

I'm here, and
I'm listening.

You've got this. Text **hello** to 741741.

CRISIS TEXT LINE |



DASH

CRISIS CARE FOR CHILDREN, ADULTS, AND FAMILIES

FSL's Diagnostic, Assessment, and Stabilization Hub (DASH) offers 24 hour, 7 day a week, year round crisis care at a community based site. The program is available to Suffolk residents who struggle with mental health and substance use disorders. Assessments, counseling, and care management intervention is available for children 5 years or older, adolescents, and adults. The goal of crisis intervention is to provide quality care while reducing unnecessary use of emergency departments, inpatient care, and criminal justice services.

- **631-952-3333 HOTLINE** available 24/7/365
- DASH Team includes nurse practitioners in psychiatry, registered nurses, social workers, credentialed alcoholism and substance abuse counselors, and peer specialists
- Mobile Response Team (MRT) delivers crisis care to schools, businesses, homes, and other locations throughout the community
- Length of stay will be up to 24 hours
- Supportive and comfortable environment

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