



# TOWN OF EAST HAMPTON

159 Pantigo Road  
East Hampton, New York 11937

## **Mental Health, Substance Abuse and Family Violence Services During the COVID-19 Crisis As of April 25, 2020**

Our community is facing unprecedented challenges during the COVID-19 pandemic. The stresses brought on by mass unemployment, food insecurity, social isolation, and illness, are causing fear, anxiety, loneliness, and despair to multiply exponentially. For some folks, these added burdens can potentially lead to mental health issues, substance abuse and family violence.

Fortunately, there is hope. This hope comes from a number of dedicated and resourceful organizations here in East Hampton that quickly innovated to reach folks that are in need of assistance in real time.

### **Family Service League -- 631.324.3344**

While the brick and mortar clinic is closed, all of their therapists and psychiatrists are 'seeing' their clients on a secure telehealth zoom platform. Family Service League is open to everyone who needs help. It should be noted that health insurance companies have bought into these virtual appointments.

### **New York State Office of Mental Health -- 844.863.9314**

OMH has set up a free "COVID-19 Emotional Support Helpline". It is available from 8 am to 10 pm, seven days a week. Once you call, you are set up with an appointment to speak to a mental health professional free of charge.

### **Long Island Council on Alcoholism and Drug Dependence -- 631-979-1700**

LICADD continues to operate their Substance Use Hotline 24/7. Clinicians are available to make treatment referrals, provide information about how to stay safe and sober during these uncertain times and offer general support to any one in need. Whether someone is in recovery, actively using, have a family member struggling with addiction or just needs some reassurance they are available 24/7.

**Phoenix House -- 631.329.0373**

Programs are open in support of recovery with essential services to the community on a secure zoom platform. Phoenix House continues to conduct assessments as well as group, individual, family and peer counseling for those struggling with substance use issues.

**The Retreat -- 631.329.2200**

The 24-hour hotline has been re-routed to staff members at home, counselors are providing telephone sessions, advocates are connecting people to resources they need, and their attorney is providing online options while the courts are closed to the public. The shelter remains open and available to individuals and families in need.