

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

Free Counseling Resources

Brookhaven Youth Bureau - (631) 451-8011
YMCA Family Services - (631)580-7777

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/>

National Suicide Prevention Hotline

Call 1-800-273-8255 or
1-888-628-9454 (Spanish)
<https://suicidpreventionlifeline.org/>

VIBS – Family Violence and Rape Crisis Center

Crisis line: (631)360-3606

Trevor Project – LGBTQ Youth

Call 1-866-488-7386

Food Resources

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

For **local food pantries**, you can visit:
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