



With warm regards,

One of the most important things we can do as humans is take care of our mental health and well-being. With technological advancements and the introduction of social media, the rate of teens experiencing a mental health crisis is increasing each year. Therefore, sharing these resources with you and your family is critical to help prevent mental health and substance abuse cases in our community. Please do me a favor by sharing this with a friend or neighbor in need.

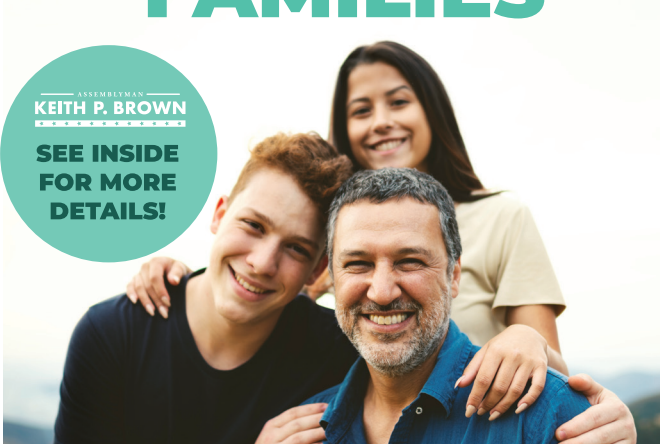
DEAR Neighbor,



New York State Assembly • Albany, NY 12248

PROMOTING Healthy FAMILIES

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KEITH P. BROWN

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DETAILS!**

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Scan here by using
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Have any questions
or concerns related
to this or any state
issue?





Mental health and substance use warning signs

TEEN MENTAL HEALTH WARNING SIGNS

- ◆ Persistent sadness that lasts two weeks or more
- ◆ Withdrawing from or avoiding social interactions
- ◆ Hurting oneself or talking about hurting oneself
- ◆ Talking about death or suicide
- ◆ Outbursts or extreme irritability

HOW TO HELP YOUR TEEN WITH MENTAL HEALTH OR SUBSTANCE USE CONCERNS

- ✓ Show love, affection, and care for your child
- ✓ Show that you are interested in what is happening in your child's life
- ✓ Enjoy spending time together one-on-one with your child and as a family
- ✓ Encourage your child to talk about their feelings with you

TEEN DRUG USE WARNING SIGNS

- ◆ Bad grades
- ◆ Bloodshot eyes
- ◆ Laughing for no reason
- ◆ Loss of interest in activities
- ◆ Poor hygiene
- ◆ Diminished personal appearance
- ◆ Avoiding eye contact
- ◆ Frequent hunger or "munchies"

HOW TO HELP A TEEN USING DRUGS AND ALCOHOL

- ✓ The use of scare tactics can backfire and make your teen less likely to believe or trust you
- ✓ Be honest about the real risks
- ✓ When possible, avoid directly accusing them of doing drugs
- ✓ Don't be afraid to admit you don't know something. Look it up and learn together.

Resources available to you and your family:

WHO TO CONTACT WITH A TEEN STRUGGLING WITH MENTAL HEALTH ISSUES:

SUFFOLK COUNTY OFFICE OF MENTAL HYGIENE - (631) 853-8500

BRENTWOOD CLINIC - 1841 Brentwood Road, Brentwood, (631) 853-7300
Monday and Friday, 9 a.m. to 5 p.m., and Tuesday through Thursday, 9 a.m. to 9 p.m.

FARMINGVILLE CLINIC - 15 Horseblock Place, Farmingville, (631) 854-2552
Monday and Friday, 9 a.m. to 5 p.m., and Tuesday through Thursday, 9 a.m. to 9 p.m.

WHO TO CONTACT WITH A TEEN STRUGGLING WITH SUBSTANCE USE ISSUES:

SUFFOLK COUNTY STOP ADDICTION

- <https://suffolkstopaddiction.org/>
- Family Service League's Diagnostic, Assessment, and Stabilization Hub (DASH) Program, 24/7 hotline: For mental health counseling, addiction treatment, and crisis care for children and adults in Suffolk County, call (631) 952-3333.

Other notable Long Island resources:

CENTRAL NASSAU GUIDANCE AND COUNSELING SERVICES, INC.

<https://centralnassau.org/>
950 S Oyster Bay Road
Hicksville, NY 11801
(516) 822-6111

WELLBRIDGE ADDICTION TREATMENT AND RESEARCH

<https://wellbridge.org/>
525 Jan Way
Calverton, NY 11933
(631) 508-5400

PHOENIX HOUSE - HAUPPAUGE

220 Veterans Memorial Hwy
Hauppauge, NY 11788
(844) 815-1508

C.K. POST ADDICTION TREATMENT CENTER

998 Crooked Hill Rd #1
Brentwood, NY 11717
(631) 434-7200

OUTREACH RECOVERY CENTER

998 Crooked Hill Road, Building 5
Brentwood, NY 11717
(631) 521-8400

CATHOLIC CHARITIES OUTPATIENTS CLINIC

1727 North Ocean Avenue
Medford, NY 11763
(631) 654-1919

SUBOXONE / VIVITROL B.E.S.T. MENTAL HEALTH AND SUBSTANCE ABUSE TREATMENT MEDICINE

770 Grand Blvd #17
Deer Park, NY 11729
(631) 392-4357



For more information on this or any other issue, please use QR code or contact Assemblyman Keith P. Brown at: (631) 261-4151.

ASSEMBLYMAN
KEITH P. BROWN

