

Need someone to talk to?  
The Southampton Youth  
Bureau offers

**FREE\***  
**COUNSELING,  
INFORMATION,  
& REFERRAL  
SERVICES**

\*Free for youth & their families  
in Southampton Town

**Know the  
warning signs for  
mental health issues:**

Have you noticed your child has  
withdrawn from friends and  
activities? Are they more anxious?  
Not sleeping or disrupted sleeping?  
Do they prefer to be left alone?  
Or have you noticed that they  
just aren't themselves?

---

**TO SPEAK WITH ONE OF OUR  
LICENSED SOCIAL WORKERS,  
PLEASE CALL (631) 702-2425.**

