

MHACF

Immediate Resources Available for Mental Health

(no particular order)

Please note - if this is an emergency and you feel your life or someone else's is at risk, please dial 911 for local emergency response

For contact information for local providers offering telehealth services, please see our corresponding document – MHACF Telehealth/Online Counseling, Telepsychiatry Providers

- **National Suicide Prevention Lifeline:**

Telephone: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org> (online chat available)

Languages Spoken: English, *Spanish Language Line is 1-888-628-9454*. They also provide the Tele-Interpreters service to our crisis centers, which supports over 150 languages.

Services: Telehealth/Online Crisis Stabilization

Fees: Free

Additional Service Details: 24/7, 365-day-a-year hotline for people experiencing suicidal crisis or emotional distress. Call 1-800-273-8255 or follow this link:

<https://suicidepreventionlifeline.org/chat/> to chat with a crisis counselor.

- **Crisis Text Line:**

Text “HOME” to “741741” to connect with a Crisis Counselor

Visit <https://www.crisistextline.org/text-us/> for more information

Hours: 24/7

Services: Texting - Online Crisis Stabilization

Fees: Free

Additional Service Details: Crisis doesn't just mean thinking about ending your own life. It's any painful emotion and anytime you need support. **So, text us at 741741. Your opening message can say anything.** Keywords like “HOME”, “START” and “HELLO” just help us identify how people hear about it. It usually takes less than 5 minutes to connect you with a Crisis Counselor. (Note- It may take longer during high-traffic times)

- **SAMHSA Disaster Distress Helpline:**

Telephone: 1-800-985-5990

Text-line: text TalkWithUs to “66746” to connect with a trained crisis counselor

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Languages Spoken: English, Spanish

Services: Telehealth/Online Crisis Stabilization

Fees: Free

Additional Service Details: 24/7, 365-day-a-year crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters. **The Disaster Distress Helpline also answers calls and texts related to [infectious disease](#)**

outbreaks, such as the Ebola outbreak, **incidents of community unrest**, and other traumatic events.

- **211**
Telephone: 211
Website: <http://www.211.org>
Counties Served: All Counties
Languages Spoken: English, Spanish
Services: Telehealth/Online Crisis Stabilization
Fees: Free
Additional Service Details: 24/7 mental health crisis hotline, referral services, online chat is available.
- **Aspire Health Partners COVID-19 24-Hour Crisis Support Line**
Telephone: (407) 875-3700
Website: <https://aspirehealthpartners.com>
Languages Spoken: English
Services: Telehealth/Online Crisis Stabilization
Hours: 24/7
Fees: Free
Additional Service Details: **As part of our community response to the COVID-19 virus, Aspire is providing 24-hour telephonic crisis support and COVID-19 related services. If you need crisis support, or COVID-19 related services, and would like to speak to someone, please dial (407) 875-3700. When prompted, press 2 and you will be connected to a behavioral health professional.** Remember, if it is an emergency, please dial 911 for local emergency response.
- **MHACF Virtual Support Groups – Depression & Anxiety**
Frequency: Every Tuesday, Wednesday and Thursday 1-2 PM, 3-4 PM
****Group limited to 5 people per group; email SHenderson@mhacf.org to register!**
Services: Support Group
Fees: Free
Additional Service Details: Details to access the group will be emailed upon registration.
- **MHACF Mental Health WARM LINE**
Telephone: +1 (863) 307-8802
Hours: Monday – Friday, 9:00 AM – 11:00 AM
Fees: Free
Additional Service Details: We're dealing with a lot of uncertainty and unease right now. It only makes sense that many of us are in need of extra mental health support. If you, or someone you love needs someone to talk to, we have a Florida Certification Board Certified Recovery Peer Specialist available to speak briefly who you can speak to. Our goal is to offer continuous support and comfort to our community members during this stressful, uncertain time.

- **Peer Support Space (Daytime/Evening Community Support Group Call)**

Instructions to join Daytime Community Support Call:

Use your computer to join at 12PM, Monday-Friday by clicking this link: <https://zoom.us/j/284580732>

Alternatively, you can join by dialing 1 929 205 6099. When asked for the "Meeting ID", enter 284-580-732 followed by the "#" symbol.

Instructions to join Evening Community Support Call:

Use your computer to join us 6PM, Monday-Friday by clicking this link: <https://zoom.us/j/659519104>

Alternatively, you can join us by dialing 1 929 205 6099. When asked for the "Meeting ID", enter 659-519-104 followed by the "#" symbol.

Visit website for more info: <https://peersupportspace.org/covid-response>

Languages Spoken: English

Services: Support Group

Hours: Every Monday-Friday at 12:00 PM and 6:00 PM

Fees: Free

Additional Service Details: We want to emphatically assure that **we are here with love and compassion for our community members** in this time of unknown. You are invited to join our calls, which will mirror our community gatherings, in that they are a safe, affirming space for all to express themselves and find/give emotional support. We are mindful of the potentially isolating impact of this situation so we gently encourage you to lean into community and join us as we hold space in our hearts for one another during this time. Our compassion for you is not canceled, our empathy is not canceled, and our communal resilience will shine through despite what we are facing!

Additional Resource Available: [Peer Support Space Online Group](#) (click on link)

- **NAMI – Warm Line**

Telephone: 1-800-950-NAMI (6264)

Website: <https://www.nami.org/find-support/nami-helpline>

E-mail: info@nami.org

Languages Spoken: English, Spanish

Services: Telehealth Support Calls with HelpLine staff

Hours: Monday – Friday 10:00 AM – 6:00 PM

Fees: Free

Additional Service Details: *During this difficult time, the NAMI HelpLine is here for you. HelpLine volunteers are working to answer questions, offer support and provide practical next steps. The resources on their website page provide information to address many needs and concerns; The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.*