

Embrace Families Mental Health & 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 this is a mental health crisis, dial 2-1-1 for mobile crisis unit.

This page has mental health and substance use resources for the tri-county (Orange, Seminole, and Osceola) area, as well as national hotlines. Below you will find some basic categories with resources and useful information about each one.

This page is intended for use by individuals who have completed a training offered by the Mental Health Awareness Training Grant Project, and is informational only. The information provided in these documents does not allow users of these documents to hold the organization or organizations that provided them any liability for their use. Please follow your organization's protocol for mental health or substance use crisis or emergencies.

National & Local Hotlines

- **National Suicide Prevention Lifeline**
1-800-273-8255
Spanish 1-888-628-9454
Visit <https://suicidepreventionlifeline.org/chat> to speak with a crisis counselor
Available 24/7/365 for FREE
- **Crisis TextLine**
Text "HOME" to 741-741
Available 24/7/365 for FREE
Visit <https://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 <https://www.thetrevorproject.org/> for more information and LGBTQ resources
- **NEDA (National Alliance on Eating Disorders) Helpline**
1-800-931-2237
Available Monday through Thursday, 9AM – 9PM and Fridays from 9AM – 5PM for FREE
Visit <https://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 <https://www.samhsa.gov/find-help/national-helpline> for more information

Visit <https://findtreatment.samhsa.gov/> for a Treatment Services Locator

- **NAMI Helpline**

1-800-950-6246

Available Monday through Friday, 10AM – 6PM

A FREE information and referral service

- **Lifeline of Central Florida**

Community Crisis Line: 407-425-2624

Teen Crisis Line: 407-841-7413

Available 24/7 for FREE

Resource and Education Links

- **Mental Health Association of Central Florida**

407-898-0110

FREE

<https://www.mhacf.org/mental-health-connections/>

<https://www.mhacf.org/mental-health-connections-espanol/> for *Spanish form*

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**

Visit <https://namigo.org/> for information and resources in the Greater Orlando area, including educational classes and support groups.

Visit <https://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 quizzes and tools to help yourself like worksheets and exercises.

Behavioral Health Hospitals (Baker Act* Receiving Facilities)

*For people who are a danger to themselves either because of psychosis or suicidal intention, you may call 9-1-1 and request a CIT (Crisis Intervention Team) Officer to provide you or your loved one transportation to the nearest hospital

- **University Behavioral Center**
Child/Adolescent and Adult Units
2500 Discovery Dr., Orlando, FL 32826
407-281-7000
- **ASPIRE Health Partners**
Child/Adolescent and Adult Units
434 West Kennedy Blvd. Orlando, FL
407-875-3700
Adult Units Only
1800 Mercy Dr., Orlando, FL 32808
407-875-3700 ext. 6186
Adult Units Only
919 East Second St Sanford, FL 32771
407-323-2036
- **Central Florida Behavioral Hospital**
Child/Adolescent and Adult Units
6601 Central Florida Pkwy., Orlando, FL 32821
407-370-0111
- **Park Place Behavioral Health Care**
Child/Adolescent and Adult Units
206 Park Pl Blvd., Kissimmee, FL 34741
407-846-0023
- **Osceola Regional Medical Center**
Adult Units Only
700 W Oak St., Kissimmee, FL 34741
407-518-5835