

LEARN MORE, GET INVOLVED

- Anxiety disorders and depression are the leading mental health issues in the U.S.
- Suicide is the second leading cause of death in teens in the U.S.
- Opioids kill more than 136 Americans every day.
- Fentanyl is the world's deadliest opioid causing 50% of overdose deaths in the U.S.
- The COVID-19 Pandemic triggered a 25% increase in anxiety and depression worldwide.

Together, as Kiwanians, we can bring greater awareness to our mental health crisis, improve mental wellness and make a positive impact in our communities.

- **PROMOTING AWARENESS**
- **PROMOTING MENTAL HEALTH**

ABOUT PROJECT HELP LONG ISLAND

FORMED IN MAY 2019, PROJECT HELP LONG ISLAND IS A NON-PROFIT, 501 (C) (3) ORGANIZATION SEEKING TO INCREASE AWARENESS ABOUT MENTAL HEALTH AND TO PROMOTE MENTAL WELLNESS WHEREVER AND HOWEVER WE CAN.

 PROJECT HELP LONG ISLAND

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PROJECTHELPLONGISLAND.ORG

Provided to you by
New York State Kiwanis
Contacts:

Jeff Stone/Kathy Levinson, Ph.D.
917.741.8294 or 516.650.1959



30 Sagamore Hill Drive, Port Washington NY 11050 | 516-490-9332 | www.dejanafoundation.org | info@dejanafoundation.org



New York State Kiwanis Mental Health Initiative



Kiwanis
NEW YORK DISTRICT

#KidsNeedKiwanis

In recognition of Past Governor Joe Ruggiero's Flora's Project and continuing under Governor Joel Harris' Mental Health Initiative for 2023, we seek to promote awareness about mental health and well-being.

WE ARE BETTER TOGETHER

WARMLINES

There are times when you just need to speak with someone. A warmline is a phone number you can call to get support from a trained peer. Warmlines are free and confidential.

- **The Empowerment Center in NY**
1.800.643.7462
- **Phone Link**
516.489.0100, Press 1
- **NYC Well**
888.692.9355, Press 2, then 1
- **Family of Woodstock**
845.679.2485

NEW YORK RESOURCES

SUICIDE & CRISIS LIFELINE

In a crisis and a warmline can't provide you with the help and support you need:

TEXT: 988

CHAT BOX: 988LIFELINE.ORG/CHAT

CRISIS TEXT: Text MHA to 741-741

Calls are free and confidential. Open 24/7

800.273.TALK (8255)

SAMSHA NATIONAL HELPLINE

Behavioral Health Treatment Services Locations

Confidential and anonymous

1.800.662.HELP (4357)

FINDING A THERAPIST

www.psychologytoday.com

Online search engine with specific information about therapists in your area.

METRO NEW YORK

Long Island Reach

www.longislandreach.org

516-889-2332

LICADD

Long Island Council of Alcohol & Drug Dependence

www.licadd.org

24 hour hotline: 800-585-5422

FCA - Family & Children's Association

516.746.0350

info@FCALI.org

ACROSS NEW YORK STATE

NAMI - CSLINY: National Alliance on Mental Illness

www.nami-cli.org

516.330.9778

NAMI can provide service resources throughout New York State.

NEW YORK STATE OFFICE OF ALCOHOLISM & SUBSTANCE ABUSE SERVICES

Helpline: 877.846.7369

National Alliance for Eating Disorders: Virtual Support Groups 866.662.1235

www.allianceforeatingdisorders.com

Gamblers Anonymous 855.222.5542

Narcotics Anonymous na.org/meetingsearch/

Alcoholics Anonymous aa.org/find-aa

Veterans Crisis Line Dial 988, then 1

MENTAL HEALTH/MENTAL WELLNESS

THE WORK MINDFULNESS INSTITUTE

kfiveson@workmindfulness.com

917.952.9662

IOSM - INSTITUTE FOR ORGANIZATIONAL SCIENCE AND MINDFULNESS

www.iomindfulness.org

NIH - NATIONAL INSTITUTES OF HEALTH

Emotional Wellness Tool Kit

