

WE ARE LIVING THROUGH VERY HARD TIMES, BUT THERE ARE SERVICES AND SUPPORT AVAILABLE.

WE WILL GET THROUGH THIS TOGETHER.

# SUFFOLK RESOURCES

Suffolk County General Assistance/Suffolk Cares: 3-1-1

## LEGAL SERVICES

The Touro Law Center Helpline can help answer legal questions and give referrals to qualified legal counsel. To speak with an attorney, please call:

**631-761-7198**

## DOMESTIC VIOLENCE SERVICES

If you are experiencing family or domestic violence, there are a number of organizations in Suffolk ready to help today.

LIADV- 631-666-8833  
The Retreat- 631-329-2200  
Crime Victims Center- 631-689-1800  
Brighter Tomorrows- 631-395-1800  
VIBS- 631-360-3606  
Ayuda Latina- 833-762-9832

## MENTAL HEALTH SERVICES

The Assoc. for Mental Health & Wellness Helpline is available to all Suffolk residents and can provide info and referrals to resources for anyone living with mental illness, their families, and service providers.

**631-471-7242 x2**

## APPLY FOR SNAP

SNAP (Supplemental Nutrition Assistance Program), also known as food stamps can provide financial support for purchasing groceries. To learn more or to apply today, please call:

**516-505-4437**

## APPLY FOR WIC

The WIC (supplemental nutrition for Women, Infant & Children) Program access to free healthy food, formula, and services for women & children up to age five, including nutrition counseling & breastfeeding support. To apply, call the Growing Up Healthy Hotline:

**1-888-522-5006**

## APPLY FOR HEALTH INSURANCE

At HWCLI, our certified navigators can help you enroll in free or low-cost health insurance plans through the NY State of Health Marketplace. If you have questions about your insurance or are interested in applying, please call:

**516-505-4426**

## CHILDCARE SERVICES

If you have questions, or to be connected with a qualified provider, call the Child Care Council of Suffolk at:

**631-462-0303**

## APPLY FOR UNEMPLOYMENT

If you have lost your job due to the COVID-19 pandemic, you can apply for unemployment benefits by calling:

**1-888-209-8124**

COMPLETE THE   
**2020 CENSUS!**

The funding that Long Island receives to support many of these resources depends on a full, fair, and accurate Census count. Don't miss out on the chance to be counted – everyone counts, and we are counting on you to fill out the Census today!

BY PHONE: 844-330-2020 ONLINE: [MY2020CENSUS.GOV](https://my2020census.gov)

QUESTIONS? WE ARE HERE TO HELP.  
516-483-1110 • [LIVOAD@HWCLI.COM](mailto:LIVOAD@HWCLI.COM) • [HWCLI.COM](https://www.hwcli.com)

**LIVOAD**  **HWCLI**  
Long Island Voluntary Organizations a program of  
Active in Disaster Health & Welfare Council of Long Island