

Emotional Well-being and Support Resources



Baptist Health Care On Demand

Baptist Health mental health professionals available for employees and the community.

BaptistHealth.net/CareOnDemand

The Recovery Village at Baptist Health Advanced Recovery Systems

Offering virtual tele-health and confidential treatment services for substance abuse and co-occurring mental health disorders.

For appointments:

Call center is available 24/7: 855-387-3291

Miami contact: Daisy Barroso, call 305-240-1425

TheRecoveryVillage.com

Online Recovery Meetings and Chat Rooms: TheRecoveryVillage.com/Treatment-Program/ Online-Counseling/Recovery-Meetings

211

211 is a vital service that connects millions of people to help every year. To get expert, caring help 24/7, simply call 211 today or search for your local 211 by ZIP code on the website.

Call 2-1-1.

211.org

Banyan Health Systems

Providing virtual tele-mental health services, including psychiatry.

Call 305-774-3300.

24-hour Crisis Hotline: 305-774-3616

BanyanHealth.org

Jewish Community Services of South Florida (Miami-Dade)

Providing virtual tele-mental health counseling.
Call 305-740-8998, Ext. 611.

JCSFL.org/Services/Behavioral-Health

Guidance/Care Center Inc.

Providing tele-mental health services including counseling and crisis prevention.

Call 305-434-7660.

GCMK.org

FHE Health

Offering virtual tele-mental health and substance abuse services.

Call 866-299-0650.

TheHealth.com

Ft. Lauderdale Behavioral Health Center

Providing virtual tele-mental health services including psychiatry, individual and group therapy.

Appointments and to speak to a licensed mental health professional, available 24/7.

Call 800-585-7527.

FtLauderdaleBehavioral.com

NAMI | National Alliance on Mental Health

Offering free virtual support groups for individuals and family members of individuals living with mental illness.

Education and support groups are available for your specific locations/counties.

The NAMI HelpLine

Mon.–Fri., 10 a.m.–6 p.m., EST

Call 800-950-NAMI (6264).

NAMI.org/Home

Wellspring Counseling

Providing virtual tele-mental health services.

Call 786-573-7010.

WellspringMiami.org