





Mental Health and Wellness



 <p>ASSOCIATION FOR MENTAL HEALTH AND WELLNESS</p> <p><i>To Advocate. To Educate. To Empower. Together.</i></p>	<p>Association for Mental Health and Wellness</p> <p>http://mhaw.org/ 631.471.7242 ext. 2</p>
 <p>SAMHSA Substance Abuse and Mental Health Services Administration</p>	<p>Substance Abuse and Mental Health Services Administration</p> <p>https://www.samhsa.gov/ 800-662-HELP (4357) TTY: 800-487-4889</p> <p>The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.</p>
 <p>NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org</p>	<p>National Suicide Prevention Lifeline</p> <p>https://suicidepreventionlifeline.org/ 1-800-273-8255</p> <p>The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p>
 <p>response</p>	<p>Response Crisis Center</p> <p>https://www.responsecrisiscenter.org/ 631-751-7500</p>
 <p>VIBS</p>	<p>Victims Information Bureau of Suffolk</p> <p>http://www.vibs.org/ Crisis hotline available 24/7 at 631-360-3606</p>
 <p>AA</p>	<p>Alcoholics Anonymous</p> <p>https://www.suffolkny-aa.org/ 631- 669-1124</p> <p>Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting,</p>

	<p>multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.</p>
	<p align="center">Family Service League</p> <p align="center">https://www.fsl-li.org/ 631-427-3700</p> <p>DASH is a 24/7 voluntary program for individuals in crisis due to substance use, mental illness or other life stressors. 24-Hour Hotline: 631-952-3333</p>
	<p align="center">Phoenix House</p> <p align="center">https://www.phoenixhouse.org 844-815-1508</p>
	<p align="center">Project Safety Net</p> <p align="center">https://www.projectsafetynet.org 631-385-2451</p>
	<p align="center">New York State Office of Mental Health</p> <p align="center">https://omh.ny.gov/</p>