Suicide is the 2nd leading cause of death for those between the ages of 15-24. Suicide is preventable, and knowing the signs can help save lives.

On July 1st, as part of our new initiative supported by the Central Florida Foundation, the MHACF will launch its “You Are A Lifeguard” project.

You can take the pledge to help prevent youth and young adult suicide by visiting www.YouAreALifeGuard.org.
The Mental Health Association of Central Florida is proud to announce that we are the recipient of the UCF Social Work Program’s Field Agency of the Year award!

We’d like to express our thanks to the incredible staff and students from the social work program, our return to the office wouldn’t have been possible without their commitment and dedication to serving the community and advocating that "It’s Okay to get Help!"

To receive Corporate Member benefits please contact the Connections Program Manager, Alan Bruns at abruns@mhacf.org!

The Mental Health Association of Central Florida was proud to partner with NAMI of Greater Orlando for the 2021 NAMI Walk! Our staff and volunteers were excited to meet with the community and share our services during this event.

MHACF also hosted the "Beautify our Central Office" event where volunteers came to our administrative office to help with lawn maintenance and gardening. A huge thank you to all the volunteers that helped beautify our office!

Interested in future volunteering opportunities with the Mental Health Association of Central Florida? Please contact us at 407-898-0110.

June 12, 2021 will mark 5 years since the Pulse tragedy where 49 people lost their lives. In honor of the lives lost that day, One Orlando Alliance, in conjunction with a host of community partners, will conclude these events tomorrow, Saturday, June 12th. For additional information, visit www.oneorlandoalliance.org.

In partnership with One Orlando Alliance, we want to remind the community that we are here to offer mental health support. Contact our Mental Health Connections Program at abruns@mhacf.org or call us at 407-898-0110.

We understand that violence, racism, hate, and discrimination undermine mental wellness and are significant contributors to individual and community trauma. Therefore, we are committed to breaking cycles of multi-generational distress for marginalized communities in all that we do by pledging to work against racism, bias, prejudice, and discrimination at individual, interpersonal and institutional levels.