

# RESOURCE GUIDE



Office of  
Mental Health



## EASTERN SUFFOLK COUNTY

(Townships of Brookhaven, Riverhead, Hamptons, Southold & Shelter Island)

This resource guide includes information about where you can find help in your local community. All the programs and services listed below allow you to self-refer and some may offer walk-in appointments. For additional services offered in Suffolk County, please go to [www.suffolkstopaddiction.org](http://www.suffolkstopaddiction.org)

### Crisis Services & Support

#### 988 Suicide and Crisis Lifeline

If you are in crisis, experiencing emotional distress.

Hours: Available 24/7

Contact: Call or text 988

#### Comprehensive Psychiatric Emergency Program (CPEP)

Stony Brook University Hospital

Address: 100 Nicolls Rd; Stony Brook NY

Contact: 24-hr psychiatric emergency room at 631-444-6050

#### The Trevor Project

24/7 Crisis services for LGBTQ+ Individuals

Contact: 1-866-488-7386

#### Family Service League Mobile Crisis

Offers 24/7 mobile services that provide in-community and telephonic support for individuals experiencing a crisis;

Don't know what you need?

Contact: 631-952-3333

Suffolk County Crisis Hotline: 631-751-7500

NYS Domestic Violence Hotline: 1-800-942-6906

#### Intensive Crisis Stabilization Centers

A 24/7 voluntary program for individuals in crisis who are feeling overwhelmed due to substance use, mental illness and/or other life stressors. No appointment needed.

#### FSL Diagnostic, Assessment, and Stabilization Hub (DASH)

Address: 90 Adams Ave, Hauppauge, NY

Contact: 631-650-0110 for more information about services

Hours: Open 24/7/365

#### CN Guidance & Counseling Services

Community Crisis Center

Address: 950 S Oyster Bay Rd, Hicksville, NY

Contact: 516-822-6111

Hours: Open 24/7/365

### Mental Health Treatment & Rehabilitation

#### Suffolk County Community Mental Hygiene Services

Farmingville Mental Health Clinic

Address: 15 Horseblock Place; Farmingville NY

Contact: 631-854-2552

Hours: Walk-Ins Monday 9am-11:30am

#### Stony Brook Eastern Long Island

Quannacut Outpatient Services

Address: 905 East Main St, Riverhead, NY

Contact: 631-369-8966

Walk-In Hours: Mon & Fri 9-11am (bring insurance card or \$25 fee without insurance)

#### Catholic Charities Medford Clinic

Address: 1727 North Ocean Ave, Medford, NY

Contact: 631-654-1919

Walk-In hours: Mon-Fri 1pm-2pm

(Bring photo ID & insurance card)

#### Family Service League (FSL) East Hampton Mental Health Clinic

Address: 316 Accabonac Rd, East Hampton, NY

Contact: 631-324-3344

Hours: Mon-Thurs 9am-9pm, Fri 9am-5pm

(Call for appointment)

\*\*Must reside between Montauk and South Hampton\*\*

#### Family Service League (FSL) Mattituck Mental Health Clinic

Address: 7555 Main Rd, Mattituck, NY

Contact: 631-298-8642

Hours: M/T/Th 9am-9pm, Weds 9am-7pm, Fri 9am-5pm, Sat 9am-12pm - Call for intake

\*\*Other locations in Riverhead, Central Islip, Mastic, Bay Shore, Brentwood, Huntington\*\*

#### St Catherine of Siena's PROS

Address: 127 West Main St, Riverhead, NY

Contact: 631-727-4044

Call for Self-Referral

## Peer Support Services

### Association for Mental Health and Wellness

Contact: 631-471-7242 ext.1217 for one-to-one telephone mutual support.

Hours: Tues, Weds, Thurs, Fri 9am-5pm

### Hands Across Long Island (HALI)

Address:159 Brightside Ave, Central Islip

Contact: email: [support@hali88.org](mailto:support@hali88.org) or phone:

631-234-1925 Hours: Monday-Friday Drop-In 12p-4pm

*Peer Recovery Center:* self-help groups, food pantry and more walk-ins; one to one with peer advocacy department with application

Hours: Mon - Friday 9am-4pm (Requires a 10 minute intake)

### Risewell Community Services

*After Hours Social Programs*

Address: 465 Waverly Ave Patchogue, NY

Contact 631-447-6460 x2122

Hours: Thurs & Fri 5pm-8pm, Sunday 12pm-3pm **Or**

Address:1375 Akron Street Copiague, NY

Hours: Monday & Tuesday 5:00pm-8:00pm

### WellLife Network

*Club WellLife Drop in Program*

Address: 55 Horizon Dr, Huntington, NY

Contact: 631-920-8075

Hours: Mon, Weds & Thurs 4pm-9pm. Participate in events, games, crafts, and share a meal. Transportation provided if needed.

## Addiction or Substance Use Treatment and Support

### Outreach Outpatient Treatment

Address: 11 Farber Drive, Units C and D Bellport, NY

Contact: 631-286-0700—call for intake

### Eastern Long Island Hospital— Quannacut Outpatient

Address: 905 E Main St, Riverhead, NY

Contact: 631-369-8966

General Hours: Mon, Weds & Thurs 9am-8pm, Tues

9am-5pm, Fri 9am-2pm, Sat 8:30am-12:30pm

*Walk-in Assessments: Mon & Fri 9a-11a or call for appointment*

### WellLife Network Addiction Recovery Services Address:

3600 Route 112, Coram, NY

Contact: 631-920-8500 x3

Hours: Mon-Fri 9am-4:30pm

### St Charles Hospital

Address: 200 Belle Terre Rd, Port Jefferson, NY Inpatient

detox, Rehab—Open 24/7

Contact: 631-474-6233 x1

### Seafeld Outpatient

(English & Spanish available)

Address: 240 W Main St, Riverhead, NY

Contact: 631-369-7800

Hours: Mon-Fri 7am-9pm

### OASAS Hope Line

Crisis intervention support, and information regarding addiction and problem gambling assessments, interventions, treatment and support in NYS.

Multilingual Support Available.

Contact: **1-877-8-HOPENY (467369)** available 24/7 or text HOPENY (467369).

### 12 STEP PROGRAMS

*Alcoholics Anonymous (AA)* 631-669-1124

*Narcotics Anonymous* 631-689-6262

*Al-Anon* 631-669-2827

*Co-Dependents Anonymous* 516-500-2632

*Gam-Anon* 718- 352-1671 Tues & Thurs 9-5

*Overeaters Anonymous* 505-891-2664

## Other Services

### Pax Christi Hospitality Center Hope House Ministries

Address: 255 Oakland Ave, Port Jefferson, NY

Contact: 631-928-9108 [www.hhm.org](http://www.hhm.org)

*Haircuts:* call for appointment

*Showers* available— no appointment needed 10am-12pm, and 1pm - 2:30 pm.

*Soup kitchen* 12 pm- 1 pm.

### HALI Mobile Showers

Address: 159 Brightside Avenue, Central Islip, NY Contact:

631-352-7221

Hours: 12pm–3:30pm (No appointment necessary)

For the current schedule of the Mobile Shower Unit or to re-quest a stop, please email: [support@hali88.org](mailto:support@hali88.org)

### Housing Support

#### Department of Social Services (Riverhead Center)

Address: 605 Old Country Rd, Riverhead, NY

Contact: 631-852-3500 or 631-852-3570

#### Department of Social Services (Coram Center)

Address: 80 Middle Country Rd, Coram, NY Contact:

631-854-2300

#### Department Social Services— Emergency Services

Contact: 631-854-9100

Hours: Mon-Fri after 4:30PM, Weekends & Holidays

#### [Long Island Coalition for the Homeless](#)

Safe Options Support (SOS)

Mobile Outreach Team that assists street homeless individuals with accessing housing

Contact: 631-464-4314 ext 170



To find more mental health programs and services, visit our website at: [www.omh.ny.gov](http://www.omh.ny.gov)



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