



NEW YORK STATE SENATOR

Anna M. Kaplan

Senator Kaplan & Human Service Leaders Urge Community Connectedness During Isolating Times; Highlight Resources Available for Those In Need

Senator Anna M. Kaplan

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Kaplan joins leaders in the area of mental health, substance use disorder, and domestic violence to highlight the importance of self-care and community connections during the coronavirus outbreak

(Carle Place, NY) -- Senator Anna M. Kaplan (D-Great Neck) and human service leaders are urging Long Islanders to combat social isolation while practicing social distancing, by reaching out to friends, family, and neighbors, and also practicing self-care. Additionally, they are reminding Long Island residents of the programs, hotlines, and community supports that exist to help those in crisis, and those in need of additional support during these challenging times.

"We are living in an unprecedented moment in the history of our community, and as we do everything we can to stop the spread of the coronavirus and protect our physical health, we can't forget how important it is to take care of our mental health, too. You can make a big difference in someone's day by just picking up the phone, or

sending a text. These types of connections are more important than ever as we find ourselves spending more time away from friends and family," said **Senator Anna M. Kaplan**. "I also want to ensure that all Long Island residents know that they're never truly alone in their struggle, and if someone out there is in need of a kind ear or a sense of community, there are resources out there, and there are people who care."

As many businesses, organizations, and traditional community support systems, like 12 step programs, transition away from in-person services and meetings in order to reduce the risk of potential coronavirus transmission, many local organizations are continuing to provide invaluable programming here on Long Island, and many are also providing new resources and groups that can be accessed remotely for those who can't leave home.

Resources that are available to members of the community include:

Mental Health° and Substance Use*

- **LICADD 24/7 Substance Use Hotline***: 516-747-2606 or 631-979-1700
(secure video sessions available), www.licadd.org
- **Long Island Crisis Center 24/7 Crisis Hotline°**: 516-679-1111,
longislandcrisiscenter.org
- **Family & Children's Association°***: 516-746-0350, <https://fcali.org/>
- **RESPONSE Suffolk Crisis Hotline°**: 631-751-7500
- **Central Nassau Guidance & Counseling Services°***: 516-822-6111,
<https://centralnassau.org/>
- **DASH (Diagnostic Assessment and Stabilization Hub)°***: 631-952-3333,
www.fsl-li.org/help-services/diagnosis-assessment-and-stabilization-hub-dash/
- **Mobile Crisis Intervention Team for Adults and Children°**: 516-227-8255
- **Phone and Online AA Meetings***: https://aa-intergroup.org/directory_telephone.php
- **SMART Recovery Online Community***: smartrecovery.org/community/
- **NA Meetings Online***: www.na.org/

Health Supports

- **For issues not related to COVID-19**, there are phone services available!
Your insurance provider may also offer Telehealth Visits you can attend from

the comfort of your home.

- **HITE Free and Low Cost Health and Social Services Resource Directory:**
hitesite.org

Senior Supports

- **LICC Senior Helpline:** 516-679-0000
- **RSVP Suffolk Senior Reassurance Line:** 631-979-9490
- **Circulo de la Hispanidad, Inc - Project SALVA 24/7 Bilingual Domestic Violence Hotline:** (516) 889-2849
- **Nassau County Department of Senior Citizen Affairs Senior HELP-LINE**
Available Monday-Friday 9am-5pm: (516) 227-8900

Domestic Violence / Intimate Partner Violence / Sexual Assault

[The Safe Center LI](http://www.tscli.org) provides the following services to anyone in need:

- **24/7 Domestic Violence and Sexual Assault hotline**, always operational and answered by a live person: 516-542-0404
- **Ongoing Legal, Counseling, Advocacy, and Case Management** (services will continue remotely)
- **The Child Advocacy Center** is always operational to assist children and families
- Nassau County's only domestic violence shelter will remain open
- **For More Info:** <http://www.tscli.org/>

Adam Birkenstock, LCSW, Director of Programming at the Long Island Council on Alcoholism and Drug Dependence (LICADD) said "We commend Senator Anna Kaplan for her commitment to public health and her acknowledgment of the serious impact that isolation and stress can have on our communities. In difficult times, the most vulnerable among us are not only at risk of physical health issues, but also from the psychological impact of public anxiety and isolation. It's important to take care of each other – pick up the phone, send a text, set up time for a video chat with friends, family, and professional supports. It's also important to remember that as support groups and social events are canceled, many community and county providers are available to help!"

Jeffrey L. Reynolds, Ph.D, CEAP, SAP, President & CEO, Family and Children's Association said "While we are in uncharted waters here and life looks very different than it did a week ago, we know that families in our community continue to have needs; in some instances, those needs will be heightened by fear, anxiety and practical barriers to some services. At FCA, we've started providing many of our chemical dependency counseling, children's mental health services and senior citizen case management services via phone and secure video links. It's not the same as an in-person interaction, but right now it's a more convenient and safer option." Those who need help can call FCA at 516-746-0350 or visit FCALL.org.

Keith Scott, Director of Education at The Safe Center LI said "We are with you. Many survivors and supporters are reliving trauma. If anyone is feeling overwhelmed or triggered by recent events, please remember that it is OK to take a break to focus on taking care of our families and ourselves. Self-care is vital in a time like this. For those feeling alone or worried about their safety please know that The Safe Center's hotline is available 24/7, 516-542-0404. All of our ongoing clinical, legal, and case management services will be operating remotely to assist anyone in need. We feel secure knowing we have allies such as Senator Kaplan who support and prioritize the needs of the community."