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

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

*National Suicide Prevention Hotline*  
Call 1-800-273-8255 or 1-888-628-9454 (Spanish)  
[https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

*VIBS – Family Violence and Rape Crisis Center*  
Crisis line: (631)360-3606

*Trevor Project – LGBTQ Youth*  
Call 1-866-488-7386

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

**Food Resources**

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