

NY Project Hope

Coping with COVID



Project Hope is a FEMA funded organization. Originally designed to support people through the pandemic, it has evolved into an organization to help support people through any sort of stress or challenges.

<https://nyprojecthope.org/>



We are a team of trained crisis counselors, bilingual counselors along with an MSW and LCSW. We have an anonymous hotline and text line for people to contact. We help people of age range from youth to elderly. We connect people to resources as needed and provide a listening ear of support. All calls are free, confidential, and anonymous.

Contact Information:

Phone: 631-500-0837

7-Days 8AM-10PM

PO Box 278 Sagaponack, NY 11962

Faith Evans: fevans@olaofeasternlongisland.org

Laura Putzulu: lputzulu@olaofeasternlongisland.org



Hispanic Counseling Center

Empowering Long Island's Underserved Communities

Hispanic Counseling Center is a multi-service agency that provides bilingual treatment and prevention services for chemical dependency, mental illness, and youth and family programs, serving over 1,400 clients per month, in an environment of hope and encouragement for people working toward a constructive, self-sustaining way of life.

Contact Information:

Phone: 516-538-2613 ext 245

Monday-Friday 9AM-5PM

344 Fulton Ave Hempstead, NY 11550

Alba Andia: aandia@hispaniccounseling.org



The Association for Mental Health and Wellness offers a variety of programs for those facing serious mental illness and people in our community who are facing mental health issues. We offer support for their families and caregivers, and ensure that residents of Suffolk County have the support they require to gain and maintain mental wellness. Our support groups include grief support, self-care, Meditation Workshop, Healthy Relationship & Team Building, Communication, and Coping with Emotions. Individual and group counseling is available along with our helpline, which provides emotional support, tools, and referrals.

Contact Information:

Phone: 631-741-7242 ext 1800

Monday-Friday 9AM-7PM

939 Johnson Ave Ronkonkoma, NY 11779

Rachel Berg: rberg@mhaw.org



YES (Youth Enrichment Services) was founded in 1987 to serve children, youth and their families on Long Island. Programs and services are provided throughout various sites in Bay Shore, Brentwood, Central Islip and West Islip. Programs serve ages 5-21.

They include tutoring, work readiness, youth job development and placement, discussion groups, summer days program, summer employment, youth advisory councils, community improvement and substance abuse prevention.

Contact Information:

Phone: 631-481-9700

Monday-Friday 8AM-9:30PM Saturday-Sunday 9AM-5PM

90 Higbie Lane #26 West Islip, NY 11795

Beth Levy: bethl@yesnews.net



New Horizon Counseling Center serves a diverse population throughout Queens, Brooklyn, Nassau & Suffolk. New Yorkers who have multiple comorbidities, such as chronic medical conditions often complicated by substance use and mental health disorders. We take an empathetic approach by always treating our clients with a caring culturally sensitive approach, then assess their readiness for behavioral change and provide a clear path to obtainable goals. Through our comprehensive array of programs, we provide an integrated, person-centered continuum of care.

Contact Information:

Phone: 855-818-4673(HOPE)

Monday-Friday 9AM-5PM

445 Oak Street Copiague, NY 11726

Julianna Ambrosio: jambrosio@nhcc.us



EAC Network is a proud provider agency of NY Project Hope! EAC's NY Project Hope Crisis Counseling program provides support through a free and anonymous helpline as well as through virtual and in-person support groups. Our support groups are free, anonymous and confidential and include topics as Healing Through Loss, Wellness, Coping through the Arts, and Kids in Quarantine. Our program is also happy to provide custom-tailored support and wellness groups to meet the specific needs of local organizations, school districts, churches and more!

Contact Information:

Phone: 526-510-0282

Monday-Friday 8AM-8PM Saturday 8AM-4PM

80 Wheeler Road Central Islip, NY 11722

Renee Joshua-Porter: renee.joshua-porter@eac.network.org



OUR MISSION is to support clients to become free from violence through crisis intervention, counseling, advocacy, and an array of support services that empower and transition our clients towards independence. It is the priority of our agency that no one is denied access to treatment or support. If we cannot provide direct support for your concern, we will work to connect you to someone who can.

Contact Information:

Phone: (631)360-3730

185 Oval Drive Islandia, NY 11749

Breanna Economos: beconomos@empowerli.org

Representatives from all of these organizations presented to the Shelter Island Community on January 19, 2022. The recorded presentation can be viewed at <https://youtu.be/8LeRBXgEQng>

**If you have any questions, please contact
Michele C. Albano (631-749-0302 ext 112) or Danielle Spears (631-749-0302 ext 114)**