

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		<u>EXECUTIVE ORDER ANNOUNCING 90-DAY MORTGAGE RELIEF FOR NEW YORKERS</u>
90-DAY MORTGAGE RELIEF GUIDANCE LETTER		<u>90-DAY MORTGAGE RELIEF GUIDANCE LETTER</u>
NYS EVICTION COURT ORDER		<u>https://www.nycourts.gov/evictions/outside-nyc/</u>
NASSAU SUFFOLK LAW SERVICES- EVICTIONS DURING THIS PUBLIC HEALTH EMERGENCY	(631) 232-2400	<u>https://www.nslawservices.org/covid-19-publicbenefits</u>
LONG ISLAND COALITION FOR THE HOMELESS	(631)464-4314	<u>WWW.ADDRESSTHEHOMELESS.ORG</u>
SALVATION ARMY OF GREATER NEW YORK	COVID-19 HOTLINE 1 (347)395-3943	<u>WWW.NEWYORK.SALVATIONARMY.ORG</u>
MAUREEN'S HAVEN	(631)727-6931	<u>WWW.MAUREENHAVEN.ORG</u>

HOPE FOR THE YOUTH	(516)659-0923	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/
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_outdoor_guidance_031820.pdf
New York Times Article- Lost Sense of Smell May Be Peculiar Clue to Coronavirus Infection		<u>LOST SENSE OF SMELL MAY BE PECULIAR CLUE TO CORONAVIRUS INFECTION</u>
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		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-

Resulting from COVID19 (publication)		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
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
The National Child Traumatic stress network (NCTSN)- Parent/Caregiver		https://www.nctsn.org/Resources/PARENT-CAREGIVER-GUIDE-TO-

Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)		<u>HELPING-FAMILIES-COPE-WITH-THE-CORONAVIRUS-DISEASE-2019</u>
New York State School Social Workers' Association (NYSSSWA)- Coronavirus School Response Resources		<u>NEW YORK STATE SCHOOL SOCIAL WORKERS' ASSOCIATION (NYSSSWA)- CORONAVIRUS SCHOOL RESPONSE Resources</u>
New York State Office of Mental Health Crisis Counselors		<u>1-800-597-8481</u>
National Suicide Prevention Hotline		1-800-273-8255
SAMSHA's National Helpline		<u>https://www.samhsa.gov/find-help/national-helpline</u> 1-800-662-HELP
Home Health Aide Services to Seniors		<u>https://www.helpguide.org/articles/senior-housing/home-care-services-For-seniors.htm</u>
Emotional Support Helpline		<u>https://omh.ny.gov/omhweb/covid-19-resources.html</u>
World Health Organization- Mental Health and Psychosocial Considerations During the COVID-19 Outbreak		<u>https://apps.who.int/iris/bitstream/handle/10665/331490/WHO-2019-nCoV-MentalHealth-2020.1-eng.pdf</u>
Supporting Children and Young People with Worries About COVID-19		<u>https://www.annafreud.org/coronavirus-support/coronavirus/</u>

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
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
The Coronavirus and the Public Charge Rule with Attorney Xavier Palacios, Esq.		PUBLIC CHARGE RULE WAIVED- YOU TUBE VIDEO
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 DEPARTMENT 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
Resources FOR THINGS TO DO AT HOME WITH CHILDREN DURING THE COVID-19 PANDEMIC For Hearing Impaired Children		https://www.nationaldb.org/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

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
ONLINE TOOLS MAKE CIVICS ACCESSIBLE TO TEACHERS, PARENTS, AND TEENS		ONLINE TOOLS MAKE CIVIC ACCESSIBLE TO TEACHERS, PARENTS, AND TEENS
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
NYLAG- CORONA VIRUS LEGAL PLANNING: WHAT DOCUMENTS DO I NEED		LEGAL PLANNING- WHAT DOCUMENTS DO I NEED
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
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
Association of Mental Health		http://mhaw.org/
Pandemic Behavioral Support Campaign		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	