



Are you experiencing a crisis?

Don't have a mental health provider or can't reach them?

Fortunately, there are many organizations that offer help for people going through a difficult time. They can be an important first step in getting the help you need. Some hotlines that can help you find support and services:

National Suicide Prevention Lifeline

If your life or someone else's is in imminent danger, **please call 911**. If you are in crisis and need immediate help, please call: **1-800-273-TALK (8255)**.

Crisis Text Line

New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. Text **GOT5** to **741741**.

Domestic Violence

If you or someone else is in a relationship is being controlled by another individual through verbal, physical, or sexual abuse, or other tactics, please call: **1-800-942-6906**.

National Empowerment Center

An advocacy and peer-support organization run by consumers and ex-patients in recovery. Call: **800-power2u (800-769-3728)**

National Alliance on Mental Illness

NAMI offers a hotline **(1-800-950-NAMI (6264))** and email address (info@nami.org) to help answer your questions about local support groups, services and treatment options.

The Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth. Call: **1-866-488-7386**.

Find a mental health program

You can use the OMH "**Find a Mental Health Program**" guide (<https://my.omh.ny.gov/bi/pd/>) to find clinic, outpatient, crisis, and emergency services in your area. The Program Directory provides a list of all programs in New York State that are operated, licensed, or funded by the Office of Mental Health. The directory provides information on all types of mental health services.

Know your rights for insurance coverage

New York State has a new program to help people access their insurance coverage for substance use disorders and mental health services. The new Ombudsman Program, called **Community Health Access to Addiction and Mental Healthcare Project (CHAMP)** can help you better understand your legal rights to behavioral health insurance coverage and help you to access treatment and services. The Ombudsman's Office can also help with health insurance coverage. A general mailbox (Ombuds@oasas.ny.gov) and a hotline number (**888-614-5400**) have been established for questions.

Remember, it's OKAY to seek support.

Far too many people who have behavioral health concerns for themselves or their family members are reluctant to seek advice or treatment because of the stigma surrounding mental illness. Fortunately, that is changing. People are realizing that mental illness is not a weakness or personal failing. There is no shame in seeking out mental health services, just as there's no shame in seeking medical treatment for high blood pressure, diabetes, or physical rehabilitation.

The New York State Office of Mental Health operates psychiatric centers across the state, and also regulates, certifies and oversees more than 4,500 programs, which are operated by local governments and nonprofit agencies. To contact OMH or one of its Field Offices located across the state:

Local Emergency Phone Numbers: Crisis Intervention Services

In Nassau County:

Mobile Crisis Intervention Team for Adults and Children 516-227-TALK (8255)
911 Emergency Services Dial 911
Nassau University Medical Center Psychiatric Emergency Room 516-572-4775
NUMC Chemical Dependency Detoxification (DETOX) Unit 516-572-6394
Intensive In-Home Services for Family and Children 516-868-3030
South Shore Child Guidance Center

Crisis Residential Services for Children:
Mental Health Association of Nassau County 516-489-0100, Ext. 1318

Nassau County Directory of Mental Health Services
<https://www.nassaucountyny.gov/DocumentCenter/View/1737/Directory-of-Mental-Health-Services-for-Children-and-Adults?bidId=>

Nassau County Office of Mental Health, Chemical Dependency and Developmental Disabilities 516-227-7057, Fax: 516-227-7076
Omayra Perez, LCSW-R - Director
60 Charles Lindbergh Blvd. Suite 200
Uniondale, NY 11553-3687

In Suffolk County:

Suffolk County Crisis Response 631-952-3333
DASH (Diagnostic, Assessment, and Stabilization Hub)
90 Adams Ave., Hauppauge, NY 11788

CPEP Program at Stony Brook (Psychiatric ER) 631-444-6050
Domestic Violence, Sexual Assault 24-hr. Hotline 631-360-3606
LICADD substance abuse Hotline 24-hr. Hotline 631-979-1700
Response Hot Line - www.responsehotline.org 631-751-7500
Suicide Prevention Lifeline 631-800-273-TALK (8255)

Crisis Residential Services for Children:
Sagamore Children's Center 631-370-1701

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

Suffolk County Division of Mental Hygiene 631-853-3108, Fax: 631-853-3117
AnnMarie Csorny, LCSW - Director
725 Veterans Memorial Highway,
Hauppauge, NY 11788

Hope. Recovery. Resilience.



Office of
Mental Health