

Mental Health Resources for Teens Created by Stony Brook Medicine's Healthy Libraries Program May 26<sup>th</sup>, 2020

For general mental health information:

1. 2020 Suffolk County Directory of Behavioral Health Services Guide
  - a. <https://suffolkcountyny.gov/Portals/0/FormsDocs/Health/MentalHygiene/2019%20Directory%20of%20Behavioral%20Health%20Services.pdf>
  - b. Includes a directory for:
    - i. Crisis Hospitals and Inpatient Programs
    - ii. Outpatient programs
    - iii. Prevention, Recovery, and other community-based programs
    - iv. Adult Single Point of Access
    - v. Assertive Community Treatment
    - vi. Adult Respite Housing
    - vii. Children's Single Point of Access
    - viii. Peer and self-help services
    - ix. Emergency phone numbers
2. COVID-19 Office of Mental Health
  - a. <https://omh.ny.gov/>
  - b. Has a list of behavioral health providers
  - c. COVID-19 Emotional Support Line
    - i. Call 1-844-863-9314
3. Teens health from Nemours
  - a. <https://kidshealth.org/en/teens/your-mind/>
  - b. Has a range of topics from parents to being yourself
  - c. Within each topic are more specialized topics for example within Parents there is dealing with divorce
  - d. This may be useful for some basic/initial information on various mental health topics

For addiction services for teens:

1. NYS Office of Addiction Services and Supports
  - a. <https://oasas.ny.gov/treatment/youth-and-young-adults>
  - b. Link for Youth and Young Adults
  - c. Offers finding clubhouses, centers for treatment, and more
2. Narcotics Anonymous
  - a. <https://www.longislandna.com/>
3. Alcoholics Anonymous
  - a. **[24 / 7 HOTLINE: \(631\) 669-1124](https://www.longislandna.com/)**
  - b. <https://longislandinterventions.com/recovery-resources/name/alcoholics-anonymous/>
4. Al-anon
  - a. is similar in that it is based on the same program model as AA, but instead focuses on self-help for those affected by friends and family members living with



addictions in any capacity. Alateen falls under that umbrella and is targeted for teens. For clarification, it's not a group that focuses on how to care for people with addictions, but rather focuses on their own wellbeing from the toll that it takes to Love someone dependent on substances.

- b. **Please email the Alateen Coordinator if you are interested in joining**
- c. [AlateenChair@al-anon-suffolk-ny.org](mailto:AlateenChair@al-anon-suffolk-ny.org)
5. Yale Program in Addiction Medicine – COVID-19 Guidance Youth Engaged in Substance Use Treatment
  - a. [https://medicine.yale.edu/intmed/genmed/addictionmedicine/Youth%20Yale%20OADM%20COVID-19%20Guidance\\_032620\\_381732\\_5\\_v1.pdf](https://medicine.yale.edu/intmed/genmed/addictionmedicine/Youth%20Yale%20OADM%20COVID-19%20Guidance_032620_381732_5_v1.pdf)
  - b. Offers information on COVID-19 related substance use issues
  - c. Sections on triggers/relapses, medication/treatments, counseling/meetings, and smoking/vaping
  - d. <https://medicine.yale.edu/intmed/genmed/addictionmedicine/>
6. Smart Recovery
  - a. <https://www.smartrecovery.org/teens/>
  - b. Support groups for addiction recovery for teens
  - c. SMART Recovery is another self-help program that offers groups where teens can get together to look into and change behaviors that hurt themselves and others. This program is non 12-Step based, meaning there is no emphasis on a Higher Being, but is grounded by evidence-based practices by trained group facilitators. Many of your own libraries may have had a Stony Brook intern run one of these groups
7. New York Youth Clubhouses
  - a. <https://for-ny.org/youth-clubhouses/>
  - b. help young people in recovery (or at risk for addiction) develop social skills that promote prevention, long-term health, wellness, recovery, and a drug-free lifestyle.
  - c. Built of a core of peer-driven supports and services that encourage and promote a drug-free lifestyle
  - d. Provides safe space and recovery programming, including recreation, skill-building, and education
  - e. Clubhouses for youth are people ages 12-17
  - f. Clubhouses for young adults are ages 18-21

For mental health counseling groups and peer advocacy:

1. Families Together in NYS Youth Power!
  - a. [www.ftnys.org](http://www.ftnys.org)
  - b. It is a New York State network hosted by families run by and for youth and young adults.
  - c. Ensures meaningful involvement on all level of services provided and peer advocacy and support.

For Crisis hotlines:



1. Family Service League's Diagnostic, Assessment, and Stabilization Hub (DASH) Crisis Center
  - a. DASH is a 24/7 voluntary program for individuals in a crisis who are feeling overwhelmed due to substance use, mental illness and/or other life stressors. The program features a mobile response team of licensed professional experts who will come to your community and conduct an assessment, develop a safety plan, and if necessary, recommend outpatient services or a higher level of care. DASH also features a crisis hotline that provides telephone triage, clinical assessments and therapeutic support.
  - b. Open 24-Hours/7-days a week!
  - c. Call **631-952-3333** for assistance.
2. The Trevor Project
  - a. Suicide hotline: Lifeline: 1-866-488-7386
    - i. Chat: <https://www.thetrevorproject.org/>
    - ii. Text START to 678678
  - b. Trevor Project provides a plethora of information and resources for LGBTQ youth related to sexual orientation, gender identity, suicide prevention, and more. Counselors can be contacted via phone, chat, or text.
  - c. TrevorSpace is a social networking site for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth under 25 and their friends and allies.
3. Response Crisis Hotline
  - a. <https://www.responsecrisiscenter.org/>
  - b. If you are in crisis, in need of support or resources, or if you are feeling suicidal, we are here. Our crisis counselors are as close as your phone, your computer or your mobile device. You are not alone!
  - c. [Call Now \(631\) 751-7500](tel:6317517500)
  - d. Available 24/7
  - e. Also offers conexión for Spanish speakers
  - f. Monday through Friday from 5-10 pm at [\(631\) 751-7423](tel:6317517423)
4. Crisis Textline
  - a. **Text HOME to 741741 to reach a Crisis Counselor**
  - b. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text
  - c. <https://www.crisistextline.org/text-us/>
5. Teen Line
  - a. <https://teenlineonline.org/talk-now/>
  - b. Due to the current COVID-19 health crisis, our phone lines have temporarily closed. If you call our hotline, you will be transferred to Didi Hirsch's Suicide Prevention Center. To speak to a teen, please text or email us. We apologize for this inconvenience. If you need further help, please reach out to additional resources in the "More Resources" tab below or these [24 Hour Crisis Resources](#).
  - c. Our trained teen volunteers are available via text message and email every night from 6pm to 9pm PST. **Text "Teen" to 839863**



6. Didi Hirsch Suicide Prevention Line
  - a. <http://www.didihirsch.org/spc>
  - b. Phone: [877-727-4747](tel:877-727-4747) -OR- [800-784-2433](tel:800-784-2433)
  - c. Available 24/7
7. Youth Line
  - a. <https://oregonyouthline.org/>
  - b. **Teens are available to help daily from 4-10pm Pacific Time (adults are available by phone at all other times).**
  - c. YouthLine is a free, confidential teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the YouthLine!
  - d. **Call 877-968-8491**
  - e. **Text teen2teen to 839863**
  - f. **Email [Teen2Teen@LinesforLife.org](mailto:Teen2Teen@LinesforLife.org)**
8. National Suicide Prevention Lifeline
  - a. In English 1-800-273-8255
  - b. In Spanish 1-800-628-9454

Mental Health Telehealth Providers in Suffolk County:

1. Hart to Heart Clinical Counseling Services
  - a. Call Mr. Jay Hart : (631) 576-4642
  - b. Telehealth Counseling Services Available
  - c. Children (6 to 10)
  - d. Preteens / Tweens (11 to 13)
  - e. Adolescents / Teenagers (14 to 19)
  - f. Adults
  - g. Elders (65+)
  - h. Out of Pocket Cost- \$60-\$75- Sliding Scale Available
  - i. Pay By: Cash, Check, Health Savings Account, Mastercard, Paypal, Visa, Wire
  - j. **Accepted Insurance Plans:**
    - i. 1199SEIU
    - ii. Aetna
    - iii. Anthem
    - iv. Beacon
    - v. BlueCross and BlueShield
    - vi. Cigna
    - vii. EmblemHealth
    - viii. Empire BlueCross BlueShield
    - ix. Fidelis
    - x. GHI
    - xi. HealthFirst
    - xii. Magellan
    - xiii. Medicare
    - xiv. Optum
    - xv. Oxford

- xvi. TRICARE
- xvii. UnitedHealthcare

2. Dhara Shah LMHC

- a. Phone: (973) 765-6712
- b. Telehealth Services Available
- c. Toddlers / Preschoolers (0 to 6)
- d. Children (6 to 10)
- e. Preteens / Tweens (11 to 13)
- f. Adolescents / Teenagers (14 to 19)
- g. Adults
- h. **SLIDING SCALE**- Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Visa

3. Sandra Dacunha LCSW

- a. Phone: (631) 323-5756
- b. Telehealth Services Available
- c. Adults
- d. Elders (65+)
- e. Sliding Scale Available- Pay By: American Express, Cash, Mastercard, Paypal, Visa
- f. 1199SEIU
  - i. APS Healthcare
  - ii. Aetna
  - iii. Anthem
  - iv. Beacon
  - v. Cigna
  - vi. ComPsych
  - vii. Concern
  - viii. Concern EAP
  - ix. Empire BlueCross BlueShield
  - x. Fidelis
  - xi. GHI
  - xii. HIP | Health Plan of New York
  - xiii. Health Net
  - xiv. HealthFirst
  - xv. Horizon Blue Cross and Blue Shield
  - xvi. Magellan
  - xvii. Medicaid
  - xviii. Medicare
  - xix. Psychcare
  - xx. TRICARE
  - xxi. UnitedHealthcare
  - xxii. WellCare
  - xxiii. Out of Network

4. Jennifer Huse LCSW-R

- a. Phone: (516) 584-3827
- b. Telehealth Services Available
- c. Preteens / Tweens (11 to 13)



- d. Adolescents / Teenagers (14 to 19)
- e. Adults
- f. Sliding Scale Available
- g. Accepted Insurance Plans:
  - i. 1199SEIU
  - ii. Aetna
  - iii. Beacon
  - iv. Compass
  - v. EmblemHealth
  - vi. Health Republic
  - vii. Island Group
  - viii. MagnaCare
  - ix. Meridian
  - x. New York State Health Insurance Plan
  - xi. Optum
  - xii. Oxford
  - xiii. United Healthcare
  - xiv. Out of Network