

## MHAW Expands Peer Support Services Amid COVID-19 Crisis

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## MHAW Expands Peer Support Services Amid COVID-19 Crisis

Following guidance from the Governor and County Executive, the offices of the Association for Mental Health and Wellness (MHAW) are closed for an indefinite period of time. We have been immersed in transitioning all of our services to tele-mental health platforms.

Since the Coronavirus began to invade our lives and restrict our lifestyles, many of us have struggled with the onslaught of frightening messages and the negative effects of social isolation. Many community members have communicated their need for increased support and guidance.

In response to this need, MHAW will be offering expanded hours for our Peer Support Line and our Healing Connections Peer Support Groups to Suffolk County residents. These services are staffed by our trained and experienced Certified Peer Specialists. The objective of this telephone and online support will maximize access to those we serve and help to minimize the potential negative effects of social isolation during this challenging time.

New operating hours for the **Peer Support Line**:

- Monday to Friday, 9:00am-5:00pm
- Saturday, 5:00pm-10:00pm
- Sunday, 2:00pm-7:00pm

The Peer Support Line can be accessed by calling 631-471-7242 ext. 1217.

Our online **Peer Support Groups** can be accessed through this link on our website: <http://mhaw.org/programs/online-peer-support-groups>

Peer Support Groups are offered:

- Thursday, 7:00pm-8:30pm
- Saturday, 6:30pm-7:30pm
- Sunday, 6:30pm-7:30pm

Additional group meetings times will be announced within the next week including a group facilitated by our [Dwyer Veterans Peer Support Project](#).

Additional information regarding MHAW peer support services can be found on our website, [www.MHAW.org](http://www.MHAW.org). MHAW also offers a Mental Health Helpline at (631) 471-7242 or via the "[I Need Help](#)" button on our website.

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