

# Support, Solidarity, Hope

**YOU ARE NOT ALONE: HELPFUL RESOURCES ARE AVAILABLE WHEN YOU NEED THEM.**

If you or someone you care about is experiencing emotional distress, mental health challenges, or thoughts of suicide, confidential resources are available. If they are in immediate danger, call 911.



## EMHP Benefits:

- **Optum Behavioral Health:** EMHP participants can access services through Optum Behavioral Health, which provides Mental Health and Substance Use Disorder benefits, a 24-hour crisis line, referral services, and claims services. The phone number is 1.800.765.6709 and the information is also on the back of your health insurance card, or at [www.liveandworkwell.com](http://www.liveandworkwell.com).
- **Optum Crisis Support Resources:** Optum Behavioral Health offers a range of crisis support resources on their website, including guides for coping with trauma and lists of local resources for various situations. Visit [www.liveandworkwell.com](http://www.liveandworkwell.com) and sign in, then click "Crisis Support" in the navigation menu at the top of the page.

## 24/7 Crisis Hotlines & Text Lines:

- **988 Suicide & Crisis Lifeline (Call or Text 988):** Free, confidential 24/7 support for suicide prevention, emotional distress, or mental health crises.
- **Response Crisis Center:** Suffolk County's local 24/7 crisis and suicide prevention hotline at (631) 751-7500, providing active listening, peer support, and crisis counseling (Spanish line available at 631-751-7423).
- **Family Service League DASH (631-952-3333):** A 24/7 emergency hotline for mental health, substance use, and acute life stressors.
- **Crisis Text Line:** Text GOT5 to 741741 for 24/7 text-based crisis support.
- **Veterans Crisis Line:** Call 988 and press 1, or text 838255.



## Mobile Crisis & Walk-In Stabilization Centers:

- **Suffolk County Mobile Crisis Team (631-952-3333):** Dispatches trained mental health professionals and peer specialists 24/7 to conduct on-site risk assessments, safety planning, and community referrals.
- **DASH Crisis Stabilization Center (631-650-0110 or hotline 631-952-3333):** Located at 90 Adams Avenue, Hauppauge, NY. Offers 24/7/365 walk-in crisis care, short-term observation, and stabilization services.
- **Stony Brook Medicine Comprehensive Psychiatric Emergency Program (CPEP):** Provides 24/7 emergency psychiatric evaluations, medical stabilization, and crisis observation.

*To every member who may be struggling: You are more than your job. You are more than your responsibilities. Your worth is not measured by your productivity, your title, or your ability to carry the weight of the world on your shoulders. You matter. Your life matters. And you do not have to face difficult times alone.*