

Mental Health Association  
of Nassau County, Inc.



Our Help Knows No Season

**Looking for  
Additional Support  
During these  
Stressful Days?**

Phonelink is here  
for you 24/7



516-489-0100 ext.1



*Call Today!*



*Need someone to talk to?  
Free and anonymous*

**MHANC's  
Phonelink**

**Now available 24/7**

Just call  
**516.489.0100 ext. 1**  
to talk to someone  
right now

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For Our Safety and Yours...

To ensure the safety of clients and staff, we are seeing people by appointment only. Please call the front desk at 516.489.2322 ext. 1300. We are requesting that any visitors do not come to our offices unannounced.

MHANC will not be offering on-site workshops and other group events until further notice.

**We appreciate your understanding and wish you all well!**

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## SUPPORT GROUPS AT MHANC:

As a precautionary measure MHANC **will not be conducting on-site face-to-face support groups until further notice.** We have taken into consideration that the participants and agency alike benefit from these groups and would like to offer the opportunity to still connect. **We will be offering the opportunity to continue these groups through conference calling.** All groups will be at their usual days and times. See below:

### Family support group

1-800-216-0770

Guest Code (for calling in ) 443000

### Veterans group

1-800-216-0770

Guest Code (for calling in ) 447686

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## Resources:

Updates from the NY Department of Health can be found here:  
<https://health.ny.gov/diseases/communicable/coronavirus/>

Nassau County Coronavirus Hotline and website:  
516-227-9570

<https://www.nassaucountyny.gov/4946/Coronavirus-COVID-19>

For Tips on Dealing with COVID 19 Anxiety  
<http://psychiatry.ucsf.edu/coronavirus/coping>