

# Suffolk County

## Bullying Resource Guide



*Established by Suffolk County Legislature Resolution 936-2019*

Dr. Gregson Pigott  
*Commissioner, Department of Health Services*

Presiding Officer Robert Calarco  
*Suffolk County Legislature*

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# Resolution 936-2019

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Intro. Res. No. 1856-2019

Laid on Table 9/4/2019

Introduced by Presiding Officer Gregory and Legislators Sunderman, Gonzalez, Spencer, Berland, Cilmi, Calarco, Flotteron, Kennedy

**RESOLUTION NO. 936 -2019, DIRECTING THE SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES TO DEVELOP AND DISTRIBUTE A COMPREHENSIVE "SUFFOLK STOP BULLYING" RESOURCE GUIDE**

**WHEREAS**, the Youth Anti-Bullying Task Force is a task force comprised of young people created to develop strategies to reduce in the instances of bullying among students in Suffolk County; and

**WHEREAS**, there are a significant number of youths in Suffolk County who have been or are currently being bullied and are trying to find ways to cope with the resulting impacts on their health and wellness; and

**WHEREAS**, the Youth Anti-Bullying Task Force has recommended the development of a resource guide to aid parents and children in grades K through 12 who are dealing with the mental and physical impacts associated with bullying; and

**WHEREAS**, a consolidated and easy to locate informational guide for young people and their parents that outlines the various organizations which can help them, identify bullying behavior, stop bullying when possible, and address the after effects of bullying will make it easier for students in Suffolk County to utilize programs and methods that can foster greater health, wellness, and growth; and

**WHEREAS**, a comprehensive "Suffolk Stop Bullying Resource Guide" should be developed to provide information, support, education, and guidance to students who have experienced bullying and their parents; now, therefore be it

**1st RESOLVED**, that the Suffolk County Department of Health Services is hereby authorized, empowered, and directed to create a comprehensive guide book, in consultation with the Youth Anti-Bullying Task Force, called "The Suffolk Stop Bullying Resource Guide" which will include information about available resources and programs along with contact information for organizations providing such assistance to children in grades K through 12, their families, and their schools; and be it further

**2nd RESOLVED**, that the information in the guide shall include, but is not limited to, resources, programs, and organizations that provide information and hotlines to victims of bullying, resources for parents, educational information on how to identify bullying and cyberbullying, and any additional resources that can aid students who are facing bullying behavior; and be it further

**3rd RESOLVED**, that the Suffolk County Department of Health Services shall post a PDF file containing The Suffolk Stop Bullying Resource Guide on its website and on the Suffolk Stop Bullying website, and shall make hard copies available for distribution upon request to schools throughout Suffolk County in order to make them available to students, their parents or guardians, and school staff; and be it further

**4th** RESOLVED, that the Suffolk County Department of Health Services, in conjunction with the Youth Anti-Bullying Task Force, shall develop and distribute The Suffolk Stop Bullying Resource Guide within 180 days from the effective date of this resolution; and be it further

**5th** RESOLVED, that beginning in 2020 and continuing each year thereafter, The Suffolk Stop Bullying Resource Guide shall be updated annually on or before September 1<sup>st</sup> by the Department of Health Services to ensure the accuracy and completeness of the information contained therein; and be it further

**6th** RESOLVED, that this Legislature, being the State Environmental Quality Review Act (SEQRA) lead agency, hereby finds and determines that this resolution constitutes a Type II action pursuant to Section 617.5(c)(26) of Title 6 of the NEW YORK CODE OF RULES AND REGULATIONS (6 NYCRR) and within the meaning of Section 8-0109(2) of the NEW YORK ENVIRONMENTAL CONSERVATION LAW as routine or continuing administration and management not including new programs or major reordering of priorities that may affect the environment, and the Suffolk County Council on Environmental Quality (CEQ) is hereby directed to circulate any appropriate SEQRA notices of determination of non-applicability or non-significance in accordance with this resolution.

DATED: October 2, 2019

APPROVED BY:

/s/ Steven Bellone  
County Executive of Suffolk County

Date: October 09, 2019

# What is Bullying?

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## DEFINITION OF BULLYING

Incidents of bullying must include **all three** of these characteristics:

1. **Intentional Aggression:** The aggressive behavior is a deliberate attempt to hurt or control another person or persons by targeting them.
2. **Imbalance of Power:** The aggressor targets someone who has (or perceives the target to have) less power than they do and uses it to achieve their goal of hurting or controlling that person. Imbalance of power can include differences in such things as: physical strength or body types, access to embarrassing information, popularity, and social status related to wealth and/or talents. Power imbalances can change over time and in different situations, even if they involve the same people.
3. **Repetition:** (or has the potential to be repeated) over time for the sole purpose of harming or controlling the targeted person or persons.

## TYPES OF BULLYING

These are the **four types of bullying**, which can occur separately or simultaneously:

1. **Physical Bullying** such as: kicking, tripping, pushing, spitting at, taking or breaking someone's personal things, hitting, pinching, mean or rude gestures, and intimidation by physical proximity.
2. **Verbal Bullying** such as: name-calling, teasing, inappropriate sexual comments, taunting, threatening to cause harm.
3. **Relational or Social Bullying** such as: purposely excluding someone to cause them hurt, convincing others not to be friends with the targeted person, spreading rumors, character assassination, and embarrassing someone in public.
4. **Cyber or Digital Bullying** (bullying over electronic devices) such as: mean text messages or emails, "liking", "favoring" or "following" an aggressor's posts, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles. Cyberbullying continues to increase as digital media use becomes more prevalent in the social culture of children and teens and college age students.

Both the kids who are targeted and those who bully others may develop serious, lasting problems affecting academics, legal, social, physical health and emotional well-being. The harmful effects of bullying are frequently felt by others, including friends and families, and can hurt the overall climate and health and safety of schools, neighborhoods, and society.

## **IS IT BULLYING?**

Be cautious about labeling. While the media uses the terms “victim,” “bully,” and “bystander” to refer to the roles that youth can play, it is important to consider the impact that these labels can have on young people’s identities. Many people have played all three roles at any given time in life. Therefore, it is preferred to focus on the behavior in question rather than the labeling of a person as a “bully” or “victim”. It is better to focus on the bullying as changeable behaviors (aggression and targeting) rather than as a label that the person must wear (bully and victim).

### **BULLYING IS A LEARNED BEHAVIOR. IT CAN BE UNLEARNED.**

Media reports often call any aggressive behavior among young adults “bullying,” but this is not exactly accurate. There are no federal laws governing bullying. The federal and state laws instead address bullying-like behaviors under more specific terms such as hazing, harassment, assault and stalking. These behaviors require different prevention and response strategies.

### **BULLYING CANNOT ALWAYS BE SEEN:**

Some forms of bullying may not be initially visible to an adult, and may not occur in a school environment, for example:

#### **CYBERBULLYING**

Cyberbullying is the term applied to bullying over the Internet, via email, text messaging, and similar technological modes of communication. Cyberbullying includes sending or posting harmful material or engaging in other forms of social aggression. This form of bullying is more intense as it can occur around the clock, and the text or images can be widely disseminated, well beyond the school grounds.

#### **SEXTING**

Sexting is the term combining the words sex and texting. It applies to the act of creating, sending, posting and disseminating sexually suggestive text messages, pictures or videos of oneself or others. Sexting generally is done via cell phones, but teens also use computers, web cams, digital cameras and other electronic devices to get to the Internet.

*Remember: Even single acts of aggression (whether or not bullying) should be reported & investigated to prevent reoccurrence or escalation.*

For more information on bullying please go to the [stop bullying website](#).

# New York State's Dignity for All Students Act

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The Dignity for All Students Act (DASA) seeks to provide the State's students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment and bullying on school property, a school bus and/or at a school function.

- Schools are required to include provisions prohibiting discrimination and harassment against students by employees or students.
- Schools are required to designate one staff member at each school a "Dignity Act Coordinator" who must be trained to handle human relations in the areas of: race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, and sex. They are also responsible for ensuring the proper implementation of the Dignity Act and ensure that the school districts follow the law.
  - Dignity Act Coordinators' contact information is required to be publicly available to students and to parents.
- Reports of discrimination and/or harassment on school grounds or at a school function must be reported to either the Principal, Superintendent, or their designee and also should be reported to the New York State Department of Education annually. The principal, superintendent, or their designee is also responsible for leading or supervising investigations of report that the school has received.
- Employees who witness a bullying or harassment incident must report it to their superintendent, principal or their designee within 2 days of the incident.
- School employees and teachers or other certified school officials must receive training regarding discrimination and harassment awareness.
- The school's curriculum must include instruction on bullying and on discrimination.
- Schools are required to have a "Plan of Action" to handle incidents of aggression that occur at any school related event or on digital devices. Guidance updates on bullying, cyber-bullying and sample school policies and revised codes of conduct related to the Dignity Act, including those that went into effect July, 1, 2013, can be ascertained via the NY State Dept. of Education

***More information about the Dignity for All Students Act can be found at***

***<http://www.p12.nysed.gov/dignityact/>***

# National Suicide & Emergency Hotlines

Suicide is a major problem among young people in the United States. It is the third leading cause of death for young people ages 12–18 (Centers for Disease Control and Prevention (CDC, 2007). In a typical 12-month period, nearly 14 percent of American high school students seriously consider suicide; nearly 11 percent make plans about how they would end their lives; and 6.3 percent actually attempt suicide (CDC, 2010).



## National Suicide Prevention Lifeline

Call [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

The National Suicide Prevention Lifeline provides free confidential support for people in distress, prevention and crisis resources for you or your loved ones. Counselors are available 24 hours a day.

## LGBTQ National 24/7

Call or Text: [1-866-488-](tel:1-866-488-)

A Crisis intervention and service. The Trevor Project organization providing prevention services to transgender and people ages 13-24.



## Hotline: Trevor Helpline 7386

suicide prevention phone is the leading national crisis intervention and suicide lesbian, gay bisexual, questioning (LGBTQ) young



## Crisis Text Line (CTL)

Text: [741741](tel:741741)

Helps individuals in crisis by connecting them with a compassionate, trained listener through a toll-free texting service. CTL is available nationwide and 24/7. For more information, contact the [crisistextline](http://crisistextline) or [DOSOMETHING.ORG](http://DOSOMETHING.ORG)

## Response Hotline of Suffolk County 24/7

Call: [631-751-7500](tel:631-751-7500)

Crisis intervention/referral hotline open every day of the year, 24/7. Includes professionally trained and supervised volunteers, crisis counselors provide

referrals to support groups, clinicians, mental health clinics, and a host of community programs and services.

## National Online Resources:

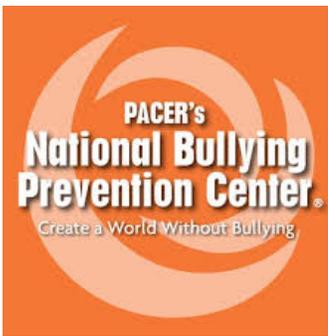
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### [STOPBULLYING.GOV](http://STOPBULLYING.GOV)

Includes information on government programs relating to bullying and provides tips, facts, toolkits and classroom training materials for free for the public

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### [PACER National Bullying Prevention Center](http://PACER National Bullying Prevention Center)

An online database that offers educator activities and toolkits for all ages, events, activities, outreach and education. Also features educational videos interviews and tips for teachers, parents and students.

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### [Gay, Lesbian and Straight Education Network](http://Gay, Lesbian and Straight Education Network)

The Gay, Lesbian and Straight Education Network is a national organization that seeks to end discrimination, harassment, and bullying based on sexual orientation, gender identity and gender expression in K-12 schools across the U.S. GLSEN features a trove of data, from the THINKB4USPEAK campaign to downloadable K-12 lesson plans, contests, National Climate Survey, peer education, and videos.

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## 24/7 Crisis & Prevention Sites:

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### NATIONAL SUICIDE PREVENTION HOTLINE: 24/7

Call: [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

*Any time of day or night, trained counselors are standing by to talk with you if you or someone you care about is having suicidal thoughts. The toll-free call goes to the nearest crisis center in their national network. These centers provide 24-hour crisis counseling and mental health referrals.*

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### RESPONSE OF SUFFOLK COUNTY: 24/7 HOTLINE

Call: [631-751-7500](tel:631-751-7500)

*The crisis intervention/referral hotline is open every day of the year, day and night, including holidays. Professionally trained and supervised volunteers offer callers telephone support and help them to explore options that can lead to thinking through next steps. They do not offer therapy or advice, but help callers to lower their anxiety in finding their own solutions. Crisis counselors also provide referrals for support groups, clinicians, mental health clinics, other hotlines and a host of other community programs and services.*

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### LONG ISLAND CRISIS CENTER AND RUNAWAY HOTLINE: 24/7

Call: [516-679-1111](tel:516-679-1111) for the Middle Earth Hotline

Call for live online anonymous counseling. Text "LICC" to "839863" for one-on-one, free, confidential text message counseling (texting is available Monday-Friday from 3pm until 11pm, standard text message rates apply).

*"The Long Island Crisis Center provides free, anonymous call in, online, texting or outreach help at any time no matter who you are or what your needs are". The center provides Crisis intervention, Suicide Outreach Program, L.I. Runaway Hotline, Counseling, Information, Referral, LGBT Pride for Youth Program, Young Latina Initiative and other supportive services to all Long Island residents.*

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### THE TREVOR PROJECT

LGBT National 24/7 Hotline Call: [1-866-488-7386](tel:1-866-488-7386)

*The hotline is available every day and hour of the year for crisis intervention and suicide prevention phone service. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Numerous support services and resources can be found.*

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# Suffolk County Services and Contracted Providers

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## SUFFOLK COUNTY DEPARTMENT OF SOCIAL SERVICES:

- **Child Protective Services: 24/7 Call: [1-800-342-3720](tel:1-800-342-3720)** to report suspected child abuse or neglect.
- **Adult Protective Services: Call: [631-854-3195](tel:631-854-3195), [3196](tel:631-854-3196), [3197](tel:631-854-3197)** to report a concern for a person who is: over 18, who is physically or mentally impaired, frail, ill, disabled, and in a situation where they are harmed or threatened with harm.
- **Emergency Housing: Call: [631-854-9100](tel:631-854-9100)** Offers Emergency Housing Assistance for needs occurring after 4:30PM and on weekends.

## SUFFOLK COUNTY OFFICE OF HEALTH EDUCATION

Call: [631-853-3162](tel:631-853-3162) or email [john.martin@suffolkcountyny.gov](mailto:john.martin@suffolkcountyny.gov)

M-F 9am-5pm

*Offers to schools, free of charge, an eight session Peer-Education program entitled “**Healthy Communication and Bullying Prevention**” for secondary school students. The program, through utilization of improvisation, role plays and group games, teaches participants how to be “**Upstanders rather than Bystanders**” in their school community and prepares them for presenting in classrooms. Student’s social and emotional coping skills are developed in this training. The Peer Education Program aligns with National Health Education Standards and the NYS Dignity for All Students Act Guidance.*

## SUFFOLK COUNTY POLICE COMMUNITY RESPONSE BUREAU

Call: [631-852-6109](tel:631-852-6109)

M-F 8am-4pm

*Offers, at no charge, a wide variety of topics for classroom presentations including: Bullying Prevention; Cyber-Law; Distracted Driving; Prescription Drugs to Heroin; Diversity and Acceptance; Tobacco versus Marijuana; Social Host Law; Alcohol and the High School Student.*

## SUFFOLKSTOPBULLYING.ORG:

A website hosted by Suffolk County’s Department of Information Technology which includes information covered here in this Resource Guide.

<https://www.suffolkstopbullying.org/>

## SUFFOLK COUNTY DIVISION OF COMMUNITY MENTAL HYGIENE

Call: [631-853-8500](tel:631-853-8500)

M-F 9-5pm for guidance on counseling and prevention services School and Community

Prevention contact: Gail Feldman at [631-853-8506](tel:631-853-8506) or

email: [gail.feldman@suffolkcountyny.gov](mailto:gail.feldman@suffolkcountyny.gov)

Oversees community funded prevention providers (see list below) that offer, free of charge, to all Suffolk County residents and schools, a wide range of prevention programs including: bullying prevention, drug and alcohol overviews, evidence-based life-skills programs, parent and community trainings and coalition building. All workshops and trainings can be tailored to the needs of the individual audience. The "CHOICES" Program and the "Be Somebody" and the "I'm Somebody" peer leadership programs are also available to your school.

### SUFFOLK COUNTY CONTRACTED PROVIDERS

Below listed agencies offer free-of-charge prevention workshops and training groups to any school in Suffolk County. Counseling services can be covered by insurance/sliding scale fees. Contact information for each Prevention Specialist is listed.

<p><b>Alternatives Counseling Center</b> Linda Huber <a href="mailto:Lhuber@alternatives-counseling.org">Lhuber@alternatives-counseling.org</a> <a href="tel:631-283-4440">631-283-4440</a></p>	<p><b>Pederson Krag</b> Mary Jane Hudson <a href="mailto:mHUDSON@pedersonkrag.org">mHUDSON@pedersonkrag.org</a> <a href="tel:631-920-8316">631-920-8316</a></p>
<p><b>Horizons Counseling Center</b> Elaine Economopoulos <a href="mailto:elaineE@tosgov.com">elaineE@tosgov.com</a> <a href="tel:631-360-7578">631-360-7578</a></p>	<p><b>Riverhead CAP</b> Felicia Scocozza <a href="mailto:director@riverheadcap.org">director@riverheadcap.org</a> <a href="tel:631-727-3722">631-727-3722</a> <a href="#">Click here to watch the "Riverhead Peacemakers" video from CAP</a></p>
<p><b>Eastern Suffolk BOCES</b> Michael Miles <a href="mailto:mmiles@esboces.org">mmiles@esboces.org</a> <a href="tel:631-289-0078">631-289-0078</a></p>	<p><b>Town of Huntington Youth Bureau: Huntington Drug and Alcohol</b> Annie Guthrie <a href="mailto:aguthrie@hda.hybydri.org">aguthrie@hda.hybydri.org</a> <a href="tel:631-271-3591">631-271-3591</a></p>
<p><b>Family Service League</b> Lisa Kratzke <a href="mailto:kratzke@fsl-li.org">kratzke@fsl-li.org</a> <a href="tel:631-399-9217">631-399-9217</a></p>	<p><b>West Islip YES</b> Melanie Holz <a href="mailto:MHolz@yesnews.net">MHolz@yesnews.net</a> <a href="tel:631-348-3513">631-348-3513</a></p>
<p><b>HUGS</b> Kym Laube <a href="mailto:kym@hugsinc.org">kym@hugsinc.org</a> <a href="tel:631-288-9505">631-288-9505</a></p>	<p><b>YMCA Family Services</b> Michelle Schindler <a href="mailto:Michelle.schindler@ymcali.org">Michelle.schindler@ymcali.org</a> <a href="tel:631-580-7777">631-580-7777</a></p>

# Local Community Anti-Bullying Organizations



## Long Island Coalition Against Bullying (LICAB)

[www.licab.org](http://www.licab.org)

Call: [516-777-7709](tel:516-777-7709)

Email: [help@licab.org](mailto:help@licab.org)

Executive Director: Joseph Salamone

Offers a unique blend of bullying prevention services: **Subsidized therapy** financially assists families and victims who are in need of third party professional assistance outside of a school environment but are restricted by financial or insurance situations; **Youth Leadership Program** makes ambassadors in community service of high school volunteers through fund raising and development of leadership and Upstander skills; **Smile Packages** sent to a bullied individual tailored towards their hobbies, interests, personality, favorite things, in an effort to let them know that they are not alone; **School Assistance Programs** to create and subsidize anti-bullying programs and assemblies.



## Long Island Gay and Lesbian Youth (LIGALY)

<https://lgbtnetwork.org/ligaly>

Bayshore: [631-665-2300](tel:631-665-2300)

East End: [631-899-4950](tel:631-899-4950)

Offers numerous services for Long Island's Gay, Lesbian, Bisexual and Transgender youth and their supporters including: school presentations on numerous topics (including tolerance & bullying prevention), support groups, counseling, outreach, volunteer opportunities, testing, workshops, newsletters and more. They provide a safe space for the LGBT youth community ever advocating for equality.



## Long Island Parent Resource Center (LIPRC)

<http://www.liprc.org/>

Call: Pamela Mizzi at [631-608-5014](tel:631-608-5014)

or email [pmizzi@NSHS.edu](mailto:pmizzi@NSHS.edu)

The LIPRC functions as a centralized clearinghouse of resources for youth, parents, professionals,

treatment providers, educators, the media and the general public. They provide this education through a comprehensive continuum of resources, trainings, and community-related services. They serve as a liaison to support coalitions and prevention providers with the integration of prevention science, research and practice.



### **CAPS at The Safe Center, LI**

<https://tscli.org/>

Call: [516-542-0404](tel:516-542-0404)

Office hours: M-F 9am-4pm

For over 30 years, CAPS (now CAPS at The Safe Center) has been Long Island's leading organization dedicated to preventing bullying and child abuse. The Bullying Prevention Center offers, among numerous other services, bullying prevention education, staff training, Dignity Act training, Helpline, Volunteer opportunities and the "Students United for Safer Schools" program (SUSS), a bullying prevention peer education program for schools. CAPS now offers to schools the internationally recognized Olweus Bullying Prevention Program, an evidence-based bullying prevention program proven to reduce bullying behavior. CAPS at the Safe Center also offers school professionals teaching tools, conferences and staff and faculty development programs on child abuse, bully prevention, Internet safety and sexual harassment, plus NYS Certification Training.



### **Association for Mental Health & Wellness**

<http://mhaw.org/programs/overview/>  
[631-226-3900](tel:631-226-3900)

Mental Health Help Line: [631-471-7242 ext. 2](tel:631-471-7242)  
or email: [helpline@mhaw.org](mailto:helpline@mhaw.org)

For over 30 years, CAPS (now CAPS at The Safe Center) has been Long Island's leading organization dedicated to preventing bullying and child abuse. The Bullying Prevention Center offers, among numerous other services, bullying prevention education, staff training, Dignity Act training, Helpline, Volunteer opportunities and the "Students United for Safer Schools" program (SUSS), a bullying prevention peer education program for schools. CAPS now offers to schools the internationally recognized Olweus Bullying Prevention Program, an evidence-based bullying prevention program proven to reduce bullying behavior. CAPS at the Safe Center also offers school professionals teaching tools, conferences and staff and faculty development programs on child abuse, bully prevention, Internet safety and sexual harassment, plus NYS Certification Training. Information on the website is available in Spanish & Haitian Creole.



### **Sunshine Prevention Center**

<https://www.sunshinepreventionctr.org/>

Call: [631-476-3099](tel:631-476-3099)

or email Dr. Carol Carter at [shine1@optonline.net](mailto:shine1@optonline.net)

Offers a wealth of prevention, community outreach and school training groups particularly in the areas of substance abuse and violence prevention via anger management, teen, social skills and summer programs.



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**Response Crisis Center of Suffolk County: 24/7 Hotline**

<https://www.responsecrisiscenter.org/>

Call: [631-751-7500](tel:631-751-7500)

The crisis intervention/referral hotline is open every day of the year, day and night, including holidays. Professionally trained and supervised volunteers offer callers telephone support and help them to explore options that can lead to thinking through next steps. They do not offer therapy or advice, but help callers to lower their anxiety in finding their own solutions. Crisis counselors also provide referrals for support groups, clinicians, mental health clinics, other

hotlines and a host of other community programs and services



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**Long Island Crisis Center**

<http://www.longislandcrisiscenter.org/>

Call: [516-679-1111](tel:516-679-1111) for the Middle Earth Hotline

Call for live online anonymous counseling. Text "LICC" to "839863" for one-on-one, free, confidential text message counseling (texting is available Monday-Friday from 3pm until 11pm,

standard text message rates apply).

"The Long Island Crisis Center provides free, anonymous call in, online, texting or outreach help at any time no matter who you are or what your needs are". The center provides Crisis intervention, Suicide Outreach Program, L.I. Runaway Hotline, Counseling, Information, Referral, LGBT Pride for Youth Program, Young Latina Initiative and other supportive services to all Long Island residents.

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**The Guidance Center Services**

<https://theguidancecenter.webs.com/>

Call: [631-664-9886](tel:631-664-9886)

or email Susan Toman at [theguidancecenterservicesinc@hotmail.com](mailto:theguidancecenterservicesinc@hotmail.com)

Offers North Fork residents a wide array of personalized prevention services including counseling, support, teen empowerment, parenting classes, dances, school programs, the "Lions Quest" program, the "Teen Intervene" Program & coalition building.

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**Asking Myself Association**

<http://www.askingmyselfassociation.com/>

Call: [1-631-319-0762](tel:1-631-319-0762)

A Brookhaven based Anti-Bullying association, has previously been active in speaking at schools and conducting outreach with mental health professionals.

## Other Organizations:



### National Eating Disorders Association

<https://www.nationaleatingdisorders.org/>

HELPLINE: Call: [1-800-931-2237](tel:1-800-931-2237)

Monday-Thursday from 9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm

NEDA is the national clearinghouse for eating disorder information and body image research. It offers

numerous resources including: toolkits, videos, training materials and support. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. Be sure to visit their teen activism and confidence building site [Proud2bme](#): An interactive online community created by teens for teens and young adults that promotes healthy attitudes toward weight, food and health.



### Cornell Cooperative Extension of Suffolk County

<http://ccesuffolk.org/>

Call: [631-727-7850](tel:631-727-7850) Ext. 331

M-F 9am-4:30pm

or email [tcj2@cornell.edu](mailto:tcj2@cornell.edu)

Offers educational workshops on bullying and cyber-bullying for parents, after-school staff, camp staff, educators and youth professionals at your location anywhere in Suffolk County. Programs about bullying are also available for parents and school-age children together.



### Economic Opportunity Council of Suffolk, Inc. (EOC)

<https://eoc-suffolk.com/>

Youth and Adolescent Services Call: [631-447-0698](tel:631-447-0698) ext 131

[Visit our Facebook page.](#)

EOC offers a large variety of services to Suffolk youth and residents. Numerous programs and topics can be presented for schools and agencies including peer education

## Other Hotline Services

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- **NATIONAL SUICIDE PREVENTION HOTLINE: 24/7**  
Call: [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)
  
  - **New York State Child Abuse Hotline: 24/7**  
Call: [1-800-342-3720](tel:1-800-342-3720)  
If you are deaf or hard of hearing: Call: [1-800-638-5163](tel:1-800-638-5163)
  
  - **National Child Abuse Hotline: 24/7**  
Call: [1-800-422-4453](tel:1-800-422-4453)
  
  - **National Teen Dating Abuse 24 Hour Helpline:**  
Call: [1-866-331-9474](tel:1-866-331-9474)  
or for hearing impaired: TTY: [1-866-331-8453](tel:1-866-331-8453) (7 days/week, 5pm-3am)
  
  - **National Domestic Violence Hotline: 24/7**  
Call: [1-800-799-SAFE \(7233\)](tel:1-800-799-SAFE)
  
  - **Rape, Abuse and Incest National Network (RAINN): 24/7**  
Call: [1-800-656-4673](tel:1-800-656-4673)
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## **School-Specific Resources:**

**(Please add your school's resources in the boxes below):**

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