What do I do if I, or someone I know, needs mental health help while schools are closed?

_Please remember: If you or someone you know is unsafe, in extreme crisis, in immediate danger and in need of emergency services, call 911 immediately for help._

For any of our students experiencing feelings of sadness, anxiety, or hopelessness that require attention please know there is community help for you. There are many resources in Suffolk County and across all of Long Island that can help you.

**DASH** in Hauppauge is open 24/7, 365 days a year. It is essentially a "walk-in clinic" for mental health support. You will be assessed and supported in person the same day by a psychiatric nurse practitioner, registered nurse and social worker. DASH also has a _mobile crisis team_ that can come to your home. DASH will help in a crisis situation as well as make long term referrals.

24 hour hotline: 631-952-3333

[https://suffolkcare.org/sites/default/files/FSL%20DASH%20flyer%202019.pdf](https://suffolkcare.org/sites/default/files/FSL%20DASH%20flyer%202019.pdf)

**RESPONSE** crisis phone hotline is also available 23/7, 364 days a year. A trained crisis counselor will provide support by phone at 631-751-7500.

[https://www.responsecrisiscenter.org/](https://www.responsecrisiscenter.org/)

**Family Service League** is a social service agency that provides support and security to our Long Island neighbors who need it most. From children and families to individuals and seniors, they empower more than 50,000 of our community’s most vulnerable to mobilize their strengths and improve their quality of life.

[https://www.fsl-li.org/](https://www.fsl-li.org/)
State/National Helplines

**National Suicide Prevention Hotline** - 1800-273-TALK (8255) or 888-628-9454 (SPANISH)  
https://suicidepreventionlifeline.org/

**National Alliance on Mental Illness** - 1800-950-6264  
https://www.nami.org/find-support/teens-and-young-adults

**Suicide Prevention of New York**  
https://www.preventsuicideny.org/

**NYS Child Abuse Reporting Hotline** - 800-342-3720  
https://ocfs.ny.gov/main/cps/

**Crisis Text Line** - Text HOME to 741741 for any type of crisis/emotional needs

Local Hospitals

**Mather** - The Inpatient Adolescent Psychiatric Services provides an acute care facility for the diagnosis and treatment of mental illness for adolescents ages 12–17. Call 631-476-2775

**Stony Brook CPEP** - The Comprehensive Psychiatric Emergency Program provides emergency psychiatric services to people in urgent need of psychiatric evaluation 24 hours per day, 7 days per week. 24-hour psychiatric emergency room at (631) 444-6050

More Resources/Google Classroom

For more local resources, please visit our Compass Unity webpage and click “Compass Unity School Community Resource Guide” on the left

Please see the **Student Support Staff Google Classrooms** for the South Country Central School District. Elementary students use code: h4fq5dl  Secondary students use code: jpu54j3

What if I want to talk to my Counselor, Social Worker or Psychologist from school?

Although we are not in school, we are still here to check-in with you! For a non-emergency/crisis “check-in”, please email your School Counselor, Social Worker or School Psychologist and we will get back to you as soon as we can. Please know we cannot respond immediately, so if it is an emergency or mental health crisis, please refer to the services above immediately.

*Please remember: If you or someone you know is unsafe, in crisis and in need of immediate emergency services, **call 911 immediately for help. Do not wait for help or a response!***