

Presbytery of St. Augustine – *Comfort My People*



Mental Health Services Resource List – Alachua County - Gainesville

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

EMERGENCIES: call 911. Proceed to the nearest Emergency room

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

MANY SUPPORT GROUPS ARE FREE AND OPEN TO THE PUBLIC.

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

Alachua County, via its Health Department provides this Community Information Service. It is available 24/7 and provides someone to talk with, just to talk, (good resource for a stressed-out person), but also lets you TALK TO A PERSON knowledgeable about up-to-date resources about most if not all services available in Gainesville and Alachua County. They also provide counseling series, including for low income people.

Alachua County Crisis Center Hotline & Suicide Counseling

Alachua County Crisis Center operates 24/7 – Phone 352-264-6789

National Alliance on Mental Illness (NAMI) Support Group

<https://www.namigainesville.org/community-resources> - check website for up to date information.

Meridian Behavioral Healthcare – this is the place for emergency evaluation, 4300 SW 13th Street, Gainesville, FL 32614 Gainesville: call 352-374-5600,

UF Department of Psychiatry Outpatient Psychiatry

Clinic Springhill clinic location: 4037 NW 86 Terrace,

Gainesville Appointments: phone 352-265-4357

Gainesville Counseling Center – outpatient counseling, sliding fee available, Pastoral Counseling 352-448-9120

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.