

RESOURCE AND REFERRAL LIST

(Updated August 2019)

Mental Health Services

Mental Health Association
Information and referral service 516-489-2322

NAMI National Association on Mental Health
Queens/Nassau 516-326-0797

Nassau County Office for the Aging-CONNECTS M-F 9 am-5 pm 516-227-8900

New Horizon Counseling Center Valley Stream
Provides a wide array of mental health services for all ages 516-569-6600

Family and Children's Association-Senior Program
Financial, health insurance, and mental health counseling 516-292-1300
516-746-0350

Catholic Charities- Central information and Referral
Provides a wide array of services for all ages 516-733-7045

Nassau County Coalition Against Domestic Violence
24 hour hotline 516-545-0404

Child Abuse and Prevention Services 516-621-0552

Box 176
Roslyn, NY 11576

www.capsli.org

Works to prevent child abuse and neglect. Offers programs on bullying, date rape, teen dating violence, and prevention programs for at-risk audiences; workshops and seminars for parents, professionals and community groups; mandated training/NY State certification classes for professionals.

Coalition Against Child Abuse 24-Hour Hotline 800-342-3720

Senior Citizens

Adult Protective Services 516-227-8087

Accepts all referral of adults over age 18 who are alleged to be incapable of caring for themselves because of a physical or mental incapacity and/or are abused, neglected, or financially exploited by others, and have no one willing or able to assist them responsibly.

Medicare **www.medicare.gov** 800-633-4227

A health insurance program for people over 65 who qualify for Social Security benefits, and for some people under 65 who are disabled. Medicare Savings Program is available to Medicare beneficiaries who have limited income and assets and do not qualify for Medicaid. There are different levels of financial eligibility.

Medicare Rights Center	www.medicarerights.org	800-333-4114
Social Security	www.ssa.gov	800-772-1213
HICAP (Health Insurance Counseling and Advocacy Program) www.hicap.state.ny.us Director Pauline Andrews. Counseling for older persons regarding their health insurance options. M-F 10-4		516-485-3754
EPIC (elderly Pharmaceutical Insurance Coverage)		800-332-3742
Senior Citizen Law Project Free legal service for civil matters only. Nassau County residents, 60 and over unable to pay for a private attorney	www.nslawservices.org	516-292-8900
Nassau County Office for the Aging -Help Line and case management services. Case manager can assist frail elderly by assessing needs. Can Coordinate supportive services and assist with Medicaid application.		516-227-8900
Home Energy Assistance Program (HEAP)		516-227-7386
Long Beach Senior/Community Service Center Director Bonni Goetz. A comprehensive program which includes daily lunch, music, exercise and events. Nassau County residents		516-432-5555
Great Neck Senior Center, in cooperation with Temple Israel of Great Neck Programs and lunch		516-482-7800
Under 60 years of Age		
Nassau County Dept of Social Services Medicaid/medical assistance		516-292-8900
Public Assistance Financial assistance for persons under the age of 65 who qualify by need and resources and are not eligible for SSI.		516-227-8472
Food Stamps (SNAP)		516-227-8523
U.S. Veterans Affairs	www.va.gov	516-572-6565
Homeless Shelters. - Bethany House For homelessness, one must go to the Department of Social Services, M-F 8 am-4pm. Located at 60 Charles Lindbergh Blvd., Uniondale. After 6 pm or on weekends/holidays the emergency phone number is:		516-868-6866 516-573-8626

LGBTQ Services

LGBT Network - The Happaug Center

516-323-0011

PFLAG of Long Island www.pflagli.org
For parents, friends and allies of the LGBTQ community

Substance Abuse www.drugabuse.org

Training in the use of Narcan and resources for other substance abuse

FOOD PANTRIES

KOSHER

Jewish Service Coalition/Far Rockaway
1525 Central Avenue
Far Rockaway, NY

718-327-6060

Congregation Share Zedek
315 Beach 30th St
Far Rockaway, NY

718-327-0830

Marion and Aaron Gural JCC
207 Grove Ave
Cedarhurst NY

516-569-6733

Young Israel of Woodmere
859 Peninsula Blvd
Woodmere, NY

516-295-0150

NON KOSHER

United Methodist Church Far Rockaway
1032 Beach 19th St (between Mott and Cornaga)
Far Rockaway, NY

718-327-5070

St. Joachim Church Outreach
614 Central Ave
Cedarhurst, NY

516-569-1845

LI Council of Churches- Emergency Food Center
230 Hanse Ave
Freeport, NY 11520
M-F, 9-3

516-868-4989

Christ Evangelical Lutheran Church
61 N. Grove St
Freeport, NY
Meals M-F 12-1 pm

516-378-1258

St. Vincent DePaul 1346 Broadway Hewlett, NY	516-569-0834
Our Lady of Good Counsel 68 Wanser Ave Inwood, NY 2nd and 4th Thursday of the month	516-239-7025
Our Lady of Peace 25 Fowler Ave Lynbrook, NY 11563 M-F 8:30-3	516-599-7448
St. Anthony's 110 Anchor Ave Oceanside, NY	516-764-0048
Oceanside Community Service 145 Merle Ave Oceanside NY Call for times	516-678-6152