

Community-Based Mental Wellness Resources

HELP LINES/SUPPORT LINES

2-1-1 Northwest Florida: is a program of the [United Way of West Florida](#) and [United Way of Northwest Florida](#) dial 211 on your phone -- They work to make service and resource searching easy - to help you, your neighbor or the social service professional. Staff is also trained to stimulate the development of individual problem-solving concepts and educate the public on alternatives to the crisis response.

9-8-8 Suicide and Crisis Lifeline Also available 800-273 TALK (8255)
www.suicidepreventionlifeline.org

Children's Home Society of Florida: 888-733-6303 Free 24/7 counseling through the [Family Support Warm Line](#) (Telehealth Services available).

Crisis Text Line: Text GULF to 741741 – Available 24/7, confidential crisis support by text

Mobile Response Team (MRT): 24/7 Hotline – 866-517-7766 Provides around-the-clock intervention and support to all individuals in Escambia, Santa Rosa, Okaloosa and Walton Counties dealing with a behavioral or mental health crisis. **It is a mobile unit, so it comes to you if needed.** They also provide help over the phone.

NAMI Pensacola Help Line: The NAMI Pensacola HELPLINE responds to over a thousand requests each year and provides free referrals, information, and support. 850-208-1609 or email at: namipensacola@gmail.com. [https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Program-Details-\(1\)?state=FL&local=0011Q000022G6xJQAS](https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Program-Details-(1)?state=FL&local=0011Q000022G6xJQAS) for more information.

SAMHSA Disaster Distress Helpline: 800-985-5990 or text TALKWITHUS to 66746 (TTY 800-846-8517)

LOCAL MENTAL HEALTH SERVICES AND SUPPORTS

("In accordance with School Board Policy 9.40, distribution of these materials is in no way an endorsement of services, activities, and/or products by Santa Rosa County District Schools.")

Adult and Child Mental Health Care: Santa Rosa Office, 4622 Summerdale Dr. Pace, FL 32571
(850) 466-3200 www.acmhc-fl.org

Apex Psychiatric Services, LLC: 308 S. Jefferson St., Pensacola, FL 32502 (850) 807-0138
www.apexpsychiatricervices.com

Avalon Center/Lakeview Center: 6024 Spikes Way, Milton, FL 32583 **(850)-437-8900**
www.elakeviewcenter.org

Bridgeway Center Inc.: 137 Hospital Drive NE Ft. Walton Beach, FL **(850) 833-7500**
www.bridgewaycenter.org

Cornerstone Counseling Group, LLC: 8750 Ortega Park Drive, Navarre, FL 32566 Phone: **(850) 710 -3306** Fax: (850) 396 – 0920 www.cornerstonecounselinggroupllc.com

Hope Counseling Services: 6820 Hwy. 87N, Milton, FL and 9999 Chemstrand Road, Pensacola, FL **(850) 471-3430** www.faithandhopecounseling.com

Integrative Therapy Center, LLC: 5643 Stewart Street, Milton FL **850-490-2366**
www.integrative-therapy-center.com

Santa Rosa Counseling Center: 5441 Berryhill Road Milton, FL 32570 **(850)626-7779**
www.santarosacounseling.org

This is not an exhaustive list of resources. If you have any other questions related to mental health resources or supports contact Cindy Peaden, Coordinator of Mental Health Services at 850-983-5150 x 1215 or email at peadenc@santarosa.k12.fl.us.