

Mental Health Resources Recursos para la Salud Mental

Crisis Text Line

Phone: Text: HOME To: 741741

Website: <https://www.crisistextline.org>

DASH Crisis Care

Phone: (631) 952-3333

Website: <https://suffolkcare.org/sites/default/files/FSL%20DASH%20flyer%202019.pdf>

LGBT Network Help & Support Line

Phone: (516) 323-0011

(631) 665- 2300

Website: <https://lgbtnetwork.org/content/providing-help-support>

Long Island Crisis Center

Phone: (516) 226-3900

(516) 697- 1111

Website: <https://longislandcrisiscenter.org>

Long Island Against Domestic Violence

Phone: (631) 666-8833

Website: <https://liadv.org>

Mental Health and Wellness Peer Support

Phone: (631) 471- 7242 ex. 1217

Website: <https://drive.google.com/file/d/1wBDLakuWAUQgfMLDBhvDkfzwxKe3IAAX/view>

Response Crisis Hotline

Phone: (631) 751-7500

Website: <https://www.responsecrisiscenter.org>

Substance Abuse Hotline

Phone: (631) 979-1700

Website: <https://www.suffolkcountyny.gov/Portals/0/FormsDocs/health/MentalHygiene/SCSubstanceAbuseHotlineFlyer.pdf>

Suicide Prevention Lifeline

Phone: (631) 800- TALK (8255)

Website: <https://suicidepreventionlifeline.org>

Looking for more Mental Health Resources?
Click down below for more resources in Suffolk County

Website:

<https://suffolkcountyny.gov/Portals/0/FormsDocs/Health/MentalHygiene/2019%20Directory%20of%20Behavioral%20Health%20Services.pdf>

Coping Resources

Recursos de Afrontamiento



Mental Health Apps for Stress, Anxiety and More:

Aura
Calm
Headspace
Insight Timer
MoodMission
MoodPath
My3
Pacifica
Sanvello
Smiling Mind

For more, click on the link below:

<https://www.verywellmind.com/best-mental-health-apps-4588479>

Coping Exercises

- <http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Distress/Coping%20Skills%20Handout%20Adult%20version.pdf>
- <http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Relaxation%20Exercises.pdf>
- <http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Relaxation/Relaxation%20Exercises.pdf>

For more, click on the link below:

http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html#

Guided Meditations –YouTube

- The Mindful Movement
- Hay House
- Easy Zen (Spanish)

For Parents:

Understanding Mental Health and the Adolescent Brain

- <http://teenmentalhealth.org>
- <https://www.helpguide.org/home-pages/teen-issues.htm>



Are you feeling bored?

Try something new. Down below you will find a list of activities that will get you up and going.

Try this out....

Play a Board Game	Try a new recipe	Draw Something	Camp in your living room/backyard	Watch a new movie/TV Series
Learn a new skill	Make a time Capsule	Go through old pictures	Exercise	Make frozen meals ... ice cream!
DIY something from Pinterest/YouTube	Skype/Facetime a friend	Have a spa day!	Create a scavenger hunt at home	Paint
Organize your closet	Practice Photography	Bake Cookies	Wash your car	Rearrange your furniture
Create a bucket list	Write a book or Short story	Create homemade videos	Learn a foreign language	Meditate