

## MENTAL HEALTH SERVICES AND COUNSELING

**Organization:** Port Jefferson Library

**Organization URL:**

<https://portjefflibrary.org>

**Address:** 100 Thompson Street, Port  
Jefferson, NY 11777

**Email:** [info@portjefflibrary.org](mailto:info@portjefflibrary.org)

**Phone:** 1-631-473-0023

Get help with feelings of anxiety, depression, chronic stress and more. Receive individual and confidential counseling and support. Mental health is vital to a healthy outlook, no issue is too small or unimportant. Support is for all ages and is through Port Jefferson Free Library.

