

QUICK GUIDE TO BEHAVIORAL HEALTH RESOURCES

GET HELP IN A CRISIS SITUATION



Call or text 988 to speak with a trained call counselor. FREE and CONFIDENTIAL.

- Suicide prevention and counseling; crisis de-escalation
- Connection to Mobile Response Teams (non-law enforcement mental health professionals)
- Information on local behavioral health services (currently available by phone only)
- Connection to Central Receiving Facilities for 23-hour crisis inpatient services and other crisis stabilization options
- Access to detox services



Call your local Mobile Response Team directly for an in-person response.

- 55 Mobile Response Teams serving children and adults in every county (response times vary)
- Staffed by behavioral health professionals and peers (not law enforcement, unless transportation for a Baker Act is requested).
- List of [Mobile Response Teams in Florida](#).



Medication overdose? Call the poison control hotline: 1-800-222-1222.



For life-threatening emergencies ONLY, call 911.

If a person is in a behavioral health crisis, ask for a CIT-trained officer.

RESOURCES FOR TREATMENT AND RECOVERY

2.1.1

Call 211 for help to access social support services in your community.



Contact your local Managing Entity for behavioral health services for uninsured and under-insured adults and children.

- 7 Managing Entities are local, not-for-profit organizations with community boards serving all counties.
- [Contact your regional Managing Entity by website or phone](#) to learn about free and subsidized behavioral health services in your area.



Learn about Specialty Team services.

Florida Assertive Community Treatment teams (FACT) provide a 24-hour-a-day, 7-days-a week, multidisciplinary approach to deliver comprehensive care to adults with serious mental illness.

Family Intensive Treatment teams (FIT) provide targeted treatment to parents with behavioral health conditions who come in contact with the child welfare system.

Forensic Multidisciplinary Teams (FMT) are community-based programs designed to divert individuals from involvement in the criminal justice system and from being committed to Forensic State Mental Health Treatment Facilities (SMHTFs) and other residential forensic programs.

Community Action Treatment teams (CAT) help children and young adults with behavioral health concerns to recover at home safely.



Connect with a Peer Recovery Organization

[Peer Recovery Organizations](#) offer support, resources, and advocacy for individuals in recovery from substance use disorders or mental health conditions, led by individuals with lived experience in recovery.

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RESOURCES FOR TREATMENT AND RECOVERY (CONTINUED)



Connect with your local NAMI (National Alliance on Mental Illness) organization.

20 NAMI affiliate organizations in Florida provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. Programs such as [Grupo de Apoyo para Familiares de NAMI](#), [NAMI Conexion](#), [NAMI Connection](#), [NAMI Family & Friends](#), [NAMI Family Support Group](#), [NAMI Family-to-Family](#), [NAMI In Our Own Voice](#), and [NAMI Peer-to-Peer](#) are offered at different locations and sometimes virtually.



Connect with your local Mental Health America or Mental Health Association organization.



There are eight [Mental Health America affiliate organizations in Florida](#) plus the [Mental Health Association of Central Florida](#). These organizations advance the mental health and well-being of all people through public education, research, advocacy and policy, and direct services to the community.



Find a Clubhouse in your area.

[20 mental health Clubhouses in Florida](#) follow the International Clubhouse model, a community-based service dedicated to supporting and empowering people living with mental illness, known as Clubhouse members. Based on the Clubhouse Model of psychosocial rehabilitation, each Clubhouse offers a collaborative, restorative environment where Clubhouse members can recover by gaining access to opportunities for employment, socialization, education, skill development, housing and improved wellness.



Get support for individuals experiencing first episodes of psychosis.

[Coordinated Specialty Care \(CSC\)](#) is a recovery-oriented treatment program for people with **first episode psychosis** (FEP). CSC promotes shared decision making and uses a team of specialists who work with the participant to create a personal treatment plan..



Find a Psychiatrist, Psychologist and other behavioral health professional in your area.