

State of Florida

Mental Health Resources

24/7 Crisis Hotlines (Available Anywhere in FL)

- 988 Suicide & Crisis Lifeline – Free, confidential support by call, text, or chat, 24/7. Call or text 988 – www.988floridahealth.gov
- Florida Mental Health Hotline (866-903-3787) – Statewide crisis line available 24/7. mentalhealthhotline.org
- SAMHSA National Helpline (1-800-662-HELP/4357) – Free, confidential, English/Spanish support and referrals – www.samhsa.gov
- Crisis Text Line – Text HOME to 741741 for 24/7 crisis counseling – www.crisistext.org
- NAMI HelpLine (1-800-950-NAMI) – Peer-based emotional support (Mon–Fri). <https://www.namiflorida.org>

State & County Mental Health Programs

- Florida Dept. of Health – Mental Health Services – State wellness programming, prevention, and referrals – www.floridahealth.org
- Florida Dept. of Children & Families – Children’s Mental Health – Free services, counseling, family support – www.floridahealth.org
- MyWellbeing.com – Free resource directories including community counseling, peer groups, and student-run clinics mywellbeing.com

University-Based Counseling & Support

- UCF Community Counseling & Research Center – Free therapy by graduate trainees (Central FL) – (813) 974-2831
- USF Student Outreach & Support – Free crisis/emotional support for community access – usf.edu – (813) 974-2831

Regional Nonprofits & Community Centers

- NAMI Florida – Free online and in-person support groups, education, advocacy statewide – namiflorida.org
- Mental Health Association of Central Florida (MHACF) – Peer support, referrals, educational workshops – mentalhealthhotline.org – www.mhacf.org
- Thriving Mind South Florida – Free crisis services for uninsured in Miami-Dade & Monroe; including 988, outreach, peer support – www.thrivingmind.org – (305) 858-3335
- Pridelines (Miami-Dade) – LGBTQ+ community center offering free mental-health counseling, case management – www.pridelines.org
- Harbor House of Central Florida – 24/7 hotline and free counseling for domestic violence survivors – www.harborhousefl.com

Peer & Specialty Support Services

- Crisis Text Line – Serves teens/adults in crisis via text
- Trans Lifeline – 24/7 peer support by/for trans individuals (via 988 reroute) – www.thrivingmind.org
- The Trevor Project – 24/7 support for LGBTQ+ youth via call/text/chat – www.thetrevorproject.org
- NEDA Helpline (1-800-931-2237) – Free support for eating disorders – www.nationaleatingdisorders.org
- RAINN (1-800-656-HOPE) – Free, 24/7 support for survivors of sexual assault – www.rainn.org

Community Mental Health Centers

- Local Community Mental Health Centers – State-funded clinics offering free/subsidized care; use 988 or 211 for nearby referrals
- Florida Community Treatment Services (ACTS) – Behavioral health support and outreach across counties
- Crisis Center of Tampa Bay – 24/7 crisis support, domestic violence, substance abuse, EMT transports – hcfl.gov

Support via Libraries & Public Institutions

- **Public Libraries (Statewide)** – Offer free internet, meeting spaces for mental health groups, quiet zones, wellness events—check your local branch.
- **Esri** often partners with community agencies—check the Florida Department of Health and local Health Councils for free mindfulness, social wellness workshops.

Quick Comparison & When to Use What

Need	Resource	Why It Helps
Immediate Crisis	988 / Florida Hotline / Crisis Text	24/7 support
Peer-Led Support	NAMI, MHACF, Pridelines, The Trevor Project, NEDA,	Group support tailored to identity/lived experience
Uninsured/In-need	Thriving Mind, UCF, community centers	Free therapy, outreach
Youth or Family Needs	DCF Children's Mental Health, SamHubs	Special programs for kids/families
Local Clinics	Community Mental Health Centers	Long-term counseling & stabilization