

# 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](https://www.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](https://www.therecoveryvillage.com)

## **Online Recovery Meetings and Chat Rooms: [TheRecoveryVillage.com/Treatment-Program/ Online-Counseling/Recovery-Meetings](https://www.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](https://www.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](https://www.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](https://www.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](https://www.gcmk.org)

## **FHE Health**

Offering virtual tele-mental health and substance abuse services.  
Call 866-299-0650.  
[TheHealth.com](https://www.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](https://www.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](https://www.nami.org/Home)

## **Wellspring Counseling**

Providing virtual tele-mental health services.  
Call 786-573-7010.  
[WellspringMiami.org](https://www.wellspringmiami.org)