

# Is Alcohol or Drug Abuse Hurting You or a Loved One?

## Learn the signs and symptoms of substance abuse

- Changes in Friends
- Negative changes in school, missing class, or declining grades
- Secretive or coded language with friends
- Increase in borrowing money or missing valuables
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Eye drop bottles to mask blood shot eyes or dilated pupils
- Mouthwash or breath mints to cover up the smell of alcohol
- Missing Prescription drugs
- Unexplained weight loss or gain
- General lack of motivation; “I don’t care” attitude

Long Island and the metropolitan New York area lead the country in drug related overdoses. Parents, school staff, and other concerned community members are looking for support and guidance and don’t know where to turn. If you or someone you know is struggling, there is help!

## Where do I go for help?

Depending on the severity of the issue, there are different services available. Please review the glossary of terms to find which resource best matches your individual needs.

### Crisis

<b>Catholic Charities</b> Bohemia, 18+	589-4144
<b>Long Island Center for Recovery</b> Hampton Bays, 18+	728-3100

### Detoxification

<b>South Oaks</b> Amityville, 18+	264-4000
<b>Catholic Charities Talbot House</b> Bohemia	589-4144
<b>Eastern Long Island Hospital</b> Greenport, 18+	477-8877
<b>Long Island Center For Recovery</b> Hampton Bays 18+	723-3100
<b>St. Charles Hospital</b> Port Jefferson 19+	474-6233
<b>Phoenix Houses of LI, Inc.</b> Ronkonkama 18+	306-5710
<b>Seafield Center</b> Westhampton 18+	288-1122

### Residential

<b>Charles K. Post ATC</b> Brentwood 18+	434-7554
<b>Outreach House</b> Brentwood, 13+	231-3232
<b>Phoenix Houses of LI, Inc</b> Brentwood, 14+	306-5710
<b>Daytop Outreach Center</b> Huntington, 13+	351-7112
<b>SCO Family Service Morning Star</b> Dix Hills 18+	643-0849
<b>The Dunes</b> East Hampton 18+	324-3446
<b>Concern for Independent Living Inc.</b> Selden, 18+	758-0474

### Inpatient

<b>South Oaks</b> Amityville, 18+	264-4000
<b>Charles K. Post ATL</b> Brentwood 19+	434-7200
<b>Eastern Long Island Hospital</b> Greenport, 18+	477-8877
<b>Long Island Center for Recovery</b> Hampton Bays, 18+	728-3100

### Inpatient continued

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<b>St. Charles Hospital</b> Pt. Jefferson, 19+	474-6233	<b>Family Service League</b> Bay Shore 16+ East Yaphank, 13+ Riverhead, 13+ Westhampton, 18+ Shirley, 18+	647-3100 924-3741 369-0104 288-1954 399-9217	<b>Pederson-Krag Center</b> Huntington, 13+ Smithtown, 13+ Wyandanch, 13+	920-8324 920-8324 920-8324
<b>Seafield Treatment Center</b> Westhampton Beach, 16+	288-1122			<b>Phoenix Houses of LI, Inc.</b> East Hampton, 18+	<b>329-0373</b>
<b><u>Outpatient</u></b>		<b>Long Island Center for Recovery</b> Hampton Bays, 18+	728-3100	<b>Brookhaven Memorial Hospital</b> Patchogue, Shirley	<b>854-1222</b> <b>852-1070</b>
<b>Hope for Youth</b> Amityville, 12+	842-7900	<b>Maryhaven Center for Hope, Inc</b> Riverhead, 12+	727-0710	<b>Impact Counseling Services</b> Lake Grove, 16+	<b>467-3182</b>
<b>Seafield Treatment Center</b> Amityville, 18+ Riverhead, 14+ Patchogue, 18+ Medford, 13+	424-2900 369-7800 363-2001 451-6007	<b>Institute of Rational Counseling, Inc.</b> Bohemia, 13+	567-7760	<b>Town of Babylon</b> North Babylon, 12+	422-7676
<b>South Oaks</b> Amityville, 13+	264-4000	<b>Phoenix Houses of LI, Inc.</b> Brentwood 15+	<b>306-5740</b>	<b>C.A.R.E.</b> Ronkonkama, 18+	<b>532-5234</b>
<b>Outreach Project</b>		<b>B.E.S.T.</b> Deer Park, 18+	<b>392-4357</b>	<b>Community Counseling Services</b> Ronkonkama, 17+	<b>471-3122</b>
Bellport, 13+ Brentwood, 18+	286-0700 436-6065	<b>The Dunes</b> East Hampton 18+	<b>604-5405</b>	<b>CN Guidance (Ancillary Withdrawal services)</b> Smithtown, 18+	<b>516-822-6111</b>
<b>Catholic Charities</b> Commack, 18+ Hampton Bays, 18+	543-6200 723-3362	<b>Sanctuary East, Ltd.</b> East Islip, 13+	<b>224-7700</b>	<b>Employee-Assistance Resources</b> Smithtown, 18+	<b>361-6960</b>
<b>Alternatives Counseling Services, Inc</b> Riverhead, 14+ Southampton	369-1200 283-440	<b>The Kenneth Peters Center for Recovery</b> Hauppauge, 18+	<b>273-2221</b>	<b>Town of Smithtown</b> Smithtown, 12+	<b>360-7578</b>
<b>Family Counseling Services, Inc</b> Shirley, 18+	399-9217	<b>YMCA of Long Island</b> Holtsville, 16+ Northport	<b>580-7777</b> <b>261-2670</b>	<b>Eastern Long Island Hospital</b> Riverhead, 12+	<b>369-8966</b>
		<b>Daytop Village</b> Huntington, 13+	<b>351-7112</b>	<b>Maryhaven</b> Riverhead, 12+	<b>727-0710</b>
		<b>Huntington Drug and Alcohol</b> Huntington, 13+	<b>271-3591</b>	<b>John T Mather</b> Pt. Jefferson Sta., 13+	331-8200

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## Other Community Resources

**North Shore Youth Counsel** 744-0207

**Hope House Ministries** 473-6030

**East End Psychological Services**  
821-7214

**Narcotics Anonymous** 827-9500

**Alcoholics Anonymous** 654-1150

**AI-A-Non** 669-2827

## **Problem Gambling-Outpatient**

**Gampro-The Pederson- Krag Center**  
Huntington, 12+ 950-8053

## **Opioid Treatment Programs**

Hauppauge 16+ 853-8500  
Riverhead16+ 852-2680