



*“During these challenging times, FSL remains dedicated to maintaining vital programs that Long Islanders depend on every day. FSL is vigilantly following suggested safety protocols as it provides care to thousands of children and adults. This includes enhanced outreach via telehealth for mental health counseling, addiction treatment, senior advocacy programs, and care coordination. Our deepest appreciation to those on the front-lines working tirelessly to keep all of us safe. FSL will continue to work in partnership with government officials, community leaders, and our donors to fund these critical programs. Together, we can overcome the challenges of this unprecedented pandemic and work toward a stronger future. Stay healthy and be well.”*

- **Karen Boorshtein, FSL President & CEO**

**FSL’s DASH Crisis Center & Hotline open 24-Hours, 7-days a week!  
Call the Hotline 631-952-3333 for immediate assistance.**

In this time of uncertainty adults and children may be feeling the pressure which often manifests itself the forms of extreme anxiety, depression, feelings of isolation, and much more. FSL’s unique care center is a beacon of hope for Suffolk County children and adults who are struggling to cope. Call **631-952-3333** for assistance.

**FREE Counseling & Support for all workers affected by Covid-19  
24-hours, 7 days a week for  
Front-Line Healthcare Professionals & Staff, First Responders, and all Essential Workers**  
If you are struggling with your daily routine, you find that your peer and family relationships are suffering, or the effects of stress are overwhelming - FSL is here for you.  
**Call 888-375-2228 any time!**

FSL offers **free caregiver support and counseling** to those caring for a loved one over 60 or someone with dementia. Call 631-724-6300.

Seniors and families are in need of advocacy and help when working with Nursing Homes and Assisted Living facilities. The **FSL Long Term Care Ombudsman Program** utilizes volunteers and staff to advocate for residents and their families. FSL’s team assists in gaining important information regarding current living situations and health conditions. Call 631-470-6755.

**FSL’s network of Homeless Shelters** remain fully staffed and operational. FSL provides food, housing, and essentials for over 600 Long Island children and adults who reside in our homeless shelters each night.

**Would you like to help?**

Covid-19 pandemic has added additional pressure to those already financially struggling. The families living in our shelters need food and basic necessities such as diapers and baby wipes. Click the [Amazon Wish List](#) link and your selected items will be shipped directly to FSL.

If you or your organization are interested in supporting our programs and crisis efforts with a monetary donation or in-kind gift please contact [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org) or **631-470-6770**.

**Please note the following:**

- Early Learning Centers and Universal Pre-Kindergarten classes suspended per NYS directive.
- The Community Thrift Store will remain closed until further notice.
- In a continuing effort to maintain the health of community members all volunteer activities have been postponed.
- If you would like to make a monetary or in-kind donation to the FSL Bay Shore Food Pantry contact [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org), call 516-641-0436, or text 91999 and type “FSLCovid”.

Visit the “Find Help” page of [www.fsl-li.org](http://www.fsl-li.org) for additional information on services or email [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org) with questions.