

# Behavioral Health

## ***VIRTUAL*** CONFERENCE

# *Health and Wellbeing in a Pandemic*



2020

## **Behavioral Health Resources**

Local and National

## Local Mental Health Treatment

### General Services

#### [Baptist Behavioral Health](#)

##### [Multiple Locations](#)

Contact: 904-376-3800

24-Hour Crisis Hotline: 904-202-7900

Offering Northeast Florida's only full continuum of mental health care, Baptist Behavioral Health offers the expertise and support each patient needs, whether coping with the demands of life or dealing with a medical condition that affects mood, thinking or behavior.

#### [Clay Behavioral Health Center](#)

3292 County Road 220, Middleburg, FL 32068

Contact: 904-291-5561

Clay Behavioral Health Center is a caring resource providing mental health and substance abuse counseling and treatment to adults, teens, children and families in Clay County with locations in Middleburg, Green Cove Springs and Keystone Heights.

#### [Community Rehabilitation Center, Inc.](#)

623 Beechwood Street, Jacksonville, FL 32206

Contact: 904-358-1211

Founded in 1993 in response to the immense Northside community need for a comprehensive mental health program, CRC has significantly expanded services to also provide a comprehensive, multicultural mental health program in addition to addressing substance abuse, HIV, and primary health care needs of the community.

#### [Family Foundations of Northeast Florida](#)

40 East Adams Street, Suite 120

Contact: 904-396-4846, 888-444-0046 (Toll Free)

Family Foundations' Family and Individual Counseling Services division has expanded to include mental health counseling and serves all income levels. Their counseling services lend strength and vision to individuals and families in Northeast Florida.

#### [Gateway](#)

##### [Multiple Locations](#)

Contact: 904-387-4661

Gateway is proud to be a recognized leader in addiction treatment for adults and adolescents in the Northeast Florida region. Since 1978, they have been committed to providing compassionate services to those lost in the despair of addiction.

#### [Mental Health Resource Center](#)

South: 11820 Beach Boulevard, Jacksonville, FL 32246

Contact: (904) 642-9100, Option #2

North: 3333 West 20th Street, Jacksonville, FL 32254

Contact: 904-695-9145, Option #2

MHRC is a nonprofit corporation that provides a wide range of behavioral health and social services to the community. Included in its service array are 24-hour emergency services; inpatient psychiatric services for children, adolescents and adults; and numerous outpatient services, including medication management, case management, counseling, supported housing, psychosocial rehabilitation, two programs for the homeless, a therapeutic family program, state hospital liaison services, forensic services, in-jail services, and nine Florida Assertive Community Treatment (FACT) programs for adults with severe and persistent mental illness located in Clearwater, Gainesville, Jacksonville, Kissimmee, Rockledge, Tampa, and Winter Haven.

### [Starting Point Behavioral Health](#)

#### [Multiple Locations](#)

Contact: 904-491-2009 (Fernandina Beach), 904-845-4033 (Hilliard), 904-225-8280 (Yulee Main Campus)

24-Hour Hotline: 904-225-8280

Starting Point Behavioral Health seeks to promote emotional wellness through psychiatric, mental health, and substance use disorder treatment services and community education and awareness. They have served Nassau County by providing a coordinated approach to care that meets the individual needs of the client and addresses the total behavioral health needs of the community.

### [University of Florida Health Psychiatry – Jacksonville](#)

580 West 8<sup>th</sup> Street, 6<sup>th</sup> Floor, Tower II, Jacksonville, FL 32209 and

Suite 305, 8789 San Jose Boulevard, Jacksonville, FL 32217

Contact: 904-383-1038

UF Health Psychiatry – Jacksonville provides comprehensive psychiatric services to all age groups. Offered services include adult psychiatric evaluations; individual, group, marital, and family therapy; cognitive-behavioral therapy; child and adolescent psychiatric and psychological assessments; parent training; and medication management.

### [Women’s Center of Jacksonville](#)

5644 Colcord Avenue, Jacksonville, FL 32211

Contact: 904-722-3000

The Women’s Center of Jacksonville is a nonprofit Jacksonville-based organization offering education, support and advocacy to survivors of all genders and ages. They are the only certified rape crisis center in Duval, Baker and Nassau Counties and also offer community education, counseling, referral assistance, rape prevention services and breast cancer education, support and advocacy at complimentary and affordable prices.

## **Children, Youth, and Family Mental Health Services**

### [Child Guidance Center](#)

#### [Multiple Locations](#)

Contact: 904-448-4700 (Jacksonville Locations), 904-291-5561 (Clay County), 904-448-4700 ext. 314 (Neptune Beach)

CGC invests in the community by providing comprehensive, state-of-the-art mental health and collaborative support services to assist children and their families, and to provide training to promote professional growth and improve treatment outcomes.

### [Children’s Home Society](#)

3027 San Diego Road, Jacksonville, FL 32207

Contact: (904) 493-7744

CHS leads the way in developing and delivering solutions that drastically change life trajectories for children and families because they invest in lasting solutions that empower children and families to cross bridges that lead to success.

### [Nemours](#)

#### [Multiple Locations](#)

Contact: 904-697-3600

Nemours’ mental health experts can help you identify the root causes of your child’s emotions and behavior. They provide outpatient consultation (appointments) for kids and teens dealing with the stress of a chronic medical condition, anxiety, depression, and other mental health issues. They also offer consultations for children admitted for medical and/or surgical care who may also be experiencing emotional and/or mental health issues.

### [United Way – Full Service Schools](#)

Multiple Locations on the website

Contact: 904-390-3247

The Full Service Schools (FSS) collaboration enables United Way and its partners to connect nearly 3,500 students and families to a critical range of therapeutic, health and social services and address non-academic barriers to success in

school. Each Full Service Schools site strives to meet the specific needs of the neighborhood in which it is based by providing a number of free services including behavioral help, individual and family counseling, mentoring, parenting help, and case management. Services may bat at each FSS site.

#### [Youth Crisis Center](#)

3015 Parental Home Road, Jacksonville, FL 32216

Contact: 904-725-6662, Option #1 or 1-877-720-0007

YCC provides short term crisis care, mental health counseling, skills-based group training, and transitional living services program for children, teens, young adults, and their families. They provide more than a safety net for those in need and transform lives for hundreds of youth and their families every year.

### **Veteran Resources**

#### [The Steven A. Cohen Military Family Clinic at Centerstone](#)

7011 A.C. Skinner Parkway, Jacksonville, FL 32256

Contact: 904-431-3500

Centerstone's Military Services exists to break down barriers to care often experienced by our nation's service members and their families. They are committed to providing mental health services for our heroes— including active duty service members, members of the National Guard or Reserves, veterans, and military family members. They are proud to offer care to members of the military community regardless of the era in which they served or discharge status.

#### [Make the Connection](#)

Make the Connection is an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

#### [North Florida/South Georgia Veterans Health System](#)

1601 SW Archer Road, Gainesville, FL 32608

Contact: 352-376-1611 Ext. 106456

24 Hour Crisis Line: 1-800-273-8255, Option #1 or Text 838255

The mental health services at the North Florida/South Georgia Veterans Health System provide consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being. They conduct research and training to ensure state-of-the-art treatment.

## Resources from Mental Health America

### General

[BIPOC Mental Health](#)

[Infographic: BIPOC and LGBTQ+ Mental Health](#)

[Healthcare Disparities Among Black, Indigenous, and People of Color](#)

[BIPOC Communities and COVID-19](#)

[Racial Trauma](#)

[Racism and Mental Health](#)

[Emotional Support Human](#)

### Black and African American Communities

[Black and African American Communities and Mental Health](#)

[Black Pioneers in Mental Health](#)

[Bipolar Disorder and Black Americans](#)

[Depression in Black Americans](#)

### Latinx/Hispanic Communities

[Latinx/Hispanic Communities and Mental Health](#)

A complete list of Spanish language materials can be found at:

[Latinx/Hispanic Communities: Información y Materiales de Salud Mental en Español](#)

### Asian American/Pacific Islander Communities

[Asian American/Pacific Islander Communities and Mental Health](#)

[Asian American Health Initiative Resource Library](#)

### Native and Indigenous Communities

[Native and Indigenous Communities and Mental Health](#)

### LGBTQ+ Communities

[LGBTQ+ Communities and Mental Health](#)

[Bullying: LGBT Youth](#)

[Gay, Lesbian, and Straight Education Network – Educator Resources](#)

[Gay, Lesbian, and Straight Education Network – Student and GSA Resources](#)

[Human Rights Campaign – Tools for Equality and Inclusion](#)

### Screening

MHA's has 10+ screening tools available in English and provides screens for depression and anxiety in Spanish on their [website](#). Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition and results can be used to start a conversation with friends, family members, or health care professionals.

### Tools 2 Thrive

MHA's Tools 2 Thrive materials provide practical tools (tips and worksheets) that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.

Downloadable Tools2Thrive [toolkit](#) in English

Downloadable Spanish language versions of Tools2Thrive (Herramientas Para Prosperar) [materials](#)

## Organizations and Communities

### General

#### [American Foundation for Suicide Prevention](#)

Established in 1987, the American Foundation for Suicide Prevention is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. It is dedicated to saving lives and bringing hope to those affected by suicide.

#### [Inclusive Therapists](#)

This is a mental health community that commits to and practices advancing justice and equity for all intersectional identities; culturally affirming and responsive client care; centering the needs of marginalized, underserved populations; celebrating all identities and abilities in all bodies; decolonizing and destigmatizing mental healthcare; and dismantling systemic oppression and white supremacy in mental healthcare.

#### [Mental Health America \(MHA\)](#)

MHA is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all. MHA's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

#### [National Alliance on Mental Illness](#)

The Jacksonville affiliate of the NAMI is an informal organization of the family and friends of people with a mental illness. They give support and friendship to each other and advocate for a greater number of services at a higher level of quality for those who have mental illness. Members share the knowledge gained through their own experiences – both successes and failures. Similar experiences foster supportive networks to assist those going through a time of crisis or heartache. Some of their programming is as follows:

[Family to Family](#) - Free, 8-session program for family, significant others and friends of people living with mental illness.

[In Our Own Voice](#)- Presenters with lived experience provide a personal perspective of mental illness.

[Family Support Group](#) - This is a trained facilitator led support group for family members, caregivers and loved ones of individuals living with mental illness.

#### [National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

#### [Project LETS](#)

They build peer-led communities of support, education, and advocacy for folks with lived experience of mental illness, trauma, disability, and/or neurodivergence. They believe that principles of disability justice are key components to supporting collective healing and human rights.

#### [Substance Abuse and Mental Health Services Administration](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

## Black and African American Communities

### [Black Emotional and Mental Health \(BEAM\)](#)

BEAM is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.

### [The Boris Lawrence Henson Foundation \(BLHF\)](#)

BLHF is committed to changing the perception of mental illness in the African-American community by encouraging those who suffer to get the help they need. Their vision is to eradicate the stigma around mental health issues in the African American community. See their [directory](#) of mental health providers and programs that serve the Black community.

### [Dive in Well](#)

Dive in Well seeks to amplify diverse voices in wellness, which means wellness for all, by providing the tools to empower both individuals and businesses in the form of digital workbooks, workshops, consulting, and corporate training.

### [The Loveland Foundation](#)

The Loveland Foundation is the official continuation of efforts for Black woman and girls nationally to receive therapy support. It seeks to bring opportunity and healing to communities of color and especially to Black women and girls. Through fellowships, residency programs, listening tours, and more, they hope to contribute to both the empowerment and liberation of the communities they serve.

### [My Brothers' Keeper \(MBK\)](#)

MBK leads a cross-sector national call to action focused on building safe and supportive communities for boys and young men of color where they feel valued and have clear pathways to opportunity.

### [Therapy for Black Girls](#)

So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant. There is a [directory](#) to find a therapist in your area.

### [Therapy for Black Men](#)

In partnership with licensed mental health professionals and coaches in private practice throughout the fifty states, TherapyForBlackMen.org provides proactive, multiculturally competent care to men of color. They make it easy for clients and therapists and coaches to connect with each other. There is a [directory](#) to find a therapist in your area.

## Latinx/Hispanic Communities

### [The Focus on You](#)

This is a self-care, mental health, and inspirational bog written by a Latina therapist.

### [Latinx Therapy](#)

Latinx Therapy was founded with the missions to destigmatize mental health in the Latinx community and thus strives to provide culturally-grounded workshops and services.

### [Therapy for Latinx](#)

A national mental health organization that provides resources for Latinx communities to heal, thrive, and become advocates for their own mental health. There is a [directory](#) to find a therapist in your area.

## Asian American/Pacific Islander Communities

### [Asian American Health Initiative \(AAHI\)](#)

AAHI was formed with a mission of addressing the unique and neglected health needs of Asian Americans in Montgomery County. Programs are framed around four Core Priority Areas (Community Engagement, Community

Empowerment, Capacity Building, and Change Catalyst) to address the prevalence of significant health disparities in the community, particularly for health concerns that can lead to cancer, osteoporosis, hepatitis B, diabetes, tobacco use, heart disease, and mental health.

#### [Asian American Psychological Association \(AAPA\)](#)

AAPA is dedicated to advancing the mental health and wellbeing of Asian American communities through research, professional practice, education, and policy. <https://aapaonline.org/>

#### [Asian Mental Health Collective \(AMHC\)](#)

AMHC aims to normalize and destigmatize mental health within the Asian community by making mental health easily available, approachable, and accessible to Asian communities worldwide.

#### [South Asian Therapists](#)

This is the home of the largest global community of South Asian therapists, including of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghani and Nepali heritage.

### **Native and Indigenous Communities**

#### [WeRNative](#)

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in the local communities and nation at large.

### **LGBTQ+ Communities**

#### [Gay, Lesbian, and Straight Education Network \(GLSEN\)](#)

GLSEN is a national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive K-12 education. They advise on, advocate for, and research comprehensive policies designed to protect LGBTQ students as well as students of marginalized identities.

#### [JASMYN](#)

JASMYN supports and empowers LGBTQ young people by creating safe space, providing health and wholeness services and offering youth development opportunities, while bringing people and resources together to promote equality and human rights.

#### [LGBT National Help Center](#)

The LGBT National Help Center, founded in 1996, is a non-profit, tax-exempt organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity. Utilizing a diverse group of LGBT volunteers, they operate three national hotlines as well as private, volunteer one-to-one online chat, that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems and a lot more.

#### [National Queer and Trans Therapists of Color Network \(NQTTCN\)](#)

NQTTCN is a healing justice organization committed to transforming mental health for queer and trans people of color. They work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. They have a [Mental Health Fund for Queer and Trans People of Color](#) and a [Mental Health Practitioner Directory](#).

#### [Parents, Families, and Friends of Lesbians and Gays \(PFLAG\)](#)

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.



### [SAGE: Advocacy and Services for LGBT Elders](#)

SAGE is a national advocacy and service organization that has been looking out for LGBT elders since 1978. They build welcoming communities and keep issues in the national conversation to ensure a fulfilling future for all LGBT people.

### [The Trevor Project](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25, including the [TrevorLifeLine](#), which provides 24/7 support via phone, text, or online chat.

### [To Write Love on Her Arms](#)

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

## Hotlines/Helplines

### [Alcoholics Anonymous](#)

Al-Anon has but one purpose: To help families of alcoholics.  
Call: 904-350-0600

### [Crisis Text Line](#)

Crisis Text Line is free, 24/7 support for those in crisis. They train volunteers to support people in crisis. With over 4 million conversations to date, we're growing quickly, but so is the need.  
Text: HOME to 741741

### [Florida Abuse Hotline](#)

The Florida Abuse Hotline accepts reports 24 hours a day and 7 days a week of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult. Please use the following links to report a child or adult abuse: [Report Child Abuse Online](#) and [Report Adult Abuse Online](#)  
Call: 1-800-962-2873 or 1-800-955-8771 (hearing impaired line)  
If you suspect or know of a child or vulnerable adult in immediate danger, call 911.

### [Rape Crisis Intervention](#)

The Rape Crisis Hotline provides immediate assistance for people who are survivors of rape, incest and other forms of sexual assault. Assistance may include steps to ensure the person's safety, short-term emotional support, information regarding the person's rights and alternatives, and referrals and/or accompaniment to resources for medical, legal and emotional needs, advocacy and other related services.  
Call: 904-358-RAPE (7273)

### [National Child Abuse Hotline](#)

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential. Live chat is also available on the website.  
Call or Text: 1-800-4-A-Child or 1-800-422-4453

### [National Domestic Violence Hotline](#)

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages. Live chat is also available on the website.  
Call: 1-800-799-SAFE (7233) or 1-800-787-3224 (hearing impaired line)

### [National Sexual Assault Hotline](#)

Created and operated by the Rape, Abuse & Incest National Network (RAINN), the National Sexual Assault Hotline is partnered with more than 1,000 local sexual assault service providers. Anyone affected by sexual assault, whether it happened to you or someone you care about, can find support. Live chat is also available on the website.  
Call: 1-800-656-HOPE (4673)

### [National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The lifeline is comprised of a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices.  
Call: 1-800-273-TALK (8255)



### Samaritans

Samaritans' mission is to reduce the incidence of suicide by alleviating despair, isolation, distress and suicidal feelings among individuals in the community, 24 hours a day; to educate the public about suicide prevention; to help those who have lost a loved one to suicide; and to reduce the stigma associated with suicide. They accomplish this through services that emphasize confidential, nonjudgmental, and compassionate listening.

Call or Text: 877-870-4673

### United Way of Northeast Florida Crisis Intervention and Suicide Prevention

United Way 2-1-1 is the suicide intervention and prevention helpline for Northeast Florida and is nationally accredited by the American Association of Suicidology. Call Center Specialists are also certified and trained to handle crisis and suicide-related calls.

Dial: 211

Call: 1-904-632-0600

## Other Resources

### [Hubbard House](#)

Serving Duval and Baker Counties, Hubbard House is a full-service certified domestic violence center. They have answered more than 101,500 hotline calls and sheltered more than 42,900 survivors and their children in its life-saving and life-changing 44-year history. The agency's impact can be measured in suffering spared, lives liberated and tragic deaths avoided right here in the local community.

Call: 904-354-3114 or 904-354-3958 (hearing impaired line)

### [Quigley House](#)

Quigley House is a comprehensive domestic violence and sexual assault center serving the Clay County area in northeast Florida. Their mission is to provide crisis intervention, temporary shelter, protection, counseling, community education, and prevention programs to stop domestic abuse and sexual assault.

Call: 904-281-0061

### [Micah's Place Domestic Violence Center](#)

Micah's Place is a certified domestic violence center and the only one serving Nassau County, Florida. They offer a safe, confidential shelter, advocacy, a 24-hour toll-free hotline, counseling, legal advocacy, and support groups to victims of domestic violence. All of their services are free and confidential.

Call or Text: 904-225-9979