



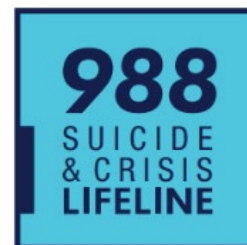
Mental Health

A W A R E N E S S M O N T H

Mental health encompasses emotional, psychological, and social well-being. It significantly impacts how we think, feel, and act. It's crucial for overall well-being, enabling us to cope with life's challenges, develop our potential, and contribute to society.

FSL supports the ongoing effort to reduce the stigma around mental illness and offers services for children, teens, and adults.

Visit the ["Find Help"](#) page of www.FSL-LI.org for information about services, programs, and the 24-hour crisis care options that are available to Suffolk County's children, teens, and adults.



DONATE AND MAKE A DIFFERENCE TODAY!

FSL provides all aspects of human services, including mental health counseling, addiction prevention & treatment, housing, crisis care, early education, and family & senior services. You can help by making a tax-deductible gift - click the Donate button or text **FSL25** to **91999**.

Make your gift via Venmo! Visit our [Donation Page](#), and choose the Paypal/Venmo option, then click the Venmo button.

Our Commitment to Our Donors: We will not sell, share, or trade our donors' names or personal information with any other entity.

