



Here For Long Island. Here For You.



Essential Worker Support Line

Mental Health & Wellness Resources for Healthcare Providers & Front-Line Pandemic Workers

Are you a healthcare worker or other pandemic front-line worker?
Are you filled with anxiety & fear? Are your emotions becoming hard to deal with?
Are you finding it hard to sleep or not having time to sleep?



Sometimes, we just need a friendly person on the other end of a phone to listen. Sometimes, we just need to share our thoughts, anxieties and fears. Sometimes we just need need an outlet to vent.

FCA provides exactly that.

Contact the FCA Support Line
516-281-0202

You are not alone. We are here to help.
7am-Midnight • Monday through Friday

Services Provided by FCA Mental Health Counselors

All services are free. Completely private & anonymous.



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FamilyAndChildrensAssociation
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