



MENTAL HEALTH RESOURCES

ORLANDO

► **Mental Health Support, Education & Resources - NAMI Greater Orlando**

NAMI Greater Orlando (NAMIGO) is Central Florida's leading provider of free educational programs, support services and advocacy efforts for people living with mental illness as well as their family, friends, caregivers, and mental health services providers. NAMI Helpline: M-F 10 a.m. – 10 p.m. ET. Call: 800-950-NAMI (6264). Text: 62640.

► **Central Florida Mental Health Services**

CFMHS is a full-service behavioral health center in Orlando, serving all of Central Florida. They offer a wide range of services to meet the mental and behavioral health needs of the community, including assessment, psychiatric, therapy, support, prevention and case management, all aimed at improving the well-being and mental health of the community.

Central Florida Cares Health System: Offers crisis intervention and access to substance abuse treatment. Call: 407-836-1500.

► **Mental Health - Orange County Government Florida**

The Orange County Mental Health and Homeless Division ensures that quality mental health services for individuals and families, children and adults, are available and accessible in this community. If you or a family member is in crisis due to a mental health crisis, please call 911 and request the assistance of a CIT Officer or contact [Aspire Health Partners](#) at 407-875-3700.

► **Home - Mental Health Association of Central Florida**

The Mental Health Association of Central Florida (MHACF) is the leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. If you are seeking a referral for a mental health or community resource, please instead use the [referral form](#). If this is a mental health crisis, please call or text 988.

► **Orlando Mental Health Hotline**

Mental Health Hotline is an integral resource when seeking an alternative to an Orlando crisis line. It's a free, 24-hour service established to provide resources for those seeking help and connect them with appropriate and local care. 866-903-3787

► **Mental Health Disorder Resources - Florida Department of Health**

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Contact them at 850-245-4465 or by email at BE@flhealth.gov for more information about local and national resources and services.