

RESOURCE GUIDE



Office of
Mental Health



NASSAU COUNTY

This resource guide includes information about where to 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. Please note that these resources are listed as a starting point. For a full list of providers please visit the Mental Health Program Directory at <https://my.omh.ny.gov/bi/pd>.

Crisis Services & Support

988 Suicide and Crisis Lifeline

If you are in crisis, experiencing emotional distress.
Contact: Call or text 988
Hours: Available 24/7

Long Island Crisis Center 24/7 Hotline:

Contact: (516) 679-1111
Hours: Information and referrals available 24/7.

Nassau County Mobile Crisis Team— Support & Safety Crisis Group

Available to respond to mental health crises quickly in the home or in the community.
Contact: (516) 227-TALK (8255)
Hours: Available 8am-12am 7 days a week

Comprehensive Psychiatric Emergency Program (CPEP)

Stony Brook University Hospital
Address: 100 Nicolls Rd; Stony Brook, NY
Contact: (631) 444-6050
Hours: 24-hr psychiatric emergency room

NYS Domestic Violence Hotline:

1-800-942-6906

Adult Behavioral Health Crisis Center at Zucker Hillside Hospital

Address: 75-59 263rd Street, Glen Oaks, NY
Contact: (718) 470-8300
Hours: Walk-ins Mon-Thurs 9am-4pm, Fri 9am-5pm

The Trevor Project

Crisis services for LGBTQ+ Individuals
Contact: 1-866-488-7386
Hours: 24/7

Intensive Crisis Stabilization Centers

24/7 voluntary program for individuals in crisis who are feeling overwhelmed due to substance use, mental illness and/or other life stressors.

FSL Diagnostic, Assessment, and Stabilization Hub (DASH)

Address: 90 Adams Ave Hauppauge, NY
Contact: (631) 952-3333 for more information about services
Hours: 24/7/365

CN Guidance & Counseling Services

Community Crisis Center
Address: 950 S. Oyster Bay Rd, Hicksville, NY
Contact: (516) 390-6544
Hours: Open 24/7/365

Mental Health Treatment & Rehabilitation

CN Guidance & Counseling Services

Integrated Counseling and Recovery Services
Address: 950 South Oyster Bay Rd, Hicksville, NY
Contact: (516) 822-6111 prompt 3.
Open Access Hours: Tues 9am-10:30am
Thurs 2:30pm-4pm
Patient Navigators available for Medicaid Assistance

Family & Children's Association (FCA)

Family Treatment & Recovery Center
Address: 180 Broadway, 2nd Floor Hicksville, NY
Contact: (516) 935-6858
Walk-In Hours: Mon 3pm-7pm, Tues 12pm-6pm,
Wed 9am-11am, Thurs 9am-3:30pm, Fri 9am-12pm

Nassau University Medical Center

Ambulatory Mental Health Service
Address: 2201 Hempstead Tpke, Ground Floor, East Meadow, NY
Contact: (516) 486-6862
Intake Hours: Mon-Weds 8am-9am for a 3 hour intake screening

Charles Evans Center

Multiple Locations
Glen Cove: 113 Glen Cove Ave, Glen Cove, NY
Contact: (516) 622-8888
Hours: Mon-Thurs 9am-8pm, Fri 9am-5pm (walk ins welcome)

Long Beach Reach Counseling Center

Address: 2-12 West Park Ave, Long Beach, NY
Contact: (516) 889-2332
Hours: Mon-Thurs 9am-9pm, Fri 9am-5pm

Peer Support Services

Hands Across Long Island (HALI)

Peer Recovery Center: self-help groups, food pantry and more.

Address: 159 Brightside Ave, Central Islip, NY

Contact: (631) 234-1925

Hours: Mon-Fri 8:30am-4pm (walk-ins welcome)

CN Guidance & Counseling Services

Starry Night Café Evening Social

Address: 950 S Oyster Bay Rd, Hicksville, NY

Contact: (516) 396-2800

Hours: Thurs 5pm-9pm, Fri-Sat 4pm-11pm

Mental Health Association of Nassau County

Strategic Opportunities to Achieve Recovery (SOAR)

Address: 16 Main St, Hempstead, NY

Contact: (516) 489-2322

Hours: Mon-Fri 9am-4pm

Consumer Link: connects individuals with staff in recovery who identify as having similar challenges

Phone Link: Peer Warm Line; Call 516-489-0100

Addiction or Substance Use Treatment and Support

Nassau University Medical Center (NUMC)

Address: 2201 Hempstead Tpke, East Meadow, NY

Contact: Detoxification: (516) 572-6394- Walk into ER

Rehabilitation: 516-572-9419

South Shore Guidance Center

Address: 114 Church St, Freeport, NY

Contact: (516) 868-3030 x4

Call for appointment

Hispanic Counseling Center

Address: 344 Fulton Avenue, Hempstead, NY

Contact: (516) 538-2613

Call for intake appointment Mon-Fri 9:30am-3:30pm

New Horizon Counseling Center

Address: 50 W. Hawthorne Ave, Valley Stream, NY

Contact: (516) 872-9698

Call for screening and intake appointment

OASAS Hope Line

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

Contact: call **1-877-8-HOPENY (467369)** or text HOPENY (467369).

Hours: 24/7

Support Group Hotlines

Alcoholics Anonymous (AA): (631) 669-1124 (Hours 24/7)

LI Gamblers Anonymous: (855) 222-5542 (Hours 24/7)

Narcotics Anonymous: (631) 689-6262 (Hours 24/7)

AI-Anon: (516) 433-8003 (Hours Mon-Sun 8am-12am)

Co-Dependents Anonymous: (516) 500-2632

Gam-Anon: (718) 352-1671 (Hours Tues & Thurs 9am-5pm)

Overeaters Anonymous: (505) 891-2664 (Hours Mon-Fri 8am-4:30pm)

Other Services

Mary Brennan INN (Soup Kitchen & Resource Center)

Spanish speaking counselors & connections to other services if needed

Address: 108 Madison Avenue, Hempstead, NY

Contact: (516) 486-6243

Hours: Mon-Fri 9am-2pm

Dine in/takeout food until 4:30pm.

Showers are first come, first serve 9am arrival.

THRIVE Long Island—Community Center

Address: 1025 Old Country Rd, suite 400, Westbury, NY

Contact: (516) 765-7600 or www.ThriveLi.org for updated calendar

Hours: Mon-Fri 12pm-8pm, Sat 2pm-9pm

Department of Social Services

Address: 60 Charles Lindbergh Blvd, Uniondale, NY

Contact: (516) 227-8519

Hours: Mon-Fri 8am-4pm

Pride For Youth (PFY) Bellmore

Provides Counseling, Employment and Legal Services for LGBTQ+ individuals.

Address: 2050 Bellmore Ave, Bellmore, NY

Contact: (516) 679-9000

Nassau County NY Connects

Free information and resources on Long-Term Support Services for older people and individuals of all ages with disabilities.

Contact: (631) 853-8200 or (631) 730-3737

Self-Initiated Living Options, Inc.—Food Pantry

Address: 3253 Route 112 Bldg. 10 Medford, NY

Contact: (631) 730-3737 (call ahead to schedule food pickup)

Hours: Mon-Thurs 8am-3pm, Fri 8am-12pm

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 3



To find more mental health programs and services, visit our website at: www.omh.ny.gov

