

MENTAL HEALTH and SUBSTANCE USE RESOURCE PAGE



***If this is an emergency and you feel your life or someone else's life is at risk, dial 9-1-1 for emergency response.
If you are struggling with suicidal thoughts, dial 9-8-8. If this is a mental health crisis, dial 2-1-1 for mobile crisis unit.***

This page, sponsored by US Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA), has mental health and substance use resources for the tri-county (Orange, Seminole and Osceola) area, as well as national hotlines.

**** This page is for resource information only. Please follow your organization's protocol for mental health or substance use crises or emergencies.****

INFORMATION ON YOUTH MENTAL HEALTH FIRST AID

- **National Council on Mental Wellbeing**

Visit www.mentalhealthfirstaid.org/ for information on all things mental health first aid and to find upcoming trainings visit www.mentalhealthfirstaid.org/take-a-course/find-a-course/. Inputting your location will show you in-person trainings nearby. You can also view virtual trainings. Adult mental health first aid trainings can also be found here. Costs vary by Instructor.

If you are interested in becoming an instructor visit www.mentalhealthfirstaid.org/become-an-instructor/. There is a cost associated with this.

NATIONAL & LOCAL HOTLINES

- **National Suicide Prevention Lifeline**

1.800.273.8255

Spanish 1.888.628.9454

Available 24/7/365 for FREE

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

- **Crisis TextLine**

Text "HOME" to 741-741

Available 24/7/365 for FREE

Visit www.crisistextline.org for more information.

Usually takes less than 5 minutes to connect with a crisis counselor.

Please note: during high volume times it may take longer.

- **Trevor Project Lifeline**

1.866.488.7386 or text "START" to 678-678

Available 24/7/365 for FREE

Visit www.thetrevorproject.org/ for more information and LGBTQ resources.

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- **National Youth LGBTQ+ Support Line**
1.800.246.7743
Monday - Friday, 1 to 9 p.m., Pacific time,
(Monday - Friday, 4 p.m. to midnight, Eastern time)
Saturday, 9 a.m. to 2 p.m., Pacific time
(Saturday, noon to 5 p.m., Eastern time)
www.LGBThotline.org
- **NEDA (National Alliance on Eating Disorders) Helpline**
If you are in a crisis and need help at once, call 988 or continue to contact Crisis Text Line by texting "NEDA" to 741741 to be connected with a trained volunteer at Crisis Text Line.
Visit www.nationaleatingdisorders.org/ for more information and eating disorder resources.
- **SAMHSA Disaster Distress Helpline**
1.800.985.5990, for Spanish press 2
Available 24/7/365 for FREE
Crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters.
- **SAMHSA National Helpline (Treatment Referral Routing Service)**
1.800.662.4357
Available 24/7/365 for FREE
Visit www.samhsa.gov/find-help/national-helpline for more information.
Visit <https://findtreatment.samhsa.gov/> for a Treatment Services Locator.
- **NAMI Helpline - National Alliance on Mental Illness**
1.800.950.6264
A FREE information and referral service
Available Monday through Friday, 10AM – 6PM
- **National Runaway Safeline**
1.800.786.2929
Available 24/7
www.1800runaway.org
- **National Domestic Violence Hotline**
1.800.799.7233
Available 24/7
TEXT: "START" to 88788
Live chat options on www.thehotline.org

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- **NCMEC (National Center for Missing and Exploited Children) 1.800.843.5678**
Available 24/7
www.ojjdp.ojp.gov/programs/national-center-missing-and-exploited-children
- **Lifeline of Central Florida**
352.629.9595
Available 24/7 for FREE
- **FEMA Hotline**
1.800.621.3362
Available 24/7 for FREE
www.Disasterassistance.gov

RESOURCE AND EDUCATION LINKS

- **Mental Health Association of Central Florida**
407.898.0110
FREE
www.mhacf.org/mental-health-connections/
Online and phone referral service to help you find mental health services in the Central Florida area that fit your needs.
- **NAMI of Greater Orlando - National Alliance on Mental Illness**
Visit <https://namigo.org/> for information and resources in the Greater Orlando area, including educational classes and support groups.
Visit www.nami.org/About-Mental-Illness for information on common mental health conditions, information on different treatments, and facts about mental health.
- **Mental Health America**
Visit <https://mhanational.org/MentalHealthInfo> for information on mental health conditions, signs and symptoms, facts, and statistics on mental health.
Visit <https://mhanational.org/self-help-tools> for self-help quizzes and tools, such as worksheets and exercises.

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BEHAVIORAL HEALTH HOSPITALS (Baker Act* Receiving Facilities)

**For people who are a danger to themselves, either because of psychosis or suicidal intention.*

You can call 9-1-1 and request a CIT Officer (Crisis Intervention Team) to provide you or your loved one transportation to the nearest hospital.

- **University Behavioral Center**
407.281.7000
Child/Adolescent and Adult Units
2500 Discovery Dr., Orlando, FL 32826
- **ASPIRE Health Partners**
407.875.3700

Child/Adolescent and Adult Units
434 West Kennedy Blvd., Orlando, FL 32810

Adult Units Only
407.875.3700 ext. 6186
1800 Mercy Dr., Orlando, FL 32808

Adult Units Only
407.323.2036
919 East Second St., Sanford, FL 32771
- **Central Florida Behavioral Hospital**
407.370.0111
Child/Adolescent and Adult Units
6601 Central Florida Pkwy., Orlando, FL 32821
- **Park Place Behavioral Health Care**
407.846.0023
Child/Adolescent and Adult Units
206 Park Pl Blvd., Kissimmee, FL 34741
- **Osceola Regional Medical Center**
407.518.5835
Adult Units Only
700 W. Oak St., Kissimmee, FL 34741