



## May is Mental Health Awareness Month

Dear Friends,

Every day in the news, we are sadly reminded of the widespread nature of depression and the need to shed light on the important topic of mental health wellness, as well as highlighting the resources available to help. Depression is a public health crisis and is not a new phenomenon; however, in the wake of Covid and its many negative impacts there has been a sharp increase in depression, anxiety, and suicide attempts by children, teens, and adults.

Unfortunately, many people go undiagnosed or don't seek treatment when they are experiencing depression or symptoms of a mental health crisis. Mental illness knows no barriers - it affects people of all ages, races, and income levels. We are grateful that more public figures and their families are speaking up and working to reduce the stigma by bringing attention to the need for a more open dialogue about this disease. FSL is encouraging more people to learn what to look for and how to access resources to fight this debilitating illness.

FSL programs help people recognize that everyday life experiences such as family changes, illness, hopelessness, violence, loss, or depression all may have a role in mental health and even suicidal behavior. FSL's life-saving prevention education programs provide guidelines for how to help someone with a mental health crisis and those thinking of suicide. Overcoming, coping, and managing mental health issues have life-long ramifications for the individual, their loved ones, and friends. These are two of FSL's programs designed to help individuals through life's most critical challenges:

- **Diagnostic, Assessment, and Stabilization Hub (DASH)** is a community-based crisis care facility for children (over 5 years old), 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**.
- **Post-vention program, Joe's Project**, provides immediate support to those surviving a loss by suicide. Joe's Project is a specialty service within the agency Community Crisis Action Team (C-CAT). The staff is comprised of master's level mental health workers with additional training from the International Critical Incident Stress Foundation. Post-ventions are with individuals, families, and groups impacted by suicide, often within days of the occurrence. Joe's Project staff assists in the complicated grief that frequently accompanies suicide. If anyone has been impacted by suicide and is seeking help the Joe's Program 24/7 hotline number is 1-888 FSL-CCAT (1-888-375-2228).

**The availability of services and immediate support make a critical difference. Through educational programs, building community awareness, and counseling, Family Service League is able to offer tangible assistance to individuals and families in crisis.** To learn more, please contact us at [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org) or 631-427-3700.

Sincerely,  
Karen Boorshtein, LCSW  
President & CEO

