

Did You Know?

- Millions of children in the U.S. are affected by a behavioral health condition each year.
- Stigma prevents many families from seeking help. Too often families are blamed for their child's illness.
- Drop-out and incarceration rates for children labeled emotionally disturbed are higher than that of any other disability.
- Suicide is the third leading cause of death for youth ages 15-19 years in New York State.

Common Warning Signs a Child May Need Help:

- Severe decline in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety
- Repeated refusal to go to school or take part in normal children's activities
- Rapidly changing or extreme mood swings
- Sleeping too much or too little
- Feelings of worthlessness
- Recurring thoughts of suicide or death
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums
- Depression, sadness or irritability
- Hyperactivity or fidgeting
- Irregular eating patterns
- Substance use

Long Island Families Together
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A Chapter of Families Together
in New York State, Inc.

Families Supporting Families
Education, Information
Advocacy, Support



For families of children with
emotional, behavioral, and
mental health challenges

Our Mission:

As a parent and youth governed organization, LIFT will provide a strong voice to ensure that children and youth with emotional, behavioral and mental health challenges and their families have access to needed information, supports and services.

We Are...

Long Island Families Together, Inc., a parent-governed, non-profit organization, which grew out of the efforts of many family members and professionals concerned about children's mental health services on Long Island, and across the state.

Our Vision...

LIFT envisions a Long Island community where children's mental health matters, and families and youth are empowered to reach their full potential, without the fear of stigma.

We Offer...

- System navigation assistance
- Information and referrals to community family service providers
- Individual emotional support
- A website by and for families
- Information on local and state government news concerning children's mental health
- Local, regional and state workshops and conferences
- Adoption support group



Yes, I would like to be a member of LIFT!

Name: _____

Address: _____

Town: _____ Zip: _____

Phone: _____

E-Mail: _____

I am a:

___ Parent / Caregiver

___ Youth

___ Service Provider

Agency Name: _____

___ Other _____

Membership is Free

Return to:

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