

# RESOURCES

## DR. DANIEL A. GOLDFARB, PHD

750 Veterans Memorial Highway  
Hauppauge, NY 11788  
Office: 631-724-5522

*\*Leave a message on the voicemail.*

## TELE-MENTAL HEALTH CARE:

844-636-3668  
[www.MEMD.me/scmebf](http://www.MEMD.me/scmebf)

## NATIONAL SUICIDE PREVENTION LIFELINE:

800-273-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## COPLINE:

800-267-5463

## CRISIS TEXT LINE:

Text BLUE to 741741

## SUICIDE CRISIS LIFELINE:

Call or Text 988  
[988lifeline.org](http://988lifeline.org)

## BEYOND THE BADGE NY:

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

## NEW YORK LAW ENFORCEMENT ASSISTANCE PROGRAM (NYLEAP):

518-625-1899  
[www.nyleap.org](http://www.nyleap.org)

## SCSO'S WELLNESS MOBILE APP:

Accessing the Mobile App

Download the 'OCV Wellness' app on your phone by scanning the QR code or searching for it in the App Store.

Use the credentials provided below to sign in:

Username SuffolkSheriffNY

Password 33519447



**DR. ERROL D. TOULON JR.  
SUFFOLK COUNTY SHERIFF**

## OUR LOCATIONS:

**YAPHANK CORRECTIONAL FACILITY**  
200 Suffolk Ave.  
Yaphank, NY 11980  
*\*Office located next to officer gym.*  
**631-852-7012**

**RIVERHEAD CORRECTIONAL FACILITY**  
100 Center Dr.  
Riverhead, NY 11901  
*\*Office located in visiting lobby.*  
**631-852-3157**

**SUFFOLK COUNTY SHERIFF'S ACADEMY**  
502 Wicks Road  
Brentwood, NY 11717

# SUFFOLK COUNTY SHERIFF'S OFFICE WELLNESS UNIT



**DR. ERROL D. TOULON JR., SHERIFF**



# MEET THE TEAM



**CORRECTION OFFICER  
SERGEANT  
JUSTIN FRANCIS**

631-375-2092  
justin.francis@suffolkcountyny.gov

My motivation behind wanting to be a member of the Wellness Unit is simple. I've always tried to help boost morale and be a positive influence. I want to be there for Officers who are going through hard times both at work and at home. We need to make sure we are taking care of ourselves mentally, physically and spiritually. What better person to speak to then another Officer who has experienced the same things? At the end of the day, we are a family and need to take care of one another, that's what it's all about.

**DEPUTY SHERIFF  
MACKENZIE BURNS**

631-836-0110  
mackenzie.burns@suffolkcountyny.gov



I am extremely grateful to be a part of this unit. I am looking forward to helping the Sheriff's Office focus on the well being of Deputy Sheriffs and Correction Officers. I believe the information and training this unit will bring to the SCSO staff and families is very beneficial in their careers and could help impact home life in a positive way as well. Health and wellness is a crucial aspect of our career that we need to take seriously and that's what this unit will help implement. When we are all mentally, physically, and emotionally stronger in our daily jobs and life, it doesn't just help ourselves but everyone else around us



**CORRECTION OFFICER  
ASHLEY WEST**

631-831-9287  
ashley.west@suffolkcountyny.gov

Having worked with the Sheriff's Office since 2006, I've seen a growing focus on officer health and wellness. Passionate about fostering healthy habits, I find satisfaction in empowering others to live healthier lives by promoting physical, mental, and emotional well-being. I believe officer wellness should be a priority, as their well-being is key to their success and resilience. I'm committed to supporting others by ensuring access to resources, guidance, and care, —helping them navigate challenges with strength and confidence.



**CORRECTION OFFICER  
KRISTY HOTHAN**

631-300-7067  
kristy.hothan@suffolkcountyny.gov

With 13 years of dedicated service to the Suffolk County Sheriff's Office, I have seen firsthand the impact of stress and the demands of a career in law enforcement. Through these experiences, I have come to believe that health and wellness should not only be a personal priority but essential foundations for a meaningful and sustainable career. These wellness practices should be integrated into daily life and not reserved for rare moments of self-care. Driven by that belief, I am committed to supporting and empowering others on their journey to physical, emotional, and mental well-being.

# EMAIL THE TEAM

scso.wellness@suffolkcountyny.gov



# OUR MISSION

Build and strengthen resiliency for all Suffolk County Sheriff's Office staff and their families. Furthermore, improve morale, provide education, training and support for staff throughout their careers.

*“Healthy Body,  
Healthy Mindset”*



**SUFFOLK COUNTY  
SHERIFF'S OFFICE  
THERAPY K-9  
LUNA**