

# WELL BEINGS

## South Florida Mental Health Resource Toolkit



# WELL BEINGS

The **WELL BEINGS** campaign addresses the critical health needs of Americans through broadcast content, original digital content, and impactful local events. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including patients, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit [WellBeings.org](https://WellBeings.org) or follow @WellBeingsOrg on [Instagram](#), [Facebook](#), or [Twitter](#), and join the conversation with #WellBeings.

Mental Health challenges come in many forms, from all walks of life. **WELL BEINGS** has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about that might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line** (text **HELLO** to **741741**) or call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.



# LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of South Florida residents. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in South Florida.

## **STATEWIDE:**

### **FLORIDA INITIATIVE FOR SUICIDE PREVENTION (FISP)**

<https://fisponline.org/>

[fisp@fisponline.org](mailto:fisp@fisponline.org)

**954-384-0344**

FISP provides suicide prevention educational programs, support for survivors of suicide loss, and prevention programs.

### **MENTAL HEALTH AMERICA OF SOUTHEAST FLORIDA**

<https://www.mhasefl.org/>

**954-746-2055**

Promotes mental health through education, prevention, research, advocacy, and empowerment. Services include information and referral, school-based prevention programs, education, and parent support.

## **BROWARD COUNTY:**

### **9MUSES ART CENTER**

<https://www.9musesartcenter.org/>

**954-578-5640**

The 9Muses Art Center is an adult services Drop-In Center for use by individuals who have a history of mental illness or are currently dealing with a mental illness.

### **BEHAVIORAL HEALTH INFO LINE**

**954-396-4636**

Specialized 24-hour helpline providing information and referrals for mental health services, substance abuse prevention and treatment, case management and other specialized behavioral health services.

### **BROWARD COUNTY MENTAL HEALTH RESOURCES**

**954-537-0211**

Specialized 24-hour helpline providing information and referral for mental health services and treatment programs.

### **NAMI BROWARD COUNTY**

<https://namibroward.org/>

**954-316-9907**

Dedicated to the eradication of stigmas associated with mental illnesses and to the improvement of the quality of life for all affected by these diseases. Provides free support groups, education classes and seminars, legislative advocacy, and information for people in our community living with mental illness as well as their loved ones.

### **NEW DIRECTION INSTITUTE**

<http://newdirectioninstitute.org/>

New Direction is a site for all mental health disorders. Information on causes, symptoms, diagnostic assessments and treatments including medical and psychological interventions are discussed.

### **OUR CHILDREN OUR FUTURE**

<https://www.ourchildrenourfuturefl.org/>

**954-929-7515**

Specialists in children's behavioral health, Our Children Our Future Inc. provides children and families with emotional health care services.

### **MIAMI-DADE AND MONROE COUNTIES:**

### **FELLOWSHIP HOUSE**

<https://fellowshiphouse.org/>

**305-667-1036**

Assisting adults with persistent psychiatric disabilities including those with co-occurring substance abuse disorders, helping them achieve the maximum level of community integration and self-reliance.

### **JEWISH COMMUNITY SERVICE OF SOUTH FLORIDA (JCSFL)**

<https://jcsfl.org/services/helpline/>

**305-358-HELP (4357)**

Helpline serves individuals, families, and businesses in Miami-Dade County. Counselors with specialized training help callers find their way through difficult challenges, providing crisis counseling, information, and referral services.



# LOCAL RESOURCES

## **NAMI MIAMI-DADE COUNTY**

<https://namimiami.org/>

305-665-2540 English

786-308-9680 Spanish

Provides free educational programs, presentations, support, and advocacy for individuals living with mental health challenges as well as their families, friends, and caregivers.

## **OPEN COUNSELING**

<https://www.opencounseling.com/crisis-lines/florida/miami>

1-800-273-TALK (8255)

OpenCounseling is dedicated to making affordable counseling easier to access for everyone. This page contains a list of Miami mental health crisis lines.

## **THE KEY CLUBHOUSE OF SOUTH FLORIDA**

<https://www.keyclubhouse.org/>

305-693-3508

Supporting people whose lives have been disrupted by mental illness, providing the opportunity to recover with meaningful and productive lives through self-directed reintegration into the workplace and the community.

## **THRIVING MIND SOUTH FLORIDA**

<https://www.thrivingmind.org/>

[information@thrivingmind.org](mailto:information@thrivingmind.org)

305-858-3335

Working to ensure that families and individuals affected by mental illness and substance use disorders in Miami-Dade and Monroe counties can readily access effective and compassionate services that lead to health and recovery.

## **PALM BEACH AND MARTIN COUNTIES:**

### **BOCA RATON'S PROMISE**

<https://www.bocaratonspromise.org/>

[info@bocaratonspromise.org](mailto:info@bocaratonspromise.org)

561-866-1850

To identify mental health needs in Boca and Palm Beach County and provide education and awareness activities for early access to services.

### **LEGACY BEHAVIORAL HEALTH**

<http://legacybhc.com/>

[legacy@legacybhc.com](mailto:legacy@legacybhc.com)

561-616-8411

Provides therapeutic behavioral on-site for psychological, psychiatric, counseling and medication services, serving residents of Martin, Okeechobee, St. Lucie, Indian River, and Palm Beach Counties.

### **MENTAL HEALTH AMERICA OF PALM BEACH COUNTY**

<https://mentalhealthpbc.org/>

561-801-HELP (4357)

Providing information on abuse, autism, counseling for adults and children, psychiatric services, and drop-in centers. Includes the Peer Place Community Support Center, a supportive culture for mental health patients to live openly and connect with others.

## **NAMI MARTIN COUNTY**

<https://namimartincounty.org/>

772-285-0967

Supports, educates and advocates in areas related to mental illness and mental health. A volunteer non-profit, they encourage others to join with them in working to increase community awareness of the impacts of mental illness. Although they've temporarily ceased meeting together in person for support groups, they do continue to meet up online.

## **NAMI PALM BEACH COUNTY**

<https://namipbc.org/>

561-588-3477

Dedicated to providing education, support and advocacy, with the goal to empower individuals living with mental illness and their families, and to eliminate the associated stigma. Support groups, community resources, advocacy, educational programs and peer mentoring are just some of the many services provided to Palm Beach County residents.

## **WEST PALM BEACH MENTAL HEALTH COALITION**

<http://www.westpalmbeachmentalhealth.com/>

[info@westpalmbeachmentalhealth.com](mailto:info@westpalmbeachmentalhealth.com)

561-888-6539

Seeking to address issues and offer resources for West Palm Beach residents relating to mental health/illness and is a part of an initiative spreading throughout Palm Beach County.

# NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

## ACTIVE MINDS

<https://www.activeminds.org>

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

## AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

[www.aacap.org](http://www.aacap.org)

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

## AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice. Talk. Act. at School 2020 Briefing Report](#)

Notice. Talk. Act.™ at School uses the unique position of teachers and educational staff to monitor and interact with middle school, junior high, and high school adolescents on a daily basis. Early referral to treatment is key in preventing or lessening maladaptive outcomes, and evidence-based reviews support the implementation of school-based programs to alter negative

trajectories and give youth the greatest chance possible for a healthy future.

### [What do Disruptive Behaviors Indicate?](#)

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

### DIVERSITY & HEALTH EQUITY EDUCATION:

<https://www.psychiatry.org/psychiatrists/cultural-competency/education/indigenous-patients>

[nwoods@psych.org](mailto:nwoods@psych.org)

American Indian, Alaska Native, and Native Hawaiian populations have disproportionately higher rates of mental health problems than that of the general U.S. population. Some of these mental health challenges have been directly linked to the intergenerational historical trauma forced upon this population. Further, Indigenous populations in the U.S. are diverse in languages, cultures, and histories, which results in their varied experiences and responses to these historical traumas. Use this resource to browse and download diversity and health equity educational content and toolkits.

### WORKING REMOTELY DURING COVID-19:

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

[workplacementalhealth@psych.org](mailto:workplacementalhealth@psych.org)  
202-559-3900

We are navigating uncharted waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

### RESILIENCE: A STRONG WORKFORCE NEEDS IT

<http://workplacementalhealth.org/Mental-Health-Topics/Resilience>

[workplacementalhealth@psych.org](mailto:workplacementalhealth@psych.org)  
202-559-3900

Our fast-paced culture results in people working hard, meeting tight deadlines, managing work relationships and staying constantly connected through mobile devices. But this pace can lead to stress and burnout. Resilience is a key strategy that helps employees tackle stress, a competitive job market, workplace conflicts, and address challenges on the job.

# NATIONAL RESOURCES

## CALL TO MIND

[calltomindnow.org](http://calltomindnow.org)

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

## CREDIBLEMIND & WELL BEING TRUST

<https://wellbeingtrust.org/mental-health-resources/>

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

## DANA FOUNDATION

[dana.org](http://dana.org)

[danainfo@dana.org](mailto:danainfo@dana.org)

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

## DEPRESSION & BIPOLAR SUPPORT ALLIANCE

<https://www.dbsalliance.org/brochures/>

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

## HERSH FOUNDATION

[http://www.struckbyliving.com/uploads/resources/Adult\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf)

[http://www.struckbyliving.com/uploads/resources/College\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf)

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

## HOPE SQUAD

[hopesquad.com](http://hopesquad.com) #hopesquads

[support@hopesquad.com](mailto:support@hopesquad.com)

801-342-3447

A peer-to-peer suicide prevention program for grades 4–12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

## KAISER PERMANENTE THRIVING SCHOOLS

<https://thrivingschools.kaiserpermanente.org>

Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

## MENTAL HEALTH FIRST AID

<https://www.mentalhealthfirstaid.org>

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

## MOVEMBER CONVERSATIONS

[conversations.movember.com](http://conversations.movember.com)

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

# NATIONAL RESOURCES

## NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

[www.nami.org](http://www.nami.org) #NotAlone

Call the NAMI Helpline at

800-950-6264 M-F, 10 am-6pm, ET

Or in a crisis text “NAMI” to 741741 for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at [nami.org](http://nami.org) | [facebook.com/nami](https://facebook.com/nami) [instagram.com/namiconnnect](https://instagram.com/namiconnnect) [twitter.com/namiconnnect](https://twitter.com/namiconnnect)

## NAMI Basics OnDemand

[NAMI Basics OnDemand](#)

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

[The OnDemand program](#) is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

## NEST HEALTH

<https://www.nesthealth.io>

One on one support when you want it. Nest Health provides a complete support system to make life easier. This includes private, personalized guidance, online events and group classes that focus on an individual’s unique needs, wants, and goals. Come with a problem. Leave with a personalized action plan.

## ONE MIND PSYBERGUIDE

<https://onemindpsyberguide.org/>

[info@psyberguide.org](mailto:info@psyberguide.org)

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

## OTSUKA PATIENT SUPPORT

[OtsukaPatientSupport.com](http://OtsukaPatientSupport.com)

1-855-242-7787 (M-F, 8am-8pm ET)

“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.”

- Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit [otsukapatientssupport.com](http://otsukapatientssupport.com) or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

## SUTTER HEALTH

<https://www.sutterhealth.org/about/mental-health>

24-Hour Crisis Support Call  
(800) 273-TALK(8255)

Text Crisis Line

Text MHA to 741741 for support.

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person’s total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

## THE STEVE FUND

[www.stevelfund.org](http://www.stevelfund.org)

[info@stevelfund.org](mailto:info@stevelfund.org)

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.



# NATIONAL RESOURCES

## **STRONG 365**

[strong365.org](https://strong365.org) #URstrong

@strong365community

(Facebook, Instagram)

@strong365 (Twitter)

Enter code “strong” to connect with trained listeners for free, 24/7:

[7cups.com/p/strong365/?wla=strong365](https://7cups.com/p/strong365/?wla=strong365)

[info@strong365.org](mailto:info@strong365.org)

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

## **THE TREVOR PROJECT**

[www.TheTrevorProject.org](https://www.TheTrevorProject.org)

If you or someone you know needs help or support, contact The Trevor Project’s TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at [TheTrevorProject.org/Help](https://TheTrevorProject.org/Help), or by texting 678-678.

The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ young people.

## **THE YOUTH MENTAL HEALTH PROJECT The Parent Support Network™**

[ymhproject.org/parent-support-network](https://ymhproject.org/parent-support-network)

#youthmentalhealthproject

[parentsupportnetwork@ymhproject.org](mailto:parentsupportnetwork@ymhproject.org)  
773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

## **THIS IS MY BRAVE**

<https://thisismybrave.org>

This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

## **WORK2BEWELL**

[Work2BeWell](https://work2bewell.org)

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.



# WELL BEINGS

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## PARTNERS

