

COMMUNITY RESOURCES FOR MENTAL AND EMOTIONAL HEALTH

211 Palm Beach & Treasure Coast

Dial 2-1-1 if you are in crisis feel anxious or just need to talk.

Catholic Charities Counseling

Call (1-844-848-6777) to anyone suffering from stress/anxiety/fear due to the COVID-19 pandemic. For more information [click here](#). Now offering Tele-Health Counseling Sessions- call 1-844-848-677 to schedule appointment or email: Counseling@CCDPB

Florida Blue

Offering a 24-Hour Toll-Free Helpline with Free Bilingual Emotional Support 833-848-1762. This service is a partnership with New Directions Behavioral Health, which connects individuals with specially trained behavioral health counselors. [Learn more](#).

The Palm Beach County School District

PBCSD has launched 561-432-6389 as a hotline number for mental and behavioral health concerns which will be supported by the district's mental health professionals from 8-4:30 Monday-Friday.

Palm Beach County Youth Services Department

Will continue to provide direct services to the community during the Coronavirus pandemic. Telephone therapy sessions are ongoing at this time. Any families in the program who feel the need to talk to their therapists should call 561-625-2540. Please note the following changes to our current operations:

Highridge Family Center is currently closed for residential treatment. We expect to return to residential programming when Palm Beach County Schools resume.

The Youth and Family Counseling (YFC) school based counseling services are suspended until Palm Beach County Schools resume classes. YFC will continue to service clients via telephone. Anyone wishing to talk to their therapist may call 561-242-5714.

The Education & Training Center is suspending all in-person didactic trainings. They will be scheduled at a later date and offered remotely. Psychological evaluation services are suspended until further notice. Therapy appointments will continue by telephone. Anyone wishing to speak with their psychologist or therapist may call 561-233-4460.

The Family Violence Intervention Program (FVIP) attendance to court hearings has been suspended. FVIP will continue to service clients via telephone. Anyone wishing to speak with their FVIP Court Case Advisor or the Program Coordinator may contact them directly. For additional information and/or resources, please visit our [website](#) or contact our main office by telephone at (561) 242-5700.

Children's Home Society, Palm Beach County (CINS/FINS & Safe Harbor)

Non-Residential services can be done virtually and/or by phone during this time.

CINS/FINS Prevention Services (Children In Need of Services/Families In Need of Services) call 561-868-4456, 24/7 FREE Non-residential Counseling for youth ages 6-17 and their families.

Clinical Services: Individual and Family Counseling (IFC) provides services to children and adults struggling with emotional and behavioral challenges, through in home, at school and telehealth counseling. Contact information: 561-868-4300 and email referrals to PB_Clinical_Referrals@chsfl.org

Safe Harbor Shelter Program Respite: Services for youth, ages 10-17 who may be in crisis and need respite-struggling with parents. Counseling available for families. Domestic Violence respite and Probation respite services also available. Contact information: 561-868-4456 (for both) 24/7. For additional info [Click Here](#)

Drop-in Support for Domestic Abuse

Online weekly support group. Free of charge. Register at www.alpertjfs.org/events/help

When: Thursdays

Time: 9 - 10 AM

Facilitated by: Sara Walsh, LCSW

Pace Center for Girls Palm Beach County

Currently has openings for telehealth Therapy services provided through our **Reach Program** – these services are for any girl residing in Palm Beach County, 8-18 years of age. Contact 561-472-1990

Chrysalis Health

Will be providing mental health, substance use disorder and medical services using secure Telehealth technology to individuals and families on Medicaid benefits. Call (954) 587-1008 ext. 1 or visit website. by [clicking here](#)

Alzheimer's Association Support Groups

To find a free support group to join, please call the 24/7 Helpline at (800) 272-3900

Florida Department of Children and Families
COVID-19 & Suicide- Prevention Tips [Click Here](#)

Alpert Jewish Family Service

Currently open for business and still serving their clients and taking new clients using a HIPPA compliant version of Zoom call 561-684-1991 or visit www.AlpertJFS.org

Family Survivors of Suicide Support Group

A support group for families of someone who died by suicide that meets twice each month. Free of charge. Registration is required by calling: 561-684-1991. www.AlpertJFS.org

West Palm Beach

When: 2nd & 4th Tuesdays of each month

Time: 5 - 6:30 PM

Facilitated by: Sara Walsh, LCSW

Lake Worth

When: 1st & 3rd Wednesdays of each month

Time: 5 - 6:30 PM

Facilitated by: Ronni Cutler, LCSW

Coping With Our New Reality Support Group

A weekly online support group for learning skills to cope with changes and our new reality. Free of charge, Mondays at 6 PM. Register at 561-684-1991 or www.AlpertJFS.org/events/coping

The Salvation Army

Emotional and spiritual care hotline is available to all residents by dialing (844) 458-HOPE (4673). Hotline is available 7 days a week from 9:00 am-9:00 pm.

The Palm Beach & Jupiter Vet Centers

Currently open for Veterans and their families. Meetings with individuals, groups, families and other services are being provided by phone and video. If veterans, both established clients as well as new, wish to speak with a counselor or schedule an appointment, please call: Jupiter Vet Center (561) 422-1220 or Palm Beach Vet Center (561) 442-1201 for more information. For a list of smartphone apps for self-help & coping strategies compiled by the VA [click here](#)

Ruth & Norman Rales Jewish Family Services

Virtual support groups related to anxiety surrounding the Coronavirus are available. For more information call (561) 852-3333 or [click here](#)

The Alliance for Eating Disorders Awareness

Individuals who have experienced or are experiencing eating disorders, and their friends and family supports can find help by [clicking here](#). A database of eating disorder clinicians and treatment providers, is available at [findEDhelp](#). For personalized referral services, please call The Alliance: 866-662-1235. The Alliance's low-cost, outpatient therapy for uninsured or underinsured individuals in Palm Beach County, remains open virtually. Contact The Alliance for more information at Info@allianceforeatingdisorders.com

Palm Beach County Victim Services & Certified Rape Center

To avoid possible COVID-19 exposure victims should avoid unnecessary trips to the hospital unless injuries need immediate medical attention. Sexual assault services provided by PBCVS are free and in a confidential and private setting. To reach an advocate at any time, call the PBCVS Helpline at (561) 833-7273.

[PBC Victim Services Facebook Page](#) and [PBC Victim Services Virtual Book Club](#)

Mental Health America Palm Beach County

Due to COVID-19 the office is closed. The following services are still available remotely: MHA Helpline phone support and navigation 561-501-4357, Support calls to MHA Phoenix Club and Peer Place members, Group and individual support via Zoom video meetings, Access to online support through the MyStrength app, Messaging and posts for Phoenix Club and Peer Place members via private Facebook group, Free telehealth counseling with clinical psychologist for uninsured individuals.

Drug Abuse Treatment Association (DATA)

The free "Want to Chat" program is available for youth or adults experiencing anxiety, depression or stress and would benefit from learning some coping skills during the COVID-19 pandemic. To learn more, call (561) 844-3556, Monday – Friday, 8:00 am to 5:00 pm.

Children's Bereavement Center

Provides free virtual grief support groups for Middle School Youth, High School Youth, Adults (Spanish), Adults (English). Registration is required. For more information visit their [website](#) or call 888-988-5438.

Other Mental Health Tips and Resources

[Local mental health providers using Telehealth](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Mental Health Consideration During COVID-19](#)

[Feeling Anxiety About Coronavirus? A Psychologist Offers Tips to Stay Clearheaded](#)

How to Talk to Kids About Coronavirus
The Suicide Prevention Resource Center

Please remember to lock-up your guns Crisis and stress can lead to unintended domestic violence, child victimization/accidental death, suicide loss and more. To get a free gun lock email: lockitup@LWVPBC.org