



Dear Friends,

There are no words to adequately describe the trauma and grief we are experiencing due to escalating violence in communities across the country. Every day in the news, we are sadly reminded of the widespread and tragic consequences of senseless acts that destroy lives and leave a wake of anguish. As a country, we need to shed light on the important topic of mental health wellness and push to develop an open dialogue about basic safety with the leaders who represent us.

As these horrific acts play out over and over, the availability of counseling and human-service resources become even more critical. Please know that FSL will remain a beacon of hope and comfort for those who are struggling to cope. In the wake of COVID there has been a sharp increase in depression, anxiety, and suicide attempts by children, teens, and adults. We recognize that these unfathomable and random acts of violence, as well as the challenges of everyday life, have a role in mental health wellness and even suicidal behavior. Mental illness knows no barriers - it affects people of all ages, races, and income levels.

Many of FSL's programs are designed to help through life's most critical challenges. DASH is our community-based crisis care facility for children, teens, adults, and families. The program is available to Suffolk residents who struggle with severe mental health issues and/or addiction disorders. DASH services include Mobile Crisis Teams which provide outreach and may be dispatched to any location in Suffolk County. The DASH 24-hour hotline is 631-952-3333. If you or a loved one are in crisis, don't hesitate to reach out.

The availability of services and immediate support make a critical difference. To learn more, please contact us at [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org) or 631-427-3700. Overcoming, coping, and managing mental health issues have life-long ramifications. Please take a moment to share this information about the availability of mental health counseling with the people in your life.

Sincerely,  
Karen Boorshtein, LCSW  
President & CEO