

Coronavirus Mental Health Resources for the Public

Florida Blue - Blue Shield (833) 848-1762

24-hour statewide free emotional support helpline
Insurance coverage by Florida Blue not required - English & Spanish

Catholic Charities of the Archdiocese of Palm Beach (561) 891-0379

for uninsured and underinsured
Indian River, Martin, Okeechobee, St. Lucie and Palm Beach Counties.

Catholic Charities of the Archdiocese of Miami (305) 754-2444

Broward, Miami-Dade and Monroe Counties - English, Spanish & Creole

Jewish Community Services (305) 358-HELP (4357)

24-hour hotline - English, Spanish & Creole

Borinquen Medical Center (305) 576-1599

24-hour hotline - you must say you are requesting mental health
English & Spanish

Henderson Mental Health Clinic (954) 606-0991 daytime
Broward County (954) 739-8066 after hours

LGBTQ Youth gltbqalliance.org

Website for Miami-Dade youth 18 and under
Free mental health counseling

Children's Bereavement Center (888) 988-5438

"No Hugs, No Funeral, No Goodbye"

Free virtual bereavement groups for children, adults & families in English & Spanish.
Miami-Dade, Broward and Palm Beach Counties.

SalusCARE

Free Zoom meetings for parents
Mondays 2:30 pm
Wednesdays 10:00 am
Lee, Hendry and Collier Counties

Meeting ID #950 2707 5081
Meeting ID #927 6892 3845

Mental Health Association of Southwest Florida (239) 261-5405
Collier and Lee Counties

Guidance Care Center, Inc. 24-hour Hotline (305) 434-7668
Monroe County

Women in Distress

24-hour Hotline (954) 761-1133

Services for women and men who are victims of domestic violence
English, Spanish, Creole, Portuguese & Russian
Broward County

Safe Space Florida Domestic Violence

24-hour Hotline (800) 500-1119

Indian River County
Martin County
Miami-Dade County
St. Lucie County
English, Spanish, Creole & French

(772) 568-7233
(772) 288-7023
(305) 786-1799
(772) 464-4555

Domestic Abuse Shelter of the Florida Keys, Inc.

(305) 743-4440

Monroe County

NAMI - National Alliance on Mental Illness

24-hour Hotline (800) 950-6264

SAMHSA Disaster Distress Hotline

(800) 985-5990

Substance Abuse and Mental Health Service Administration

211

24-hour local helpline, information on all resources

311

24-hour local helpline, information on all resources for Seniors

Note: This list was prepared by the **South Florida Region Disaster Mental Health Team**