You are not alone.
Suicide is never the answer.
Call 631-952-3333 today
to find the help you need.

Family Service League
Restoring Hope. Rebuilding Lives.

The DASH Crisis Stabilization Center is open 24-hours a day and staffed with compassionate, trained healthcare professionals who want to help you through this difficult time.

Do not let depression and despair define your life!
Do you have thoughts of hurting yourself?
Are you facing a mental health crisis or dealing with the challenges of an addiction?
Are you feeling overwhelmed, especially combined with the stress of COVID-19?

DASH is a beacon of hope for Suffolk County children and adults who are struggling to cope. FSL can help you begin your journey to a better life. Everyday FSL's team of healthcare professionals are providing vital care coordination and counseling services to thousands of Long Islanders. To protect all FSL is strictly following CDC physical distancing protocols at all facilitates and is offering needed care via telehealth.

Together, we can overcome the challenges of this unprecedented situation and build a stronger future. Call today and look towards a brighter tomorrow!

No estás solo.
Llame al 631-952-3333 para Atención de Crisis las 24 Horas.
Terapistas multilingües están disponibles para hablar, llame si necesita ayuda.

Please share this important message with friends and colleagues.

DASH Crisis Stabilization Center
90 Adams Avenue, Hauppauge, New York
631-952-3333 24-Hour Hotline

Visit www.fsl-li.org for updates and full list of services!

Since 1926, FSL has assisted in all aspects of human services, including mental health counseling, treatment of substance abuse, early education, and senior services. Today, FSL touches the lives of more than 50,000 Long Island children and families. Together, we are Restoring Hope and Rebuilding Lives!

Your contributions are needed now more than ever.
Please consider helping us during this crisis.
Making a tax deductible donation is easy by clicking below or sending a text to 91999 and type "FSLCovid".
Any amount is greatly appreciated!

DONATE NOW

631-427-3700 restorehope@fsl-li.org www.fsl-li.org

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