

Since 1926, FSL has been providing quality mental healthcare and resources which improve lives. This difficult time of Covid-19 is no different. Every day, throughout this health emergency, thousands of children and adults depend on FSL for assistance.



Your gift is changing lives...

As a 22-year-old woman, Emily has experienced a series of devastating setbacks that would crush someone twice her age.

At 18, she and a close friend were in a horrific car accident, her friend didn't recover. Emily was in a coma for weeks, and now suffers from multiple health issues. Since then she had been taking classes at community college, working part-time in a restaurant, and baby-sitting. She was living on a modest income with her parents and receiving counseling that was paid through the no-fault insurance. Tragically, she lost her mother in November of 2018 and just over a year later, her father passed away unexpectedly.

Emily was an only child. She is living in her family home and is now responsible for the household bills and mortgage. In April she lost her job when the caterer closed due to Covid-19 restrictions. She had been babysitting for extra money but with the quarantine



"The life challenges that we as a community are facing have been exacerbated by the additional stressors associated with COVID-19, making FSL's programs a lifeline for many Long Islanders," stated Karen Boorshtein, FSL President & CEO. The FSL team of 750 strong have been providing an array of programs and assistance to those individuals and families affected by all aspects of this health emergency.

FSL has helped clients who have been exposed to the virus, those economically or emotionally affected by the situation, those who have gotten sick, and those who have lost loved ones. Some of the vital services offered include:

- FSL's 24-hour DASH Stabilization Center & Hotline 631-952-3333 is a beacon of hope for Suffolk County residents who are struggling to cope with mental health issues, such as anxiety, depression, bi-polar disorder, or addiction disorders.
- Counselors assist people navigating Covid-19 testing and make sure those in need have access to medical care with referrals for additional resources.
- Care management and counseling via telehealth offers support for those seeking help and those who are continuing their existing treatment plan. This telehealth resource has become even more significant due to isolation felt during this new era of remote work and distance learning.
- Trauma and crisis counseling programs are available to front line workers and first-responders. Many of these individuals are suffering with unique issues such as compassion fatigue, grief, and traumatic stress. These people need support as well as strategies for coping with the unprecedented stress level of this situation.
- The FSL CAIR team coordinates direct relief,

the family she was working for no longer needed childcare.

This would be overwhelming for anyone. The combination of grief, isolation, and financial pressure was too much. A friend suggested she call FSL. The CAIR team was able to help her file for unemployment benefits, pay the overdue utility bill, schedule weekly counseling via telehealth, and she is also working on her resume and building interview skills to help her find stable employment. This type of tangible care will assist Emily as makes plans for her future.

Thank you!

Life-altering services like those Emily is depending on are available because of the compassion of donors like you.

emergency assistance, and resources for those struggling financially. FSL Family Centers have pantries for food and basic necessities.

- Housing assistance is available for those who are homeless or at risk of suffering the trauma of becoming homeless. FSL Network of Shelters house over 600 Suffolk County children and adults every night.
- FSL's trained Ombudsmen help residents of long-term care and assisted living facilities in Suffolk County, and their families, navigate the myriad of challenges they have been facing and advocate for patient rights. This has been especially useful since families had limited access to visiting their loved ones and many are not getting timely information about health status. Contact 631-470-6755.

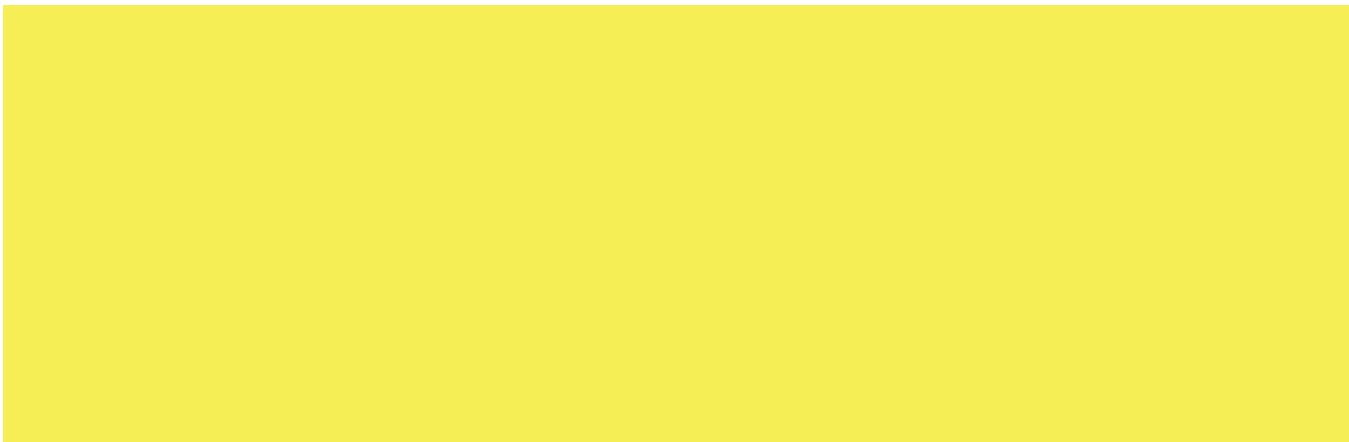
Today, FSL remains steadfast in its commitment to help those in need. Deepest appreciation to the hundreds of individual and corporate donors who have stepped forward and generously given to help us support the most vulnerable of our neighbors.

**Please consider forwarding this important message.
The more people who learn about FSL programs, the
more people will reach out for assistance.
Thank you and be well!**



**FSL's DASH team is available 24-hours a day to help children and adults struggling to cope with mental health issues or addiction disorders.
Call the HOTLINE anytime 631-952-3333**

To learn more about FSL take a moment to view the video below.





FAMILY SERVICE LEAGUE INVITES YOU TO ATTEND

GREAT CHEFS

Of Long Island

**Join us for this virtual
celebration
Monday, Nov.16th at 6:30pm
FREE - click here to register!**

Please join us as we recognize our distinguished honorees for their commitment to helping FSL ensure the availability of vital services for thousands of our neighbors in need.

South Shore University Hospital - Northwell Health
Corporate Leadership Award
Paul Fleishman, Newsday's former Vice President of Public Affairs
Community Leadership Award

ENTERTAINMENT

T.J. Tana - Illusionist & Mentalist
Sal "The Voice" Valentinetti of America's Got Talent

AWARDS - LIVE AUCTION

One lucky viewer will win Apple AirPods valued at \$200!

TICKETS ARE FREE Please register today > <https://FSLGC20.givesmart.com>

Our heartfelt thanks to the co-chairs, committee members, and sponsors for their time, talents, and commitment to making this virtual event an exciting experience for our viewers across Long Island. Our sincere appreciation to all supporters for their belief in our mission of service to the community as we Restore Hope and Rebuild Lives!

Visit the "Find Help" page of www.fsl-li.org for information on services and programs for children, families, and seniors.

Since 1926, FSL has assisted in all aspects of human services, including mental health counseling, treatment of addiction abuse, crisis care, early education, and senior services. Every year, it touches the lives of more than 50,000 Long Island children and families. In this social climate, it is

important to reiterate its founding values - FSL rejects racism, prejudice, and intolerance on every level. Today, and every day in communities across Long Island, FSL is Restoring Hope and Rebuilding Lives!

Your contributions are needed now more than ever. Together, we can overcome the challenges of this unprecedented situation and build a stronger future for all Long Islanders! 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

Thank you!

