

MENTAL HEALTH RESOURCES

Florida HEALTH

Stress from traumatic events, such as natural disasters or emergency situations, may cause anxiety, depression, or panic attacks.

RESOURCES ARE AVAILABLE. GET HELP TODAY.



988 Florida Lifeline

Available 24/7, providing free and confidential support by highly-trained crisis counselors for those in distress.

- 988
- 988
- 988LifeLine.org



211 Network

Available 24/7, providing free and confidential emotional support, crisis counseling, suicide prevention, and local information and referrals.

- 211
- 211.org



Veterans Crisis Line

Available 24/7, providing veterans, their families, and friends with free and confidential support by highly-trained crisis counselors.

- 988, option 1
- 838255
- VeteransCrisisLine.net



Activate Hope

Serving as emergency response for Hope Florida, by partnering private, nonprofit, and governmental resources to assist Floridians following a natural disaster.

- 833-GET-HOPE
(438-4673)
- HopeFlorida.com



Some healthy ways to cope with the feelings you may be experiencing:

BE IN THE MOMENT

- Name 3 things you see.
- Name 3 sounds you hear.
- Move 3 parts of your body.

BREATHE

- Count to 4 as you take a deep, slow breath.
- Breathe out for 8 counts.
- Repeat 3-7 times or until calm.

CHANGE YOUR FOCUS

- Listen to music.
- Talk to someone you trust.
- Engage in a physical activity.

Prevent an Overdose: iSaveFL.com

You can save a life and prevent an overdose by carrying naloxone. Locate naloxone providers in your area and additional resources for community support.

