

# Longwood Central School District

## Emergency Mental Health Resources

For any child or adolescent experiencing mental health symptoms there are community resources available to help you. Please remember to call 911 for immediate assistance if someone is unsafe or in danger.

### DASH Program – Family Service League

90 Adams Avenue, Hauppauge  
631-952-3333

**DASH** is essentially a “walk in clinic” and serves as an alternative for an emergency room for any mental health or substance abuse issues. They are open 24/7 and 365 days a year. Services include crisis intervention, clinical assessments, counseling, connection to community resources and a mobile crisis team that can come to your home.

### Local Hospitals – open 24/7

#### **Stony Brook CPEP**

Comprehensive Psychiatric Emergency Program  
101 Nicolls Road, Stony Brook  
(631) 444-2465

#### **Mather Hospital**

Comprehensive Psychiatric Emergency Program  
75 N Country Rd. Port Jefferson  
(631)473-1320

### Free Counseling Resources

**Brookhaven Youth Bureau** - (631) 451-8011  
**YMCA Family Services** - (631)580-7777

### Helpline Numbers

**Crisis Text Line** – text HOME to 741741 to be connected to a counselor

#### **Suffolk County Response Crisis Center**

Call (631) 751-7500  
<https://www.responsecrisiscenter.org/>

#### **National Suicide Prevention Hotline**

Call 1-800-273-8255 or  
1-888-628-9454 (Spanish)  
<https://suicidpreventionlifeline.org/>

#### **VIBS – Family Violence and Rape Crisis Center**

Crisis line: (631)360-3606

#### **Trevor Project – LGBTQ Youth**

Call 1-866-488-7386

### Food Resources

**Branches Long Island** – (631) 448-7832  
588 Middle Country Rd, Middle Island  
<https://www.brancheslongisland.com/>

For **local food pantries**, you can visit:  
[www.foodpantries.org](http://www.foodpantries.org)

For additional information on mental health and community resources please check the website at [http://longwood.k12.ny.us/departments/mental\\_health](http://longwood.k12.ny.us/departments/mental_health)