

Presbytery of St. Augustine – *Comfort My People*

Mental Health Services

Resource List – Jacksonville, Duval County

Contacts in your church and community area that you want to list:



EMERGENCIES: call 911.

RESOURCES:

- You, for prayer and God’s message of healing. You are an important resource to lead a person and their family to the caring community of your congregation.
- The person’s physician.
- A mental health screening – there are easy on-line assessment tools. This helps with education and to place the situation into perspective. Mental Health Screening [Link](#).
- The *Comfort My People* Coach (**Susan Lee**) will work with you to identify people in your congregation and community whom you can call on for support and specific mental health care.

SUICIDE HOTLINE 800-273-8255

FOR CRISIS INFORMATION: Call 1-866-318-0211 to reach a 24-hour crisis center. ask for Rescue or a CIT officer from the Sheriff’s Office.

HOSPITAL EMERGENCY ROOMS

For General Service Information [call 211](#), there is an initial recording but eventually you will be able to talk with someone familiar with a range of services available in Jacksonville and Northeast Florida (please note: I was on hold for 10 minutes before I could speak with a person).

NATIONAL ALLIANCE on MENTAL ILLNESS (NAMI) National Info Helpline: 800•950•6264
www.nami.org

<http://jacksonville.nami.org>

MANY SUPPORT GROUPS ARE FREE AND OPEN TO THE PUBLIC.

DEPRESSION/BIPOLAR SUPPORT GROUP (DBSA)

Beaches

Sunday 5 pm Depression/Bipolar Support Group

Beaches Hospital, 1350 13th Ave S. Jacksonville Beach Inge 904

728-5494 DBSA On-line Support Groups: www.dbsalliance.org

SUPPORT FOR FAMILY MEMBERS AND FRIENDS OF PEOPLE WITH A MENTAL ILLNESS

Help line: 904-724-7782 any information, including about support groups.

Thursday 7:00 pm National Alliance on Mental Illness (NAMI) Family Support Group
Memorial Hospital, 3625 University Blvd South, Jacksonville 32216

1st & 3rd Thursday, 7:00 pm, Ortega United Methodist Church Library
4807 Roosevelt Road, Jacksonville, Contact: Peggy orteganamigroup@bellsouth.net

NAMI National Info Helpline: 800•950•6264 www.nami.org

<http://jacksonville.nami.org>

Outpatient Counseling Services: - there are many insurance base private mental health providers. The following are long-time not-for-profit organizations, call 211 for other sources or questions:

Child Guidance Center – 904-448-4700 locations around Duval County, children.

Jewish Family and Community Services 904-448-1933 – Baymeadows, adults and children.

Crisis Stabilization and Emergency Services –

Mental Health Resource Center South 904-642-9100 (Southside Jacksonville)

North 904-695-9145 (Northside Jacksonville)

There are many providers of mental health counseling services; **an individual needs to check with their insurance company to identify the providers active to their insurance.** Sometimes the informal network identifies providers who use a sliding scale. As with any need, including a health care needs, unless one is in a life-threatening emergency, there are essentially very limited services. And what is available, often charge fees for services.