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YOU ARE

**NOT  
ALONE**

# THESE SERVICES ARE AVAILABLE TO ALL!

Are you or someone you know having family or interpersonal problems due to ALCOHOL abuse or DRUG abuse?

## CHEMICAL DEPENDENCE SERVICES

For those struggling to break the cycle of chemical dependence, Catholic Charities supports people struggling to reclaim their lives

through all stages of the recovery process. Their outpatient clinic is located at 155 Indian Head Road in Commack. Call 631-543-6200.

Talbot House, located in Bohemia, is a chemical dependence crisis center that provides withdrawal and stabilization services on a voluntary basis to males and females over the age of 18 who are seeking to stop and/or withdraw from alcohol and/or other drug use. The medical and clinical staff at Talbot House will assess the kind of care the person needs to begin his/her journey in recovery. For more information, call 631-589-4144. Talbot House staff is available 24/7 and each call is confidential. Talbot House is a no fee for service program, licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) to provide short-term medically-monitored inpatient withdrawal services. This facility provides nourishing meals, counseling, limited transportation, support groups and referrals.

## MENTAL HEALTH CLINICS

Catholic Charities provides two locations for treatment and support services for people with a range of needs, from job- and family-related stress to serious situations. They help stabilize lives and improve their emotional well-being.

### OUTPATIENT SERVICES

21 FOURTH AVENUE IN BAYSHORE - 631.665.6707 OR  
1727 NORTH OCEAN AVENUE IN MEDFORD - 631.654.1919

Psychiatrists, nurse practitioners and social workers staff both clinics. Services are provided to children, adolescents, adults and seniors. Clinic case managers screen and schedule clients for treatment and assist with access to other services in the community.

## DASH CENTER FOR MENTAL HEALTH AND SUBSTANCE ABUSE

DASH is a 24/7 voluntary program for individuals in a crisis situation who are feeling overwhelmed due to substance abuse, 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. This unique facility, run by the Family Service League is a beacon of hope for Suffolk County children and adults who are struggling to cope and serves as an alternative to an emergency room. The center is at 90 Adams Avenue in Hauppauge and is open 24/7 (although during COVID it is advised to call first). Call 631-952-3333 for immediate assistance. Get more information here: <https://suffolkcare.org/sites/default/files/FSL%20DASH%20flyer%202019.pdf>