



FREE 24-hour, 7 days a week
Support for All Affected by COVID -19
Front-Line Medical and Human Service
Professionals, First Responders,
Veterans, and others

In these unprecedented times, most of us are struggling with fear, depression, anxiety, grief, isolation, and more. Medical and human service professionals and others on the front lines are especially likely to experience compassion fatigue, complex grief, and possibly post-traumatic stress, as they work to balance the provision of supporting patients and clients, while also managing numerous personal stressors.

If you are struggling with your daily routine, or you find that peer and family relationships are suffering, or the effects of stress are overwhelming – FSL is available with immediate assistance to listen and offer tangible support.

- Our 24/7 Hotline provides confidential crisis response, assessing callers' needs and linking them to tailored support.
- For those who are looking for ongoing support, linkages will be provided to:
 - ✓ FSL's array of services including our Community Crisis Action Team (C-CAT), offering a safe space to share thoughts, concerns, and stressors in one-on-one or group counseling with trained crisis counselors.
 - ✓ Sister organizations that specialize in serving various populations.



You have been here for our community and FSL is here for you!
Call FSL's DASH Hotline any time

631-952-3333 - www.fsl-li.org

Family Service League (FSL) is one of Long Island's premier non-profit human service organizations. FSL's mental health professionals are trained in evidence-based crisis response and behavioral health practices.

Family Service League • 790 Park Avenue, Huntington, New York 11743 • 631-427-3700 •   