



**HAPPY
HOLIDAYS!**

Make this the year you reach out if you or a loved one need help.

The holiday season is a joyous time of year for many. However, every day thousands of Long Island children and adults find themselves struggling to cope with issues such as severe depression, anxiety, and addiction. FSL offers the care, counseling, and resources that help people change their lives. We are only a phone call away and available 24-hours a day, 7 days a week.

FSL's DASH center is voluntary program for individuals in a crisis situation - usually for those who are feeling overwhelmed due to substance use, mental illness, or other life stressors. The program also features a mobile response team of licensed professional experts who will come to you to conduct an assessment and, if necessary, recommend outpatient services or a higher level of care.

FSL's DASH Crisis Care Hotline 631-952-3333

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

Wishing you and yours a joyous holiday season!