

MENTAL HEALTH LINKS

If a mental health or substance use challenge is affecting you or someone you know, there are several resources available to learn more or get connected with help. Explore the resources below to learn more.

If you are in crisis, or you know someone who is, contact the 988 Suicide & Crisis Lifeline or dial 911 in case of emergency.

- *Call or text 988.*
- *Chat 988lifeline.org.*
- *TTY users, use your preferred relay service or dial 711 then 988.*

Mental Health America <https://mhanational.org/>

National Council for Mental Wellbeing <https://www.thenationalcouncil.org/get-involved/members/>

National Empowerment Center <https://power2u.org/>

<https://www.mentalhealthfirstaid.org/mental-health-resources/>

988 Suicide & Crisis Lifeline: If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat 988lifeline.org/.

988 is confidential, free crisis service that is available to everyone 24 hours a day, seven days a week. The Lifeline connects people to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

Crisis Text Line

Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

Veterans Crisis Line

Call 1-800-273-TALK (8255) and press 1 or text to 838255

The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare.

National Disaster Distress Helpline

Call or text 1-800-985-5990

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

National Domestic Violence Hotline

- 1-800-799-7233
- Text "LOVEIS" to 22522
- TTY 1-800-787-3224

National Child Abuse Hotline

- 1-800-4-A-Child (1-800-422-4453)
- Text 1-800-422-4453

National Sexual Assault Hotline

- 1-800-656-HOPE (4673)
- [Online Chat](#)

The Eldercare Locator

- 1-800-677-1116
- [TTY Instructions](#)

Support Websites

- [National Helpline or call 1-800-662-HELP \(4357\)](#)
- [Mental Health Treatment](#)
- [National Alliance for Children's Grief](#)
- [National Runaway Safe Line](#)
- [Stop Bullying](#)
- [Florida Council Against Sexual Violence](#)
- [Florida Narcotics Anonymous](#)
- [National Eating Disorders Association](#)

- [Hope for Healing](#)
- [Local Community Resources](#)
- [Tobacco Free Florida](#)
- [211](#)

Support Hotlines

- National Domestic Violence Hotline 1-800-799-SAFE (7233)
- Florida Domestic Violence Hotline 1-800-500-1119, Florida Relay 711, TTY: 1-800-621-4202
- Florida Sexual Violence information line 1-888-956-7273
- National Runaway Safe line 1-800-RUNAWAY
- National Teen Dating Abuse Hotline 1-866-331-9474 - Text: LOVEIS to 22522
- National Human Trafficking Hotline 1-888-373-7888, Florida Relay 711, or Text 233733, <https://humantraffickinghotline.org/>
- Florida Abuse Hotline 1-800-962-2873 or TTY:1-800-955-8771
- Florida Elder Helpline 1-800-963-5337 or TTY: 1-800-955-8771
- Non-emergency Legal Hotline 1-800-500-1119, prompt 3
- [General Resources and Hotlines | Florida Department of Health](#)

Mental Health Helplines

[NAMI HelpLine | NAMI:](#) National Alliance on Mental Illness is a free nationwide peer-support service providing information, resources referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained, and able to provide guidance.

The NAMI HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m., EST.

1-800-950-NAMI (6264) or helpline@nami.org

[Teen Line:](#) An anonymous, nonjudgmental space for youth | Teen Line Teens can access personal peer- to-peer support from highly trained teens supervised by adult mental health professionals.

The Teen Line can be reached at 800-852-8336 Nationwide (6 PM - 10 PM PST) or TEXT TEEN to 839863

(6 PM - 9 PM PST)

[Mental Health Warmline:](#) Need to talk to someone? (Warmlines) - MHA Screening Call the warmline to have a conversation with someone who can provide support during hard times.

Whether you're in crisis or just need someone to talk to, a warmline can help. Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need help. Warmlines are free and confidential.

The Clear Warm Line can be reached at 1 (800) 945-1355. Hours: 4:00 PM - 10:00 PM EST Every night of the year including holidays.

Find a Behavior Health Care Provider

Florida Department of Children and Families Links to Managing Entities

The Department of Children and Families utilizes Managing Entities to contract with community service organizations to provide a full array of publicly funded mental health and substance abuse services. Find behavioral health service providers in your county at [Managing Entities - Florida Department of Children and Families](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

[Find Treatment | SAMHSA](#)

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, service category, payment options and languages spoken.

- [SAMHSA's National Helpline](#)
 - 1-800-662-HELP (4357)
 - TTY 1-800-487-4889