

## LONG ISLAND CRISIS CENTER SERVICES

### Middle Earth Hotline

**(516) 679-1111**

Free, confidential, anonymous crisis intervention, suicide prevention, and referral services 24 hours a day, 7 days a week. Includes the Suicide Outreach Program.

### Runaway Hotline /Street Outreach

**(516) 679-1111**

For runaway, homeless, abused and maltreated youth and their families. Provides crisis counseling and emergency housing assistance 24/7.

### Children of Hope Hotline

**(877) 796-HOPE**

Provides information for women who are pregnant or have given birth and are thinking about abandoning their baby.

### Online Counseling:

**[www.licconline.org](http://www.licconline.org)**

One of the nation's first live, Online Counseling Programs. Easy to access and fully confidential.

### Pride For Youth Project

**(516) 679-9000**

Located at a separate site, Pride For Youth provides an array of supportive services for lesbian, gay, bisexual and transgender youth, ages 13-20, and their families.



Long Island  
**Crisis Center**

It's OK to ask for help

2740 Martin Avenue

Bellmore, NY 11710

Phone: 516-826-0244

Fax: 516-781-8306

[longislandcrisiscenter.org](http://longislandcrisiscenter.org)



*Creating Success Through Pride*

2050 Bellmore Avenue

Bellmore, NY 11710

Phone: 516-679-9000

Fax: 516-679-3610

[prideforyouth.org](http://prideforyouth.org)



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**Community**

**Education Workshops**



## FREE WORKSHOPS FOR STUDENTS AND YOUNG PEOPLE

Suicide Prevention for Adolescents: Every 90 minutes, a young person commits suicide. Learn the warning signs, risk factors, and ways in which a young person can help when a friend is feeling suicidal.

Anger Management: Students will be taught strategies to manage their anger and to avoid negative consequences, and will also learn methods of conflict resolution.

Understanding Self-Injury: As many as 14% of high school students engage in self-injury, and it continues to be on the rise. Students will learn how to help themselves or a friend who self-injures.

CyberBullying Prevention : What is Cyberbullying, what is its impact and what are the consequences? Students will learn what they can do if they become victims.

**To schedule one of the above,  
contact Stephanie Adrien,  
SAdrien@longislandcrisiscenter.org  
516.826.0244**

These workshops have been made possible through generous grants from the Bethpage Federal Credit Union, The Nicole Schiffman and Carol Kestenbaum Foundations.

## FREE WORKSHOPS FOR STUDENTS AND YOUNG PEOPLE

Understanding Homophobia: Introduces the concepts of prejudice and stereotypes and includes a facilitated discussion about attitudes and beliefs toward lesbians and gay men.

Understanding Transphobia: (Pre-requisite: Understanding Homophobia). This workshop explores gender identity and attitudes and beliefs toward transgender individuals.

**To schedule one of the above,  
Contact Pete Carney, LMSW  
PCarney@longislandcrisiscenter.org  
516.679.9000 x.125**

Runaway & Abuse Prevention: Why do teens run away from home and what challenges do they face? Students will learn legal implications, types of child abuse and resources.

Gang Awareness: This workshop teaches students how to recognize gangs, their influence in the community and in popular culture, and the dangers and alternatives to gang involvement.

**To schedule one of the above,  
Contact Sabine Mondesir  
SMondesir@longislandcrisiscenter.org  
516.826.0244**

## WORKSHOPS FOR FACULTY, ADMINISTRATORS, ADULTS

*These workshops may require an honorarium.  
Please inquire.*

Working with Lesbian, Gay, Bisexual and Transgendered (LGBT) Youth: Many LGBT teens are healthy and thriving, but challenges can impede their positive development. This workshop for pupil personnel and other service providers addresses LGBT sexuality and protective factors such as self-acceptance and family support. Learn how your agency can be more responsive to this population.

Making Schools Safer for LGBT Youth: NYS law requires schools to have practices and policies preventing bullying/harassment based on sexual orientation or gender expression by 2012. This workshop teaches how to recognize homophobia and gives realistic strategies to prevent violence and discrimination toward LGBT students.

**To schedule one of the above,  
Contact Pete Carney, LMSW  
PCarney@longislandcrisiscenter.org  
516.679.9000 x.125**

Adolescent Depression and Suicide Prevention: 80% of teens who attempt suicide tell someone first. Learn the warning signs, causes and what you can do to help a student who is struggling.

**Contact Theresa Buhse, MSED  
TBuhse@longislandcrisiscenter.org  
516.826.0244**