

# Mental Health Services Resources

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**Name:** 2-1-1 Access/Florida  
**Website:** [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)  
**Phone:** (866) 76ACCESS (762-2237)  
**Services:** The Department's SAMH (Substance Abuse & Mental Health) program headquarters are located in Tallahassee. Substance abuse and mental health services are delivered locally through contracts with community substance abuse and/or mental health providers. SAMH services are administered throughout 20 circuits statewide, which are grouped into six regions. There are also seven state mental health treatment facilities for individuals with mental health needs that require longer-term treatment.

**Name:** Abuse HOTLINE (Florida)  
**Website:** [www.dcf.state.fl.us/programs/abuse/](http://www.dcf.state.fl.us/programs/abuse/)  
**Phone:** (800) 962-2873  
**Services:** The Florida Abuse Hotline serves as the central reporting center for allegations of abuse, neglect, and/or exploitation for all children and vulnerable adults in Florida.

**Name:** Addiction Resources HOTLINE  
**Phone:** (800) 390-4056

**Name:** AIDS HIV HOTLINE  
**Phone:** (800) 352-2437  
**Services:** Support and information for those living with AIDS.

**Name:** Alcoholics Anonymous HOTLINE  
**Website:** [www.aa.org](http://www.aa.org)  
**Phone:** 407-260-5408  
**Services:** Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Name: **Adapt Behavioral Services**

Website: [www.adapt-fl.com](http://www.adapt-fl.com)

Phone: (407) 622-0444

Services: Inspiring children, adults and families to find ways of improving their relationships and leading happier, more fulfilled lives. Services provided: Individual, couples and family therapy; parent training; behavior analysis. Service locations in our office and in client homes, foster homes, group homes, schools and daycare centers in Orange, Seminole, Osceola, Brevard, Volusia and Lake Counties. Population served: child, adolescents, families, couples and adults experiencing difficulties with one or more of the following: Behavior (aggression, defiance, tantrums, self-injury, truancy, stealing); emotions (anxiety, depression, grief, anger); developmental delays (social, communication, toileting/self-care).

Name: **Attachment Services of Central Florida, Inc.**

Website: [www.attachmentsservices.org](http://www.attachmentsservices.org)

Phone: (407) 260-0031

Services: Attachment Services specializes in working with children with attachment issues and their families. Most clients are children that have been adopted from the foster care system or international orphanages, as well as with biological families that experienced breaks in attachment for other reasons.

Name: **Behavioral Support Services, Inc.**

Website: [www.bssorlando.com](http://www.bssorlando.com)

Phone: (407) 830-6412

Services: Services for children, adolescents, adults and families. Provide reliable and quality behavior analysis, mental health counseling and mentoring services for children and adults with disabilities to enhance their well-being and improve daily functioning.

Individualized services to address psychological, social, medical, behavioral and vocational aspects of an individual's life. Individuals and families are empowered to make positive changes as a result of gaining insights into problems. Provides Psychiatric Services; Services for Children, Adults, Adolescents, Families; Behavior Analysis; Group Therapy; Substance Abuse Services; In-home Support Services; Mentor/Companion; Onsite Therapy; Respite; Services Provided in Home, School, Community or Winter Park Office.

Name: **Boys Town National HOTLINE**  
Website: [www.boystown.org/national-hotline](http://www.boystown.org/national-hotline)  
Phone: (800) 448-3000  
Services: Address Depression, Emotional abuse

Name: **Catholic Charities - Central Region**  
Website: [www.cflcc.org](http://www.cflcc.org)  
Phone: (407) 658-1818  
Services: Our mission is to provide social services to people in need, regardless of their religious, social or economic background, to improve lives of individuals, families and the community. Catholic Charities of Central Florida is founded on the coming together of the good news of the Gospel and the scandal of human suffering. The Bible takes human suffering very seriously. Faithful citizenship for a Catholic begins with the principles rooted in sacred scripture, outlined in the corporal and spiritual works of mercy and Catholic social teaching to enhance life and foster the right of each person to live in freedom and dignity.

Name: **Center for Drug Free Living**  
Website: [www.cfdfl.com](http://www.cfdfl.com)  
Phone: (407) 245-0020  
Services: The Center For Drug-Free Living is committed to providing individuals and families within our community the skills to achieve and maintain healthy responsible lifestyles. The William R. Just Center provides: Residential and outpatient substance abuse services for men; Treatment services for substance abuse and/or co-occurring disorders.

Name: **Children's Home Society of Florida/Early Head Start**  
Website: [www.chsfl.org](http://www.chsfl.org)  
Phone: (407) 262-7688  
Services: The Targeted Case Management Program offered through the Children's Home Society of Florida is a voluntary program, which targets children in need of multiple mental health services. In order for a child to be eligible for case management services, he or she must have a mental health disability and the need for coordination of mental health services, and the family must lack the resources to pay for treatment. Healthy Families provides free home visiting services to parents expecting a baby and parents of newborns. Family support workers provide voluntary in home parent education to promote positive parent-child relationships and child health and development.

Name: **Choices And Changes Christian Counseling**

Website: [www.choiceschangescounseling.com](http://www.choiceschangescounseling.com)

Phone: (407) 268-4441

Services: We provide Supervised Supervision and monitored exchange for court-ordered clients in a safe and secure environment. We have 3 levels of Supervision: observation, observation and parenting, and therapeutic by a licensed mental health counselor Member of the Supervised Visitation Network.

Name: **Circle of Friends Services**

Website: [www.cofsfl.org](http://www.cofsfl.org)

Phone: (386) 473-4566

Services: Circle of Friends Services, Inc. was formed in 2008 as a Florida not-for-profit organization to provide mental health services and support to children and families in need. We believe that all families deserve the chance to achieve family stability through the support of caring professionals committed to the highest quality of services. Circle of Friends Services always strives to do the "right thing", for the children and families in our care. We believe that if we do the "right thing", we will fulfill our mission, achieve our vision and remain true to our values. Services: Individual/Family Therapy, Comprehensive Behavioral Health Assessments, Supervised Visitation, Clinical Consultation Program Development, Training.

Name: **Community Counseling Center of Central Florida**

Website: [www.cccf.org](http://www.cccf.org)

Phone: (407) 291-8009

Services: Community Counseling Center of Central Florida, LLC is committed to the meaningful treatment of youths and their families in a manner that meets the needs of the client, family and community. Our mission is to provide the highest quality of care and treatment to those in need and to remain committed to our client throughout treatment. Our goal is to empower our client and their families by providing on-site mental health services and interventions in the community. Individual, family and marital therapy serving adults and children.

Name: **Creative Counseling PA**  
Website: [www.creativecounselingcfl.com](http://www.creativecounselingcfl.com)  
Phone: (407) 88-1770  
Services: Creative Counseling PA is a group of mental health providers who provide comprehensive outpatient services for a wide variety of mental health issues.

Name: **Devereux FL, Orlando (Orange Family Ctr)**  
Website: [www.devereuxfl.org](http://www.devereuxfl.org)  
Phone: (321) 281-3840  
Services: The Orange Family Center provides case management, counseling services and foster care services.

Name: **Discovery Counseling of Orlando**  
Website: [www.discoveryorlando.org](http://www.discoveryorlando.org)  
Phone: (407) 376-3773  
Services: Discovery counseling provides affordable, professional, Christian counseling to our community. We offer connections with trained professionals who can offer comfort, hope, and direction as you navigate through life's struggles. Discovery Counseling services include counseling for pre-marriage, marriage, re-marriage, divorce, children, adolescents, family issues, sexual integrity, addiction recovery, identity, depression, anxiety, mood issues, and other relational problems.

Name: **Domestic Violence HOTLINE**  
Phone: (800) 799-7233

Name: **Focus Counseling and Consulting**  
Website: [www.focusincflorida.com](http://www.focusincflorida.com)  
Phone: (407) 721-5259  
Services: Focus, Inc. services include: individual and family counseling, mediation, adoption home studies, mentoring, and tutoring.

Name: **Gamblers Anonymous**  
Phone: (800) 397-9843

Name: **The Grove Counseling Center, Inc. - Outpatient Treatment**  
Website: [www.thegrove.org](http://www.thegrove.org)  
Phone: (800) 919-1765  
Services: The Grove is a non-profit organization offering a comprehensive service system for the prevention and treatment of substance abuse and behavioral

health problems in Seminole County, Florida and surrounding Orlando areas. The Grove was founded in 1971 by a group of concerned citizens and serves the community by striving to "enhance the ability of youth and families to succeed in life." All rehab program components are licensed by the Florida Department of Children and Families and accredited by the Commission on Accreditation of Rehabilitative Facilities.

Name: **Human Services Associates**

Website: [www.hsainc.org](http://www.hsainc.org)

Phone: (407) 268-9650

Services: The mission of the Dependency Case Management Program is to ensure child safety, well-being and permanency for children who have been abused abandoned or neglected in Seminole County.

Name: **Intervention Services - Orange / Seminole County**

Website: [www.interventionservices.com](http://www.interventionservices.com)

Phone: (407) 331-8002

Services: Intervention Services delivers a continuum of services including: behavior analysis; in-home, in-school and community based counseling; foster care services; adoption services; independent living assessment and training; mentoring; transitional housing; tutoring; psychiatric services; substance abuse services; services for the developmentally disabled; mental health overlay services to Juvenile Justice facilities; and CEU training and Behavior Analyst certification for professionals. Interest in becoming a Foster Care Parent call 407-468-6978.

Name: **Kids House of Seminole, Inc.**

Website: [www.kidshouse.org](http://www.kidshouse.org)

Phone: (407) 324-3036

Services: The mission of Kids House of Seminole, Children's Advocacy Center, is to aid children by providing all necessary services for abuse cases from reporting to investigation, through treatment and prosecution in a friendly, non-threatening environment. Services offered include: Child Advocate Program, the Child Protection Team, The Medical Trauma Program, the Family Trauma Mental Health Program, Family Connections, Training (Workshops / Symposiums for Child Abuse Prevention, Workshops / Symposiums for Parenting Skills Classes), Community Outreach and Quality Assurance. To accomplish this mission, Kids House provides a child friendly facility for information gathering and treatment for victims of abuse.

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Name: **Laird & Associates Counseling**

Website: [www.compassbehavioral.com](http://www.compassbehavioral.com)

Phone: 407-830-7903

Services: Full service psychiatric, mental health, and substance abuse services in an outpatient private practice setting. Our agency provides general mental health counseling, domestic violence/batterers intervention programs, substance abuse treatment (including Suboxone, Vivitrol, and Safety Council), and juvenile counseling services. Counseling theories include cognitive behavioral, Gestalt, and motivational interviewing. A Licensed Psychiatrist is on staff for evaluation and maintenance of psychotropic medications.

Name: **Menschner & Associates Counseling Group - Oviedo**

Website: [www.macounseling.com](http://www.macounseling.com)

Phone: (407) 529-5359

Services: Menschner & Associates Counseling Services, Inc. provides behavioral health services to their patients in a healthy and supportive atmosphere. We strive to help you and your family to return to a happier and more productive quality of individual and family life. Behavioral health and mental health are broad terms that encompass our daily level of functioning along with our mental and emotional health. Our mental and emotional health affects our thinking, feeling, moods, actions and behaviors. People of every race, gender, age or socio-economic status may be affected. It is not a result of personal weakness or lack of character. The good news is that these issues can be treated and the individual and family can return to their normal level of daily functioning or to a higher level of functioning with an improved quality of life. Treatment options: behavioral management, individual therapy, family

therapy, Group therapy, Parent education for Children with ADHD/ADD, Anger Management, Substance Abuse/Addictions, Medication monitoring, Coordination with schools for IEP development and appropriate school services, referrals to community based service programs)

Name: **National Youth Crisis Hotline**  
Website: [www.cocommunity.net/agency/national-youth-crisis-hotline.html](http://www.cocommunity.net/agency/national-youth-crisis-hotline.html)  
Phone: (800) 442-4673  
Services: Provides counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse. Operates 24 hours, seven days a week.

Name: **New Life Connections, Inc.**  
Website: [www.new-life-connections.org](http://www.new-life-connections.org)  
Phone: (407) 322-7779  
Services: Anger Management Program for adolescents that include Family Sessions. We offer Anger Management for Adults as well as one-day workshops or weekly group sessions. For more information call our Sanford or Oviedo office.

Name: **Parent HOTLINE**  
Phone: (800) 840-6537

Name: **St. Luke's Lutheran Church - Oviedo**  
Website: [www.stlukes-oviedo.org](http://www.stlukes-oviedo.org)  
Phone: (407) 365-3408  
Services: St. Luke's Evangelical Lutheran Church has served the Oviedo community for over 90 years. Counseling

Name: **St. Peter Episcopal Church**  
Website: [www.stpeterslakemary.org](http://www.stpeterslakemary.org)  
Phone: (407) 444-5673  
Services: St. Peter's "The Church on the Hill" is a mountain of hope and a city of refuge for the broken hearted, strategically placed at the crossroads of two highways and the Seminole County trail system, in one of the fastest growing suburbs of one of the fastest growing cities in the country. We are called to reach out to the needs of the world around us.

Name: **Seminole Behavioral Healthcare - Access Center, Crisis Stabilization Unit, DETOX Services, Residential Treatment Facility;**

Website: [seminolecares.org](http://seminolecares.org)

Phone: (407) 831-2411

Services: Center provides comprehensive clinical assessments and recovery oriented support for individuals who are in crisis or are in need of mental health treatment and assistance. Available 24 hours per day, 365 days per year. Crisis Support Services provide short term counseling, using solution focused, cognitive behavioral approaches. Individual, family and couple counseling are available. As needed, individuals are encouraged to participate in ongoing groups that focus on areas such as anger management, stress reduction and inter personal coping skills. Group therapy offers a unique opportunity for clients to learn by doing and become empowered to be mentors to others within the group. Referrals to other services within the agency can also be made by crisis counselors as dictated by the changing needs of individuals served.

Name: **Seminole County Health Dept-Clinical Services Division**

Website: [www.seminolecohealth.com](http://www.seminolecohealth.com)

Phone: (407) 665-3700

Services: Clinical Services Division includes: Breast and Cervical Cancer Program (offering free Pap Smears & Mammograms for eligible women 50-64 years of age), Child Health (EPSDT screening, well-child exams for infants and children in addition to immunizations and acute care), School Physicals (Physical examinations to meet the requirement for children enrolling in school), Pregnancy Testing (Free for women ages 17 and younger), Prenatal Services (Offers prenatal and postpartum medical services for women in coordination with local physicians), Family Planning Program (Counseling and birth control methods for men and women of childbearing age), Clinical Services (Primary care to Medicaid and HMO-assigned adult clients. Limited number of same day appointments are available.)

Name: **South Seminole Hospital**

Website: [www.southseminolehospital.com](http://www.southseminolehospital.com)

Phone: (407) 767-1200

Services: With commitment to tailored personal care, South Seminole Behavioral Health offers comprehensive services to treat patients suffering from a full range of psychiatric and addictive disorders. In addition to adult units, serving patients 18 years or older, the Adolescent/Children's Unit specializes in behavioral point system and positive reinforcement models to treat

patients between the ages of 3-17. The multidisciplinary team of specialist creates a treatment plan for each patient, working hand-in-hand with the patient's family and primary physicians, to ensure the best possible outcomes in the quickest possible time frames. Inpatient services are offered 24 hours a day, seven days a week, in a quiet, private setting on the campus of South Seminole Hospital, a part of Orlando Health. For more information, please call.

Name: **Shelter Hotline**  
Phone: (800) 493-5902

Name: **TBC Productions/Breakthrough Counseling Services**  
Website: N/A  
Phone: 407-342-4956  
Services: Juvenile Counseling (STARS program) Life skills, Youth Intervention, Mental Health, Self-Esteem, Character building, Career Coaching, Substance Abuse/Family Counseling Services (STAR Parent Program) Relationship & Marriage skills, Family Intervention, Parenting Skills and one-on-one counseling services.

Name: **Therapy4Kids & Parents Too**  
Website: [www.therapyforkids.net](http://www.therapyforkids.net)  
Phone: (407) 437-8917  
Services: Therapy4Kids & Parents Too is a non-profit agency, which provides mental health and behavioral counseling services, tutoring and mentoring for children and their families. Services can be provided in our office, in the home or school settings. Funding can be provided for families without insurance benefits if qualified.