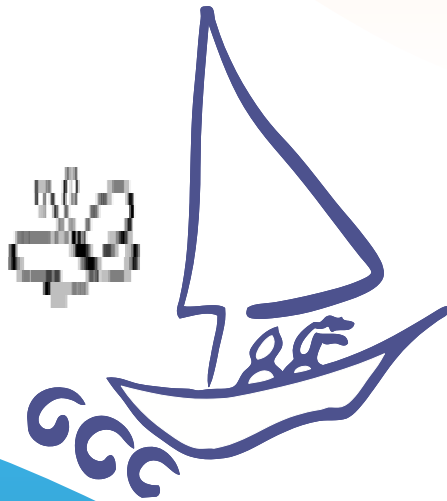


East End Mental Health Awareness Initiative



Directory of Service Providers

2021 Edition



The information contained herein is provided for informational purposes only.

The Town of Southampton does not endorse any of the mental health providers listed herein, nor should this list be construed as a recommendation by the Town to promote the services of said providers.

WHEN SHOULD YOU OR A LOVED ONE SEEK THERAPY?

When you or a loved one is experiencing stress, depression, or anxiety that interferes with your or with his/her ability to perform daily activities...consider therapy.

If you are having difficulty making decisions, getting out of bed, interacting with family members or friends, or if you are experiencing a loss of appetite, or loss of sleep... consider therapy.

If you are injuring yourself, are addicted to food or substances... therapy would be helpful.

If you are considering or have hurt or mutilated yourself... therapy is essential! If you have attempted suicide or are thinking about it... therapy is essential!

Call your doctor, one of the agencies or private practitioners listed in this brochure for an appointment.

If this is an emergency, call 911
or the Mental Health Hotline at
(631) 952-3333 for immediate assistance.

THE QUESTIONS TO ASK A THERAPIST

1. What's your training (i.e., what certification or degrees do you hold)?
2. How long have you worked in this field?
3. How would you describe your specialty in terms of approach, strengths and the types of clients you think are a good fit?
4. What is your thinking about the use of medications
5. How does the type of treatment you offer work?
6. How would you describe the most effective collaboration between therapist and client
7. How will we assess my progress?
8. How much will treatment cost and do you provide a sliding scale or take insurance?

WHAT TO LOOK INTO WHEN CHOOSING A PSYCHIATRIST

1. Research the psychiatrist's credentials, training, affiliations and any malpractice claims.
2. Look into the psychiatrist's level and years of experience
3. Find out if the psychiatrist has a particular specialty
4. Ask how he/her will determine diagnosis and course of treatment.
5. Find out how he/she will measure progress and effectiveness of treatment and within what timeframe.
- 6, In your first interview, determine your comfort level with his/her style of communication, willingness to collaborate and answer all your concerns and questions .
Trust your instincts!
7. Read patient reviews
8. Know what your insurance covers

TYPES OF MENTAL HEALTH PROVIDERS

PSYCHIATRIST: A psychiatrist is a physician – a doctor of medicine (MD) who specializes in mental health. He/she can diagnose and treat mental health disorders and prescribe medication. Some also provide psychological counseling.

PHYSICIAN ASSISTANTS: Certified physician assistants who specialize in mental health, provide services under the supervision of a psychiatrist. They can perform psychiatric evaluations, give physicals and manage treatment plans. They are an important component of a mental health team, and their medical knowledge allows them to treat patients on an inpatient or outpatient basis.

PSYCHOLOGIST: A psychologist is trained in psychology – a science that deals with thoughts, emotions and behaviors. Typically a psychologist holds a doctoral degree (Ph.D, Psy.D, Ed.D). He/she provides psychological counseling in one-on-one or group settings. They are not licensed to prescribe medication.

PSYCHIATRIC-MENTAL HEALTH NURSE PRACTITIONER (PMHNP): A PMHNP assesses, diagnoses and treats the mental health needs of patients. Many PMHNPs provide therapy and prescribe medications for those who have mental health disorders or substance abuse problems.

LICENSED CLINICAL SOCIAL WORKER (LCSW): “Direct Service” social workers assist individuals with the serious life challenges, locate the services and referrals they need. Licensed clinical social workers are mental health professionals who assess, diagnose and counsel. They are not licensed to prescribe medications.

LICENSED PROFESSIONAL COUNSELOR (LPC) or licensed clinical professional counselor (LCPC): Most have at least a master’s degree with clinical experience. They can diagnose and counsel. They are not licensed to prescribe medication.

HOW TO FIND A MENTAL HEALTH PROVIDER

Ask your health insurance company for a list of covered providers

Seek a referral or recommendation from your primary care provider, clergy, trusted colleagues and friends.

Check to see whether your company's employee assistance program (EAP) or student health center offers mental health services

Search the internet for national mental health Associations/organizations such as:

National Alliance on Mental Illness (NAMI),
Depression and Bipolar Support Alliance (DBSA),
The American Psychiatric Association (APA),
The American Psychological Association (APA)
Association for Behavioral and Cognitive Therapies (ABCT).

Look for your community's mental health resources to find counselors, psychologists, psychiatrists and local mental health organizations.

MENTAL HEALTH HOTLINES

Suffolk County Mental Health Information Hotline & Mobile Crisis Team

631-952-3333

DASH (Diagnostic, Assessment & Stabilization Hub)

90 Adams Ave., Hauppauge, NY 11788

631-952-3333

CCBHC– Certified Community Behavioral Health Clinic

Provides a comprehensive array of services needed to create access, stabilize people in crisis, and provide the necessary treatment for those with mental health and substance use disorders. CCBHCs integrate additional services to ensure an approach to health care that emphasizes recovery, wellness, trauma-informed care, and physical-behavioral health integration.

400 W. Main St., Riverhead, NY

631-369-0104

RestoreHope@fsl-li.org

Sagamore Mobile Crisis Team

(for children age 5 to age 17)

Monday—Friday: Intake office

631-370-1701

CPEP — Comprehensive Psychiatric Emergency Program, Stony Brook University Hospital (all ages)

631-444-6050

Stonybrookmedicine.edu/patientcare/cpep

National Suicide Prevention Lifeline

24 hour access

1-800-273-TALK

1-800-273-8255

TTY: 1-800-799-4TTY

1-800-799-4889

www.suicidepreventionlifeline.org

MENTAL HEALTH HOLINES

Response Hotline

24 hour access

631-751-7500

Free Crisis Counseling

www.responsecrisiscenter

English & Spanish Crisis hotline

Support hotline

Online chat crisis counseling

Runaway hotline

Talbot House

24 Hour Substance Abuse

Crisis Hotline

631-589-4144,

www.rehab.com

Veteran's Crisis Line

Www.veteranscrisisline.net

800-273-8255 x1

CLINICS

Family Service League — East End

7555 Main Road, Mattituck, NY 11952
631-298-8642
316 Accabonac Rd., E. Hampton, NY 11937
631-324-3344
400 W. Main St., Riverhead, NY 11901
631-369-0104
40 Main Street
Westhampton Beach, NY 11978
631-288-1954
ww.fsl-li.org

Community Counseling Services

408 Main St. South, Ste. 3
Center Moriches, NY 11934
631-874-0185

OPTI Healthcare Mental Health Center

883 E Main Street, Riverhead, NY 11901
631-284-5500

Pilgrim Psychiatric Center—Peconic Center

550 East Main St. Suite 103
Riverhead, NY 11901
631-369-1277
Age 18 +

Riverhead Mental Health Center

300 Center Drive
County Center on County Road 51
Riverhead, NY 11901
631-852-1440
Youth & adults

Synergy Center

1380 Roanoke Ave.
Riverhead, NY 11901
631-369-0022x1202

CASE MANAGEMENT

Suffolk County Adult SPOA
632-853-6204

**Association for Mental Health & Wellness
Health Home Care Coordination**
631-369-4418

ACT TEAM

"Assertive Community Treatment Team"

East End Act Team, Family Service League
208 Roanoke Ave., Riverhead, NY 11901
631-284-2565

AOT

'Assisted Outpatient Treatment'

Suffolk County Division Of Community Mental Hygiene Services
725 Vets Memorial Hwy., William J. Lindsay Complex, Bldg.C016
Hauppauge, NY 11788, 631-853-6205

PROGRAMS

Maryhaven PROS East
"Personalized Recovery Oriented Services"
127 West Main St., Riverhead, NY 11901
631-727-4044, fax: 727-6531
<https://maryhaven.chsli.org/pros-east>

Synergy Center—a "PROS" program for psychiatric rehabilitation
1380 Roanoke Ave.
P.O. Box 1388, Riverhead, NY 11901
631-369-0022 x1202

Eastern Suffolk Recovery Center
A peer run program of activities designed to engage individuals in their community and nurture their individual passion in life.
Katherine Tollefsen, Program Coordinator
631-369-4418x1901

MICA CLINICS and SERVICES
(MENTAL ILLNESS & CHEMICAL ABUSE)

Family Service League
North Fork Counseling Program

7555 Main Road, Mattituck, NY 11952

631-298-8642

See also Westhampton Beach & East Hampton

Sites on previous listing

Seafeld Center Riverhead Outpatient
Substance Abuse Rehabilitation

212 & 230 West Main St., Riverhead, NY

631-369-7800

Ages 13+

English & Spanish

Seafeldcenter.com/riverhead-outpatient-rehab

Intake @ seafeldcenter.com

Most insurances accepted

SUBSTANCE ABUSE – ADDICTION SERVICES

Catholic Charities

Chemical Dependence Treatment

31 E. Montauk Hwy, Hampton Bays, NY

631-723-3362 Fax: 631-723-3365

www.catholiccharities.cc

Eastern Long Island Hospital

Quannacut Rehab & Detox

201 Manor Place, Greenport, NY

Inpatient -4631-477-8877

Outpatient 631-369-8966

291 Hampton Road, Southampton, NY11968

631-283-4440

905 E. Main St. Riverhead, NY 11901

631-369-8966

www.elih.org

John T. Mather Memorial Hospital

Chemical Dependency Clinic

70 North Country Rd., Port Jefferson, NY

631-473-1320

Matherhospital.org

Phoenix House Outpatient Program

87 Springs Fireplace Road, PO Box 3067

East Hampton, NY 11937

631-329-0373 Fax: 631-907-9345

www.phoenixhouse.org

Long Island Center for Recovery

320 W. Montauk Hwy., Hampton Bays, NY 11946

631-718-3100

LICADD—Long Island Council on Alcohol and Drug Dependency

877 East Main Street, Riverhead, NY 11901

631-979-1700

CHILD and ADOLESCENT PSYCHIATRIC CARE

Sagamore Children's Psychiatric Center

197 Half Hollow Rd, Dix Hills, NY 11746

Ages 6-17, Inpatient and outpatient

631-370-1700

www.omh.ny.gov/omhweb/facilities/scpc

Sagamore Mobile Crisis Team

631-370-1701

Sagamore Crisis Respite House

631-370-1701

Family Service League— East End

Mattituck — 631-298-8642

East Hampton — 631-324-3344

Riverhead — 631-369-0104

Lift — Long Island Families Together, Inc.

Parent information & advocacy

21 Greene Ave., Amityville, NY 11701

631-264-5438 ext. 103

www.lift4kids.org

Suffolk County Coordinator of Children's Services

631-853-8513

CHILD and ADOLESCENT PSYCHIATRIC CARE cont'd

Brunswick Hall

81 Louden Avenue, Amityville, NY
Adolescents ages 12– 17
631-789-7130
brunswickhospitalcenter.org

John T. Mather Memorial Hospital

Adolescent inpatient psychiatric treatment ages 12 +
70 North Country Road
Port Jefferson. NY
631-473-1320 x 5800 (18+), x 5820 (12-17)
Matherhospital.org

South Oaks Hospital

Inpatient for ages 5-18, 631-608-5610
Partial hospitalization for adolescents, adolescents ages 13-18
Outpatient for ages 5+, 631-608-5028
Vocational and educational 15 day diagnostic treatment program,
400 Sunrise Highway, Amityville, NY
South-oaks.org

Stony Brook Children's Psychiatric Center

Child inpatient treatment –ages 5-12
Nichols Road, Stony Brook, NY
631-444-KIDS

GOVERNMENT MENTAL HEALTH SYSTEM

New York State Office of Mental Health

Albany, NY

1-800-597-8481

<https://www.ny.gov/agencies/office-mental-health>

NIMH– National Institute of Mental Health

Bethesda, MD

1-866-615-6464

www.nimh.nih.gov

NYS-OMH, Long Island Field Office

Pilgrim Psychiatric Center

998 Crooked Hill Road, Bldg. #3

West Brentwood, NY 11717

631-761-2886

Suffolk County Division of Behavioral Health Services

North County Complex

Building C928

725 Veterans Memorial Highway

P.O. Box 6100

Hauppauge, New York 11788

631-853-8500

[//www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene](http://www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene)

HOSPITALS

Long Island Community Hospital

Inpatient psychiatry, emergency evaluation,
outpatient mental health and chemical dependency
101 Hospital Rd, Patchogue, NY 11772
Phone: 631-654-7100
licommunityhospital.org

Brunswick Hospital Center

Adult and geriatric psychiatric treatment
81 Loudon Ave., Amityville, NY
631-789-7000
Brunswickhospitalcenter.org

Eastern Long Island Hospital

Adult inpatient psychiatric treatment
201 Manor Place, Greenport, NY
Phone: 631-477-1000
ELIH.org

John T. Mather Memorial Hospital

Adolescent & adult inpatient psychiatric treatment
Partial Hospitalization
Eating Disorder clinic
Outpatient mental health clinic
70 North Country Road, Port Jefferson, NY
Phone: 631-473-1320
Matherhospital.org

Huntington Hospital

270 Park Ave., Huntington< NY 11743
631-351-2434

Pilgrim State Psychiatric Center

Psychiatric screening, inpatient, outpatient, residential &
transitional services
998 Crooked Hill Road, W. Brentwood, NY
Intake Phone: 631-761-2559 or 631-761-3500

ST. CATHERINE OF SIENA HOSPITAL

Adults 18+ inpatient psychiatric treatment
50 Route 25A, Smithtown, NY
Phone: 631-862-3000
ER: 631-862-3111

HOSPITALS

Stony Brook University Hospital CPEP

Emergency diagnostic evaluations, child inpatient treatment to age 12, adult inpatient treatment, & outpatient treatment
Nichols Road, Stony Brook, NY
CPEP Phone: 631-444-6050
Outpatient: 631-444-2570

St. Catherine of Siena Hospital

Adults 18+ inpatient psychiatric treatment
50 Route 25A, Smithtown, NY
Phone: 631-862-3000
ER: 631-862-3111

South Oaks Hospital

Inpatient for ages 5-12; 12-18; adult & geriatric
Partial hospitalization for adolescents 13-18 and adults
Outpatient for ages 5+ Vocational & educational 15 day
diagnostic day treatment program
Inpatient—631-608-5610
Outpatient—631-608-5028
400 Sunrise Highway, Amityville, NY 11701
South-oaks.org

Veterans Administration Medical Center

79 Middleville Rd., Northport, NY 11768
631-261-4400x2785

EMPLOYMENT SERVICES

ACCES-VR (Adult Continuing Career Education Services -Vocational Rehabilitation) Formerly known as VESID

524 East Main St., Ste. 206
Riverhead, NY 11901
631-727-6496

Suffolk County One-Stop Employment Center

Suffolk County Dept. of Labor,
17 North County Complex
725 Veterans Memorial Hwy.
Hauppauge, NY
631-853-6600

Workforce New York One-Stop Career Center

New York State Dept. of Labor
160 South Ocean Avenue
Patchogue, NY 11772-3719
631-687-4800

Maryhaven Center of Hope Vocational Program

Member of Catholic Health Services of Long Island
445 County Road 101 (Sills Road)
Yaphank, NY 11980-9623
631-924-5900
www.chs_li.org

HOUSING

SOCR

(State Operated Community Residence)
1272 Montauk, Hwy., Water Mill, NY 11976
631-283-2645

SPOA & SPA (Single Point of Access)

631-231-3562
spahousingLI.org

****NOTE:**

All applications for adult housing are
processed through SPOA

Concern for Independent Living

312 Expressway Dr. South, Medford, NY
631-758-0474

The Way Back

1401 Main St., Port Jefferson, NY
631-928-0202

Options for Community Living

202 E. Main St., Smithtown, NY
631-361-9020

ADD (Aid to the Developmentally Disabled)

901 E. Main St., Suite 508, Riverhead, NY
631-727-6220

COUNSELORS

GLENN S. CUYJET, NCC, LMFT, LMHC

Cuyjet Associates

50 Station Rd., Bldg. 4, Ste. 2, Watermill, NY 11968

Phone: 631-283-4999

Fax: 631-287-1035

SPECIALTY: Individual, Couple, Marriage and family,
Mental health, child guidance, psychotherapy

DEGREE/TRAINING: BA, Brandeis University; MS,
Long Island University; NCC National Board Certified Counselor;
NYS licensed in marriage and family counseling and mental health
counseling; NYS Certified Mediator; Certified in Clinical Hypnosis; Certified
Qigong Instructor

LANGUAGES: English

INSURANCES: None

MARY CANNON, LMHC, CSAC, CRC, MSED.

69 Surfside Ave, PO Box 1300, Montauk, NY 11954

Phone: 631-238-5060

Email: marycan@optonline.net

SPECIALTY: Mental Health Issues, addiction counseling, court evaluations;
Practical solutions to disability problems, vocational/career counseling, grief
counseling, anger management

DEGREE/TRAINING: Masters Early Childhood Education, Certificate in Geri-
atric counseling, Certified Rehabilitation Counselor, Certified Mental Health
counselor, Certified
Alcohol and Substance Abuse Counselor

LANGUAGES: English

INSURANCES: None

COUNSELORS

DR. ALLEN L. FEIN

365 County Rd. 39A, Suite 11, Southampton, NY

Phone: 631-283-6446

Fax: 631-283-9827

SPECIALTY: Medical Acupuncture; Family practice; Treatment of Opioid addictions with Suboxone and Vivitrol

DEGREE/TRAINING: NYS licensed physician with Stony Brook Medicine; Board Certified Diplomate; Certified in Medical Acupuncture

LANGUAGES: English, French, and Spanish

INSURANCES: Most plans

COUNSELORS

TORY MASTERS

P.O. Box 1223, Water Mill, NY 11976

Mailing Address: 29 Mill Pond Lane, Water Mill, NY

Phone: 917-494-0762

Email: torymasters@gmail.com

www.PeerRecoveryServices.com

SPECIALTY: Peer recovery specialist & counselor; Senior peer facilitator for mental health support groups for mood disorders, depression, & bipolar disorder

DEGREE/TRAINING: Certified peer specialist, CPS Certified Psychiatric Rehabilitation Practitioner, CPRP

LANGUAGES: English

INSURANCES: N/A

COUNSELORS

DIANA NASH, MA, LMHC

404 E. 76th st., Ste.3D, NY, NY 10021

4 Jonathan Dr., East Hampton, NY 11937

Phone: 646-420-2277

www.cope-with-loss.com

SPECIALTY: Loss & bereavement counseling for individuals & groups; grief therapy for blended, extended, & disenfranchised family members

DEGREE/TRAINING: MA & Advanced Certificate in Counseling Psychology, NYU; Certified in Thanatology; NYS licensed Mental Health Counselor

LANGUAGES: English

INSURANCES: Sliding scale fees

THERAPISTS

SHERRI HALUCHA, LMFT

17 School Street, Hampton Bays, NY 11946

Phone: 631-276-5271 Fax: 631-728-5369

SPECIALTY: Adults, Adolescents & Children, Family, Couples Therapy, Womens Issues, Codependency, Mood Disorders, Anxiety, Depression, Stress Management, Communication Skills, Relationship Issues

DEGREE/TRAINING: Masters Marriage and Family Therapy ; MFT, LMFT

LANGUAGES: English

INSURANCES: Contact for information

CREATIVE HEALING & WELLNESS INC. DANA BORDSEN MA,ATR-BC, LCAT,UZIT

21 E. 2nd St., #105, Riverhead, NY

Phone: 631-488-1790

Website: creativehealingandwellnessny@gmail.com

SPECIALTY: Anxiety, Stress Management, Grief/Loss, Depression, Pain Management, Conflict Resolution

DEGREE/TRAINING: M. A. Hofstra University

CERTIFICATION: Licensed Creative Arts Therapist, Board Certified Art Therapist, Urban Zen Integrative Therapy Certification, Reiki Practitioner, Alzheimer' s AFA Dementia Care Partner

LANGUAGES: English

INSURANCES: N/A

LANGUAGES: English

INSURANCES: Cigna

THERAPISTS

Emily Abramson, CAY Therapy

East Hampton

Phone: 631-241-5776

Email: caytherapy@gmail.com

Website: www.caytherapy.com

SPECIALTY: Art Therapy, Art Psychotherapist, Yoga Therapist

DEGREE/TRAINING: MPS Art Therapy, LCAT, ATR-BC, Yoga Therapist

LANGUAGES: English

INSURANCES: Cigna

NURSE PRACTITIONERS

O' BRIEN, MS, NPP,APRN

Mental Health Consultation Services, PC
351 Meeting House Ln., Southampton, NY 11968
Phone: (631) 283 6720
637 Veterans Highway, Smithtown, NY
Phone: (631)-656-9761 or (631) 543-0146
Fax: 631-656-9765
Email: services; Court and Motor Vehicle
evaluations
COBPSYCCATHERINE H@AOL.COM

SPECIALTY: Adults & adolescents, mental health, mood disorders, adult and adolescent ADD/ ADHD, anxiety disturbances, adjustment disorders; Schizophrenia; Pharmacologic

DEGREE/TRAINING: New York State certified Nurse Practitioner in Psychiatry; MS, Nurse Practitioner in Psychiatry, SUNY Stony Brook; Member, American College of Forensic Examiners, Certified Mental Health & Crisis Intervention, Cert. Homeland Security Preparation & Response Teams

LANGUAGES: English

INSURANCES: Most insurances accepted

DIANE BOARO, MSNP PSYCHIATRY

3771 Nesconset Hwy., Ste. 208
South Setauket, NY 11720
12 Oak St., Ste. 3, Westhampton Beach, NY 11978
Phone: (631) 689-2055
Email: DBoaroMSNPP@aol.com
www.DianeBoaroNursePractitionerPsychiatry.com

SPECIALTY: Medication management, mental health evaluations, and psychotherapy, individuals, families, depression, mood disorders, addictions, behavioral issues

DEGREE/TRAINING: Family Psychiatric Mental Health Nurse Practitioner of Psychiatry

LANGUAGES: English

INSURANCES:

NURSE PRACTITIONERS

LAUREN HERTWIG, MS, PMHNP

35 Montauk Highway
Quogue, NY 11959
Phone: (631) 873-9257

SPECIALTY: Anxiety disorder, Depression, Post Partum depression, ADHD

DEGREE/TRAINING: Molloy College MS

LANGUAGES: English

INSURANCES: Medicare, Cigna, Aetna, NYSHIP—out of network

CATHERINE POULOS, MS, PMHNP-BC

East End Mental Health
332 Montauk Highway, Ste. 5
Hampton Bays, NY 11946
Phone: (631) 495-3300
Fax: (631) 822-2833

SPECIALTY: Women with midlife challenges, anxiety, depression, family, marital stressors, & hormonal changes

DEGREE/TRAINING: Adelphi University BS, Stony Brook University MS PMHNP-BC, EMDR certification, Fellowship in Integrative Psychiatry, Pursuing DBT training

LANGUAGES: English

INSURANCES: Most insurances accepted

PSYCHIATRISTS

ALEXIS BROWN MD

2425 Main Street
PO Box 1562
Bridgehampton, NY 11932

DEGREE/TRAINING: City College of New York B.A., NYU Medical School MD,
Board Certification in Psychiatry and Neurology

SPECIALTY: Psychopharmacology

LANGUAGES: English

INSURANCES: None accepted

Note: Patients accepted on a limited basis, and must be referred directly by a therapist

LEA DE FRANCISCI LIS, MD

46 Main Street, Southampton, NY 11968
Phone/Fax: (631) 204-6984
Email: leadef@gmail.com, www.mindfulkid.com

SPECIALTY: Child and Adolescent Psychiatry

DEGREE/TRAINING: M.D. , NY Medical College; BA, Dartmouth College; Fellowship, NYU Child Study Center

LANGUAGES: English

INSURANCE: Tricare and Island Group

PSYCHIATRISTS

PAUL GARSON, MD

Director of Mental Health Services at Southampton Hospital

325 Meeting House Lane, Bldg. 2, Suite 301
Southampton, NY 11968 Phone: 631 283-4048 Fax: 631-283-5396

SPECIALTY: Adult psychiatry

DEGREE/TRAINING: Albany Medical College, Denver General Hospital

LANGUAGES: English

INSURANCES: Most insurances accepted

MINDY PRAGER, MD

80 White Street
Southampton, NY 11968
Phone: 631-833-8569

DEGREE/TRAINING: Albany Medical college BS/MD , Beth Israel Medical Center psychiatry residency: Albany Medical college BS/MD

SPECIALTY: Adult psychiatry, integrated psychopharmacology and psychotherapy

LANGUAGES: English

INSURANCE: None. Will assist patients in obtaining their out of network benefit reimbursements.

PSYCHOLOGISTS

DIANE BROOKS, PSY. D.

170 Montauk Highway , Speonk 119712

Phone: 631-288-3584

SPECIALTY: Depression & anxiety, Cognitive Behavioral Therapy; adolescents & adults, anger management

DEGREE/TRAINING: Doctorate in Clinical Psychology, Long Island University; NYS licensed Psychologist

LANGUAGES: English

INSURANCES: Value Options, Empire Plan for Government Employees

CHRISTINE COOLIDGE, PH.D.

Hampton Pain and Stress Center

186 W. Montauk Hwy., Hampton Bays

Phone: 631-728-2000 Fax: 631-728-2880

SPECIALTY: Cognitive/Behavioral Therapy; Pain & Stress Therapy

DEGREE/TRAINING: NYS Licensed Psychologist; Clinical Specialist Psychiatric Registered Professional Nurse; Registered Professional Nurse; Board Certified in Neurofeedback; Board Certified in Biofeedback; Board Certified in Pain Management; Certified in Stress Management Education

LANGUAGES: English

INSURANCES: Traditional Medicare

PSYCHOLOGISTS

JOEL KAYE, PHD

352 Montauk Highway
Wainscott, NY 11975
PO Box 695
Wainscott, NY 11975
Phone: 917-673-4362 Fax: 631-537-1831
tlgdjk1@gmail.com

Specialty: Mindfulness based psychotherapy, cognitive behavioral therapy, acceptance and commitment therapy

DEGREE/TRAINING: Post Doctoral Fellowships at Stanford University and Palo Alto , VA Medical Center; PhD. Clinical Psychology, NY State Licensed

LANGUAGES: English

INSURANCES: none

MARY MONACO KELLER, ED.D.

34 West Water St., Sag Harbor, NY 11963
Mail: 4 Oak Pl., Southampton , NY 11968
Phone: 631-259-2122 Fax: 631-488-4073

SPECIALTY: All ages, couples, mutually respectful relationships, depression, anxiety, family relationships, self-esteem, trauma & abuse recovery pain & stress management & relaxation therapy

DEGREE/TRAINING: Doctorate in Psychology, Harvard University. NYS licensed Psychologist, NYS Certified School Psychologist, NYS Certified Teacher

LANGUAGES: ENGLISH AND SPANISH

INSURANCES: Medicare, Island Group, NY State Medicaid, Workers Compensation, No Fault

PSYCHOLOGISTS

VALERIE KING, PH.D.

36 Windward Road, East Hampton, NY 11937

Phone: 631-267-3282

valeriekingphd@gmail.com

SPECIALTY: Lifespan Psychological Services: Neuropsychological Evaluations, Cognitive Screening, Psycho-educational evaluations, Child, Adolescent, Family Counseling, Group Therapy, Adult Individual therapy, Allied health professional at Southampton Hospital. Provides 1 hr. workshops & seminars on a range of mental health & behavioral health issues.

DEGREE/TRAINING: Ph.D. Clinical Psychology, Adelphi University, New York State Licensed Psychologist, Fielding Grad. University—Postdoctoral Certificate—Neuro-psychology

LANGUAGES: English

INSURANCES: Fee for service, out of pocket, no insurance accepted

ROBERT KUISIS, PH.D.

128 Bridgehampton-Sag Harbor Turnpike

Bridgehampton, NY 11932

PO Box 2065

Bridgehampton, NY 11932

Phone:631-907-0539 Fax: 631-725-2978

Rkuisis@optonline.net

Specialty: Psychoanalytic Psychotherapy

DEGREE/TRAINING: Ph.D. Psychology Post Doctoral Certificate in Psychotherapy & Psychoanalysis

LANIGUAGES: English

INSURANCES: Medicare, Cigna, Emblem, NYSHIP (Beacon)

PSYCHOLOGISTS

DR. SHARYN LAWALL

128 Sag Harbor Turnpike, Bridgehampton, NY 11932

PO Box 993, Riverhead, NY 11901

Phone: 516-982-1111

SPECIALTY: Child & adolescent psycho educational evaluations and psychotherapy

DEGREE/TRAINING: Psy.D. in Child/School Psychology, New York University; NYS licensed Psychologist; NYS certified School Psychologist

LANGUAGES: English

INSURANCES: None

PSYCHOLOGISTS

STEPHEN MIGDEN, PHD, ABPP & ASSOCIATES SHERRY HENIG, PHD

998c Old Country Rd., # 414, Plainview, NY 11803

Phone: 516-625-0824 Fax: 516-625-0825

Email: Steve@nextstepsedconsulting.com

www.nextstepsedconsulting.com

SPECIALTY: Special Needs Placement Consultation –we assist families in locating residential and boarding programs for a variety of psychiatric, substance abuse, behavioral and learning problems.

DEGREE/TRAINING: Steve Migden– BA, Columbia U; PhD, NYU; Post Doc Certif, Adelphi U

Sherry Henig BA, Oberliin College; PhD, Catholic U; Post Doc Certif, Adelphi U

INSURANCES: NA

LICENSED SOCIAL WORKERS

MAGGIE BLOOMFIELD, LCSW, CASAC

12 Oak St., #3, Westhampton Beach, NY 11978

Phone: (631) 922-2312

Fax: (631) 288-8576

Email: Blooming@optonline.net

Maggiiebloomfield.com

SPECIALTY: Clients over age 13 . Substance Abuse, Mood Disorders, CBT, Trauma, Couples, Gender Identity, Grief Counseling

DEGREE/TRAINING: MSW, Stony Brook University, Licensed Clinical Social Worker, Certified Alcoholism and Substance Abuse Counselor

LANGUAGES: English

INSURANCES: Most major insurances

LICENSED SOCIAL WORKERS

DAYLE A. BRENNER, LCSW-R

100 Manetto Rd., Ste. 205, Plainview, NY 11803
122 W. 27th St., 10th Flr., NY, NY 10001
306 Washington St., Ste. 205, Hoboken, NJ 07030
Phone: (516) 662-2612
Email: dabcsw827@aol.com

SPECIALTY: Relationship termination, Separation, Divorce, single counseling & navigation, eating disorders, & emotional disturbances

Degree/Training: Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: All

LISA DE LUCA, LCSW-R

54895 Rt. 25, Southold, NY 11971
PO Box 45, East Marion, NY 11939
Phone: 631-903-4177
Email: Lisa@LisaCDeLuca.com
ww.LisaCDeLuca.com

SPECIALTY: Adults, Panic attacks & anxiety, couples, end of life, elderly, DBT, mindfulness, care giving, EMDR, life coaching, & self empowerment

DEGREE/TRAINING—MSW

LANGUAGES: English

INSURANCES: Medicare, Empire, Blue Cross/Blue Shield, and Out of Network

LICENSED SOCIAL WORKERS

ALEXANDRA FEELY, R-LCSW

200 Pantigo Place, Suite M, East Hampton, NY 11937

Phone: 631-329-2425 Fax: 631-329-6340

SPECIALTY: Domestic Violence; Individual and couples counseling

DEGREE/TRAINING: Master of Social Work Degree; New York State Licensed Clinical Social Worker

LANGUAGES: English and fluent Spanish

INSURANCES: None

LARAINÉ D. GORDON LCSW-R

Time for Teens 631-338-7258

26 Henry Street Southampton, NY 11968

laraine@larainegordon.com

www.larainegordon.com

www.time4teens.org

SPECIALTY: Bereavement, adolescents and addictions.

DEGREE/TRAINING: BS in Psychology, MSW in Social Work.
Masters of Social Work LCSW-R

LANGUAGES: English

INSURANCES: BCBS AETNA, Value Options, NYSHIP

LICENSED SOCIAL WORKERS

BERNADETTE GILDEA, LCSW

298 Middle Road, Riverhead, NY 11901

8 Sterlington Plaza, Greenport, NY 11944

Mailing Address: P.O. Box 1812

Shelter Island, NY 11964

Phone: 631 477-3700, 631-786-2870 Fax: 631 369-0130

Email: Bernadettegildea@aol.com

SPECIALTIES: Individual, marriage, family

DEGREE/TRAINING: Social Work, MSW

LANGUAGES: English

INSURANCES: Blue Cross, HIP, UBH, United HealthCare, Oxford, Cigna, Anthem, Emblem, GHI, 1199-National Local

SUSAN S. GRIFFIN, R-LCSW

110 Jermain Ave., P.O. Box 1551, Sag Harbor, NY 11963

Phone/Fax: 631-725-2978

susangriffin@optonline.net

SPECIALITY: Individuals over 18

DEGREE/TRAINING: Master of Social Work, New York State
Licensed Clinical Social Worker

LANGAUGES: English

INSURANCES: None

LICENSED SOCIAL WORKERS

NELLA HAHN, R-LCSW

78 Montauk Hwy.,

East Moriches, New York 11940

Phone: 212-888-2888

nelhahn@aol.com

www.hamptontherapy.com

SPECIALTY: Anxiety, Depression, Transitions, Relationships, Infidelity, Grief/
bereavement, Sleep problems

DEGREE/TRAINING: NYS licensed Master Clinical Social Worker; Certified Psychoanalyst, Certificates in: Gerontology, physical fitness for older adults, bio-ethics & medical humanities, Suffolk Institute of Psychoanalysis, Hunter School Of Social Work

LANGUAGES: English

INSURANCES: Medicare, Out of network

LICENSED SOCIAL WORKERS

CHRISTOPHER HALUCHA, MSW, LCSW-R

17 School St., Hampton Bays, NY 11946

Phone: 631-276-5147 Fax: 631-728-5369

Email: chalucha@yahoo.com

SPECIALTY: Children, Adolescents, Family, Couples, Mood Disorders, Depression, Anxiety, PTSD, Personality Disorders, Autism Spectrum, Grief/Loss, Social Skills, Phobias, Crisis, Addictions

DEGREE/TRAINING: Masters Degree Social work, DBT, CBT, CISD, CISM, Addictions.

LANGUAGES: English

INSURANCES: All insurances accepted

ELLEN HENSCHER, LCSW, CASAC

425 East 86th Street, New York, NY 10028

615 Broadway, (lower level), Hastings on Hudson, NY 10706

Phone: 212-369-7885, 917-822-3525

Fax: 914-478-1217

EHENSCHER@AOL.COM

www.psychologytoday.com

SPECIALTY: Individuals, couples, addictions, depression; available for skype/telemental health sessions

DEGREE/TRAINING: Master of Social Work degree; NYS licensed social worker; certified in substance abuse counseling; psychoanalytic training, certified in telemental health.

LANGUAGES: English

INSURANCES: Oxford, Healthnet, United Healthcare, Aetna, 1199, Medicare, Medicaid, Cigna, Value Options

LICENSED SOCIAL WORKERS

SANDI KAUFMAN, LCSW, CST

46 S. Main St., Southampton, NY 11968

Phone: 347-658-4678

Sandi@sandikaufman.com

SPECIALTY: Anxiety, depression, relationships, couples, sex therapy, mindfulness, life transitions

DEGREE/TRAINING: NYU Silver School of Social Work, William Alonson White Institute Intensive Psychoanalytic Psychotherapy Program (one Year)

LANGUAGES: English

INSURANCES: Blue Cross Blue Shield, Cigna, Value Options

TERI KOFF, LCSW, CMC

P. O. Box 55, East Hampton, NY 11937

Phone: 631-329-5682

eldercarenyc@gmail.com

www.caremanagernyc.com

SPECIALTY: Geriatrics and elder care

DEGREE/TRAINING: Master of Social Work degree, New York University; NY State Licensed Clinical Social Worker; ACSW, QCSW, DCSW; Care Manager Certification

LANGUAGES: English

INSURANCES: fee for service

LICENSED SOCIAL WORKERS

ROXINIA LAFFITTE, LMSW

LAFFITTE LIFE HEALING

71 Bay Ave Southampton NY 11968

631-259-2556

email: ROXINIA.LMSW@GMAIL.COM

Owner/ Operator Therapist

SPECIALTY: Specializing in trauma and grief counseling

DEGREE/TRAINING: Certified Trauma Therapist, Licensed Social Worker-
Certified Grief Counselor

LANGUAGES: English/ Spanish

INSURANCES: N/A

THOMAS F. LIVOTI, LCSW-R

238 Long Neck Blvd., Riverhead, NY 11901

Phone: 631-348-2754

Fax: 631-369-6180

SPECIALTY: Family & marital therapy; addictions, co-dependency & recovery
counseling

DEGREE/TRAINING: Master of Social Work; LCSW-R; ACSW;
Social Work Field Instructor; Alcohol Counselor, South Oaks
Hospital; Certified Diplomate, APA; Clinical Pastoral Education
training; Trained HIV Counselor

LANGUAGES: English

INSURANCES: Medicare, Oxford, United Healthcare, Blue Cross/Blue Shield,
HIP, Aetna, Island Group, Tricare, Healthfirst, Vytra, MSN, Value Options

LICENSED SOCIAL WORKERS

EILEEN MANGINO, LCSW-R, CASAC, EMDR, CIT

36 East 2nd. St., Riverhead, NY
Mailing Address: PO Box 1851, Riverhead, NY 11901
Phone: 631-495-0372 Fax: 631 369-4585
Email: elmangino@gmail.com

SPECIALTY: Individual therapy for adults over 18. Anxiety, depression, trauma and stress-related disorders, dissociative disorders, relationship difficulties, addiction recovery and life transitions.

DEGREE/TRAINING: BA, UC Berkeley; MSW, Stony Brook University; National Institute for the Psychotherapies, Psychodynamic Certificate; EMDRIA certified therapist in EMDR; Imago Relationships Therapist; NYS Credentialed Alcohol & Substance Abuse Counselor and NYS Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: Private payment and out of network plans such as NYSHIP, Aetna, Cigna, Medicare

LAURIE MARSDEN, LCSW

Lmarsden22@gmail.com
Laurie.marsden.com

SPECIALTY: Online mental wellness program for women called "The 8 Steps to Becoming You". Learn how to deal with uncomfortable feelings, change negative thought patterns, communicate more effectively, and improve your relationships. A confidential, guided self-help mental wellness program.

DEGREE/TRAINING: MSW, Columbia University, BS Columbia University, NYS Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: None Program is being given away for free during Covid 19

LICENSED SOCIAL WORKERS

MOIRA MASTRO, LCSW, CASAC

13105 Main Road, Mattituck, NY 11952

PO Box 600, Mattituck, NY 11952

516-993-4934

Moira.mastro@gmail.com

www.moiramastro.com

SPECIALTY: Anxiety, Depression, Alcohol abuse, Relationship issues, Interpersonal Wellness, Life Coaching

DEGREE/TRAINING: BA Psychology. MSW

LANGUAGES: English

INSURANCES: Medicare, Island Administration Group, Anthem

LICENSED SOCIAL WORKERS

KATHERINE MITCHELL, PHD, LMSW, CASAC

East End Counseling LLC
3330 Noyac Rd, Bldg. D
Sag Harbor, NY 11963
Phone: 631-899-4575 (O)
Phone: 631-481-6550 ©
katherine@eastendcounselingny.com
www.eastendcounselingny.com

SPECIALTY: OASAS/DMV evaluations, Psychotherapy with individuals and families, addictions; substance abuse recovery; alcohol assessments; interventions

DEGREE/TRAINING: NYS Licensed Clinical Social Worker; Certified Alcohol and Substance Abuse Counselor

LANGUAGES: English, French and Spanish

INSURANCES: Sliding scale fees

ALISA NORTON, LCSW, CSAC-T, EMDR

11700 Main Rd., Ste. 1, Mattituck, NY
Mailing Address: PO Box 818
Remsenburg, NY 11960
Phone: 516-523-7072 Fax: 631-207-0496
Email: Alisanorton@aol.com

SPECIALTY: Anxiety, Depression, Life Transitions, Trauma, Substance Abuse, bereavement groups for those who have lost someone to suicide

DEGREE/TRAINING: MSW Stony Brook University, Post Graduate Certification in Drug & Alcohol Abuse, EMDR Institute. NYS Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: Aetna, Medicare, NYSHIP/ Beacon

LICENSED SOCIAL WORKERS

SUE PENNY, LCSW-R

15 Stoney Hill Road, Sag Harbor, NY 11963
Phone/Fax: 631-725-6435
suepenny@optonline.net

SPECIALTY: Depression, anxiety, trauma, ADD/ADHD, couples, group therapy, EMDR

DEGREE/TRAINING: NYS Licensed Clinical Social Worker; Master of Social Work degree

LANGUAGES: English

INSURANCES: Medicare and many others

LICENSED SOCIAL WORKERS

MAURA B. QUEALY, LCSW-R, BCD

5 Stony Court, Hampton Bays, NY 11946

Phone/Fax: 631-728-2786

MBRIG51@yahoo.com

SPECIALTY: Anxiety & mood disorders, cognitive therapy, EMDR

DEGREE/TRAINING: New York State Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: Most all insurances & sliding scale fees

ANITA ROSENSHINE, LCSW

533 David Whites Lane

Southampton, NY 11968

Phone: 631-287-7021 Fax: 631-287-7337

Email: ARKATSH@aol.com

SPECIALTY: aging. individuals, couples

DEGREE/TRAINING: Columbia School of Social Work, LCS

LANGUAGES: English

INSURANCES: Medicare

LICENSED SOCIAL WORKERS

ELLEN RUBY, LCSW

26 Club Lane, Sag Harbor, NY 11963
Phone: 631 725-1769 Cell: 516-241-3774
Email: ellenruby@aol.com

SPECIALTY: Long term analytic psychotherapy; addictions, DWI

DEGREE/TRAINING: MSW, SUNY Stonybrook U, 11 yrs. Post grad training in Modern Psychoanalysis, Center for Modern Psychoanalytic Studies, Manhattan

LANGUAGES: English

INSURANCES: Medicare, other insurance providers as well as self-pay can be discussed

BRUCE E. SAUL, LCSW-R

1 George Fox Lane, Shelter Island, NY
Phone: 631-871-9933
www.brucesaul.com
brucesaul@gmail.com

SPECIALTY: Late adolescents, young adults, adults, couples, life transitions, relationships, depression and anxiety, co-dependence

DEGREE/TRAINING: Master of Social Work degree, New York University, NYS Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: Out of network reimbursement

LICENSED SOCIAL WORKERS

BEVERLY A. SCHMIDT, LCSW

439 Tuthills Ln, PO Box 2817, Aquebogue, NY 11931

Email: Bas1414@optonline.net

SPECIALTY: Individual adult psychotherapy, Depression, Anxiety, Relationships & Codependency issues

DEGREE/TRAINING: Master of Social Work degree; Certified in family therapy; Certified in EMDR, BCD

LANGUAGES: English

INSURANCES: EBCBS, Cigna, Oxford, MHN (Healthnet), Magna Care, Multiplan, Value Options, GHI, Vytra, MDNY, United Behavioral Health, Island

RANDI D. SCHNEIDER, LCSW-R

36 W. Water Street, 2nd floor, Offices at Water Street

P.O. Box 2774, Sag Harbor, NY 11963

Phone: 917-696-2766 Fax: 631-899-2535

Randischneiderlcsr@gmail.com

SPECIALTY: Relationship issues, addictions, adolescents, depression, family therapy, parent/child issues

DEGREE/TRAINING: Master of Social Work degree, NY State Licensed Clinical Social Worker

LANGUAGES: English and Spanish

INSURANCES: Magellan, Aetna, Value Options, HIP, Healthfirst, Fidelis, Healthnet, Empire Blue Cross, Child Health Plus, Cigna

LICENSED SOCIAL WORKERS

VIRGINIA ST. JOHN, LCSW/R

249 Main Street, Amagansett, NY

Mailing Address: PO Box 1121, East Hampton, NY 11937

Phone: 631-478-2538

Fax: 631-527-5156

Email: v-stjohn@hotmail.com

SPECIALTY: Full-spectrum DBT, CBT, Prolonged Exposure Therapy for anxiety and PTSD

DEGREE/TRAINING: MSW Stony Brook University, Licensed Clinical Social Worker

LANGUAGES: English

INSURANCES: Case by case basis

VISITING COUNSELORS OF NEW YORK, LCSW, PLLC

900 Walt Whitman Road, Suite LL1, Melville, NY 11747

Phone: 561-698-5511 Fax: 516-418-5377

www.vcofny.org

SPECIALTY: Adults with disabilities, senior services, in home counseling, Children and adolescent in-home counseling ages 4 – 25. Telehealth counseling services

DEGREE/TRAINING: Group practice of NYS licensed social worker. MSW, LCSW

LANGUAGES: English

INSURANCES: Aetna, Cigna, Humana, Medicare.
Sliding scale for those with no insurance

LICENSED SOCIAL WORKERS

LISA WOLF, MSW, LCSW

OFFICE : 2415 Main St., Bridgehampton, NY 11937

VIRTUAL: Via Multiply Encrypted, Secure Tele-Health platform

Phone: Text or Call 212 -786-4614

Website: lisawolftherapy.com

Email: info@lisawolftherapy.com

SPECIALTIES: Treatment of Depression, Anxiety, Couples & Complex Couples Problems, Addiction & early recovery, Family work with families struggling with member in active use or early recovery, Trauma, Bereavement & Complicated Grief

DEGREE/TRAINING: Masters in Clinical Psychiatric Social Work, Columbia University, Training & Certifications: Couples therapy, Grief/OCD treatment. Experience: Addiction Rehab (inpatient/outpatient), Psychiatric Hospital, Private Patient

LANGUAGES: English

INSURANCE: Out of Network Coverage, Monthly receipts provided for submission to your insurer.

BETH WHITE, LCSW, CASAC

East Hampton

Phone: 516 658-2057

Email: biwsw@yahoo.com

SPECIALTY: Family, couples, individual, substance abuse, professional burnout, trauma

DEGREE/TRAINING: MSW, Adelphi University LCSW, Arise Interventionist, CASAC

LANGUAGES: English

LICENSED SOCIAL WORKERS

NANETTE H. YAVEL, PSYD., LCSW

Phone/Fax: 631-477-8828

Ninaya1@aol.com

SPECIALTY: Home visits to elderly clients, children with developmental disabilities, adolescents, adults, & caregivers

DEGREE/TRAINING: Master of SW Hunter College of SW,
PsyD Clinical Psychology—California Southern University

LANGUAGES: English

INSURANCES: Medicare, Fidelis, UBH, 1199,
Beacon, NYSHP

KARRIE ZAMPINI ROBINSON, LCSW

FIGHTING CHANCE

34 Bay Street, Sag Harbor 11963

Phone: 631-725-4646

www.fightingchance.org

Phillips Family Cancer Center

740 County Road, 39A

Suite 102, Southampton NY 11968

631-638-7771

SPECIALTY: Oncology counseling; patient navigation, resource location;
advocacy services

DEGREE/TRAINING: Master of Social Work degree; NYS licensed Social
Worker

LANGUAGES: English

INSURANCES: Services are free of charge

HOW TO BE INCLUDED IN THIS DIRECTORY

If you would like your name and information to be included, contact the Southampton Town Department of Community Services at 631-702-2423

Why Does Stigma Still Exist?

Fear — Lack of exposure

Misunderstanding — Outside pressures

Unfortunately, the media is responsible for many of the misconceptions which persist about mental illness.

Comedians make fun of those with mental illnesses.

What have you done to lessen the stigma?

What will you do in the future to promote understanding and acceptance?

RESOURCE CENTER TO ADDRESS DISCRIMINATION AND STIGMA

www.stopstigma.samhsa.gov

1-800-540-0320

How YOU Can Combat Stigma:

SHARE YOUR EXPERIENCES WITH MENTAL ILLNESS

Your story can convey to others that having a mental illness is nothing to be embarrassed about.

HELP PEOPLE WITH MENTAL ILLNESS REENTER SOCIETY

Support their efforts to obtain & maintain housing and jobs

RESPOND TO FALSE STATEMENTS ABOUT MENTAL ILLNESS OR ABOUT PEOPLE WITH MENTAL ILLNESSES

Many people have incorrect and damaging ideas on the subject... accurate facts and information may help change both ideas and actions

SUPPORT GROUPS

RIVERHEAD RELATIVES

Tuesday 7-8:30pm
Synergy Center
1380 Roanoke Ave.
Riverhead, NY
631-226-3900

PFC JOSEPH DWYER VETERANS PEER SUPPORT GROUP

Wednesdays 6pm
@ East End Counseling PLLC
3330 Noyac Rd., Bldg. D
Sag Harbor, NY
631-899-4575

EAST END MOOD DISORDERS SUPPORT GROUP

Peer Support Group
Family Support Group
Wellness Institute, Southampton Hospital
240 Meetinghouse La., Southampton, NY
Thursdays 6:30pm
917-494-0762

POSTPARTUM DEPRESSION and PARENTING SUPPORT

POSTPARTUM RESOURCE CENTER OF NEW YORK, Inc.

Support, education & health care referrals to NYS women experiencing pregnancy & postpartum depression

Sonia Murdock, Executive Director

109 Udall Road, West Islip, NY 11795

Phone: 631422-2255 Fax: 631-422-1643

www.postpartumNY.org

Postpartum support group—Nella Hahn, LCSW-R

212-888-2888 nelhahn@aol.com

DOMESTIC ABUSE SERVICES

LONG ISLAND AGAINST DOMESTIC VIOLENCE

320 Carlton Ave, Ste. 8000

Central Islip, NY 11706

Safety and Support to victims of domestic violence.

Services include a 24-hour hotline, Safe Harbor shelter, group and individual counseling for adults and children, employment program, court and precinct advocacy, legal services and extensive educational services.

Hotline: 631-666-8833

Sexual assault hotline: 631-360-3606

Office: 631-666-7181 Fax: 631-666-9208

Website: www.liadv.org

THE RETREAT—DOMESTIC VIOLENCE SERVICES

631-329-4398

13 Goodfriend Dr, East Hampton, NY 11937

ADDITIONAL SERVICE PROVIDERS

ASSOCIATION FOR MENTAL HEALTH & WELLNESS

939 Johnson Ave., PO Box 373

Ronkonkoma, NY 11779

631-471-7242

Offers a broad range of "state-of -the-art" rehabilitation & support services, incorporating a "best practices" psychiatric rehabilitation approach. Operates two clinic treatment programs with the "PROS" license.

ED & PHYLLIS DAVIS WELLNESS INSTITUTE

SOUTHAMPTON HOSPITAL

Integrative Medicine to prevent illness & empower individuals to live healthier lives.

240 Meetinghouse La., Southampton, NY 631-726-8800

38 B Montauk Hwy, Hampton Bays, NY 631-728-WELL

FIGHTING CHANCE

34 Bay St., Ste. 201

PO Box 1358, Sag Harbor, NY 11963

Phone: 631-725-4646 Fax: 631-725-5731

Phillips Family Cancer Center

County Road 39A, Suite 102

Southampton, NY 11968

Phone: 631-638-7771

www.fightingchance.org

Offers patient navigation & psychosocial needs of patients & families fighting cancer, support groups for Latinos.

All services free of charge

LONG ISLAND COMMUNITIES OF PRACTICE

PO Box 5013, Montauk, NY11954

631-668-4858 info@licop.org www.licop.org

Offers year-round inclusive educational, social and recreational programs to individuals with disabilities and their families.

These programs are offered free of charge and include sporting events, exercise, exposure to the arts, social gatherings and educational program supports

ADDITIONAL SERVICE PROVIDERS

LONG ISLAND PARENT CENTER/TRAID

The mission of the Long Island Parent Center of the Center for Community Inclusion LIU, is to provide parents of children with disabilities, in conjunction with the professionals who service their children, with information and resources necessary to promote meaningful involvement in their children's education programs.

516-589-4562

www.Longislandparentcenterliu.org

SILO — SUFFOLK INDEPENDENT LIVING ORGANIZATION. INC.

SILO works with children, adults and seniors with Disabilities to achieve their personal goals.

631-880-7929

3253 Route 112, Bldg. 10, Medford, NY 11763

ADDITIONAL SERVICE PROVIDERS

SUFFOLK COUNTY UNITED VETERANS

Assists homeless veterans regain their dignity and independence.

32 Mill Road, Yaphank, NY 11980 631-924-8088

SUS, SERVICES FOR THE UNDERSERVED

Through housing employment, skills--building, treatment, and rehabilitation, and in partnership with the people who come to us for services, we create pathways to a rich and productive life. www.sus.org

SOME STATISTICS...

Mental illness affects about

1 in 5 Americans...

... that's about 57 million people

About 10% of the adult population uses
mental health services of some kind in any year

More than 2 million people are affected by schizophrenia

Mood disorders affect nearly 18 million adults each year



TOWN OF SOUTHAMPTON Department of Community Services

includes Community Advocacy

for assistance with

social services, entitlements and
some health care issues;

Community Grants,

Domestic Violence Victims Advocacy,

Veterans Advisory Committee,

the Disabilities Advisory Committee

and Honor Flight Long Island.

Info is also available for Southampton
Town Seniors Services, Transportation Services,
Adult Day Care Programs, and
the Southampton Town Youth Bureau.

Southampton Town Hall

116 Hampton Road

Southampton, NY 11968

Community Services: 631.702.2423

Senior Services 631.728.1235

Youth Bureau 631.702.2425

INTERNET RESOURCES

General Information

www.psychcentral.org

Bipolar Disorder and Major Depressive Disorder

Depression and Bipolar Support Alliance

www.dbsalliance.org

Anxiety/OCD/PTSD

The Anxiety Disorders Association of America

www.adaa.org

International Obsessive Compulsive Foundation, Inc.

www.ocfoundation.org

Veteran's Administration, National Center for PTSD

www.ptsd.va.gov

Schizophrenia

www.schizophrenia.com

Borderline Personality Disorder

National Alliance for BPD

www.borderlinepersonality.com

Co-occurring Disorders

Dual Diagnosis Website

www.doubletroubleinrecovery.org



This directory
is sponsored
by the
Town of
Southampton

