

Resources for Long Island Region by County

Suffolk County Resources

Peer Support Services:

Peer Support Line: Call for one-to-one mutual telephone support (please leave a message if you reach our voicemail we are on the other line and will call back ASAP)

631-471-7242 ext. 1217

Monday – Friday 9 am – 5 pm (interim expansion in response to Public Health Emergency)

Saturday 5 pm – 10 pm

Sunday 2 pm – 7 pm

<http://mhaw.org/programs/peer-support-line/>

Healing Connections Peer Support Group:

healingconnections@mhaw.org (we email updates and info please join our email list) or 631-471-7242 ext. 1390 (voicemail box only extension)

<https://zoom.us/j/ab49ZfkmGG> or 1-929-205-6099 Meeting ID: 350 838 4591

Online through Zoom link and by phone w/meeting ID

Monday, Tuesday, Wednesday, Friday 12 pm – 1:30 pm

Thursday 7 pm – 8:30 pm

Saturday and Sunday 6:30 pm – 8:00 pm

<http://mhaw.org/programs/online-peer-support-groups>

Long Island Peer Networking Meeting

evaianella@mhaw.org or 631-471-7242 ext. 1341

Online through Zoom link and by phone w/meeting ID (please email Emily to be added to our email list and announcement with access info)

1st and 3rd Thursday of each month 3:30 pm -5:00 pm

Ongoing Employment Support and Education Meeting

evaianella@mhaw.org or 631-471-7242 ext. 1341 (please email Emily to be added to our email list and announcement with access info)

Online through Zoom link and by phone w/ meeting ID

2nd and 4th Wednesday of each month 4:30 – 6:00 pm

2nd Wednesday: “Support for Supporters” Support Group for Peer Specialists (in non-supervisory roles)

3rd Wednesday: educational presentation

Crisis Services:

Response of Suffolk County 24/7 Crisis Hotline

Crisis intervention/referral hotline open 24/7/365

631-751-7500

DASH Center (Crisis Care for Children, Adults and Families)

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.

- 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

90 Adams Avenue, Hauppauge, New York 11788

Nassau County Resources

Peer Support Services:

MHA Peer Services

Click here to see their calendar of events <https://mhanc.org/calendar/>

MHA Family Support Group

See calendar for more details <https://mhanc.org/calendar/>

MHA Veterans Group

See calendar for more details <https://mhanc.org/calendar/>

Turquoise House Online Peer Support Groups

Every Monday, 5PM-6PM: Let's talk about anxiety with Scott

<https://bit.ly/Mondayat5>

Meeting ID: 811 6073 6746

Every other Tuesday, 5PM-6PM: Financial Literacy with Henry

<https://bit.ly/FinancialLitGroup>

Meeting ID: 836 9520 6618

Every Saturday, 12PM-1PM: Peer support with Allen

<https://bit.ly/Saturdaytalk>

Meeting ID: 868 6893 9538

MHA Phonenumber

516-489-0100 ext. 1

Crisis Services:

Long Island Crisis Center

24/7 Hotline: 516-679-1111 Free, anonymous, confidential.

Helplines:

[Nassau County Behavioral Health Helpline](#)

This service can link you to the Nassau County Mobile Crisis team of the referral talk line at [516-227-8255](#). The page also has other resources and phone numbers you can call if you need assistance.

Other Resources:

[Nassau County Official Page for COVID-19 Updates](#)

All official Nassau County updates can be found on this website. You can also call the Nassau County Coronavirus Hotline at [516-227-9570](#)

Resources for Rape, Sexual Assault and Domestic Violence

[The Safe Center LI](#)

The Safe Center LI is maintaining emergency service responses at the Bethpage Office (Hotline and Child Advocacy Center) and Safe Home services during this time. In case of emergency call the Hotline at [516-542-0404](#).

[LI Against Domestic Violence](#)

A free, confidential resource for survivors of domestic violence or sexual assault and their loved ones. [631-666-8833](#)

[National Domestic Violence Hotline](#)

For any victims and survivors who need support, call [1-800-799-7233](#) or [1-800-799-7233](#) for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](#) or text LOVEIS to 22522.