

# 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.  
Contact: Call or text 988  
Hours: Available 24/7

### 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  
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) 390-6544  
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

(Mental Health & Substance Use Services Available)

Address: 905 East Main St, Riverhead, NY  
Contact: (631) 369-8966  
Hours: Walk-Ins Mon & Fri 9am-11:30am

### Catholic Charities Medford Clinic

Address: 1727 North Ocean Ave, Medford, NY  
Contact: (631) 654-1919  
Hours: Walk-Ins Mon-Fri 1pm-2pm

### 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)

### 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-Fri 10am-1pm

### Hands Across Long Island (HALI)

Address: 159 Brightside Ave, Central Islip  
Contact: email: support@hali88.org or  
Phone: (631) 234-1925  
Hours: Monday-Friday Drop-In 12pm-4pm

*Peer Recovery Center:* self-help groups, food pantry and more walk-ins; one to one with peer advocacy department with application  
Hours: Mon - Fri 9am-4pm (Requires a 10 minute intake)

### Risewell Community Services

*After Hours Social Programs*  
Address: 465 Waverly Ave, Patchogue, NY  
Hours: Thurs & Fri 5pm-8pm, Sunday 12pm-3pm  
Address: 1375 Akron Street Copiague, NY  
Hours: Mon & Tues 5:00pm-8:00pm  
Contact for both locations: (631) 447-6460

### 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

### Seaford Outpatient

(English & Spanish available)  
Address: 240 W Main St, Riverhead, NY  
Contact: (631) 369-7800  
Hours: Mon-Fri 7am-9pm

### 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

*Inpatient, Detox, Rehab*  
Address: 200 Belle Terre Rd, Port Jefferson, NY  
Contact: (631) 474-6233 x1

### 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  
*Overeaters Anonymous* (505) 891-2664  
*LI Gamblers Anonymous* (855) 222-5542



## 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* Hours: Mon-Fri 10am-12pm & 1pm - 2:30 pm.  
*Soup kitchen* Daily: hot lunches 12pm-1:30pm, dinner 6pm-8pm

### 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 please email: 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)



BeWell.ny.gov



New York State