

Mental Health Crisis Resources

-Long Island Crisis Center: 516-679-1111 (24 hour hotline)

-Long Island Crisis Center online counseling: www.licconline.org (24 hours)

-Self-Injury Hotline- 1-800-366-8288/1800DONT CUT

-New York State Mental Health Hotline 1-844-863-9314

This new hotline was established in response to the COVID-19 pandemic and is available to New Yorkers who need it. Over 6,000 mental health professionals have volunteered their time. The hotline offers FREE emotional support, consultation and referrals. Many languages are available. People should ask for the language they need when they call.

-SAMSHA Disaster Distress Helpline- 1-800-985-5990 or text TalkWithUs to 66746

The SAMSHA Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. These counselors provide crisis counseling for people in emotional distress related to any natural or human-caused disaster (such as an infectious disease outbreak), tips for healthy coping, and referrals to local crisis centers for additional follow-up care and support (if needed). Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Here is a link to the website if you would like to get more information about this supportive service:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

-National Suicide Prevention Lifeline 1-800-273-TALK(8255)

-National Suicide Prevention Lifeline Chat is an additional online service connecting individuals with counselors for emotional support and other services via web chat 24/7.

<https://suicidepreventionlifeline.org/chat/>

Resources for Psychiatric Emergencies

****For a psychiatric emergency that requires immediate attention call 911 ****

-Cohen's Children's Medical Center Behavioral Health Urgent Care

269-01 76th Avenue, Lobby Level New Hyde Park, NY 11040 **Call (718) 470-3148**

Operational Hours are Monday-Friday from 9am-2:30pm

Parents are strongly encouraged to call ahead. Patients may be seen for a Telehealth psychiatric screening rather than an emergency room visit in order to prevent the amount of visitors to the hospital during the COVID-19 pandemic. For AFTER HOURS Psychiatric Emergencies at Cohen's Children's Medical Center, the Pediatric Emergency Room at Cohen's Children's Medical Center

continues to be operational 24/7. Parents or providers are encouraged to call ahead at (718) 470-7640.

-Zucker Hillside Hospital, ADULT Behavioral Health Crisis Center (718) 470-8300

75-59 263rd St, Queens, NY 11004

Services include care coordination, crisis psychotherapy, diagnostic evaluations, medication management, and referrals and connection to follow-up care. Adults in crisis are encouraged to call ahead to receive preliminary screening and

instructions due to the effort to limit the volume of patients entering the hospital during the COVID-19 outbreak.

Please visit the Bethpage Social Work Department webpage to learn about various other resources available during this difficult time.

<https://sites.google.com/bethpageeagles.ws/bethpage-social-work-dept/home?authuser=0>