

# **Behavioral/Mental Health Resources**

## **Area providers of resources**

### **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.

### **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

<https://childbereavement.org/support-groups/child-family-groups/palm-beach.html> or call 888-988-5438.

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## **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:

**The Youth and Family Counseling (YFC)** school based counseling services is 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.

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## **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](mailto: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: <https://www.chsfl.org/>

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### **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

### **National Alliance on Mental Illness (NAMI) PBC**

Can help navigate individuals or a loved ones experiencing anxiety, depression, loneliness or other mental health challenges to mental health support. Individuals can be connected to a resource or therapist if they are insured or uninsured. Resource line: (561) 588-3477. [www.namipbc.org](http://www.namipbc.org)

### **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 at <https://www.chrysalishealth.com/>

### **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 Alliance for Eating Disorders Awareness**

The Alliance's low-cost, outpatient therapy for individuals who are uninsured or underinsured in Palm Beach County, remains open virtually. Contact The Alliance for more information at [Info@allianceforeatingdisorders.com](mailto:Info@allianceforeatingdisorders.com)

Individuals who have experienced or are experiencing eating disorders, and their friends and family supports can find help at <https://www.allianceforeatingdisorders.com/>. A database of eating disorder clinicians and treatment providers, is available at <https://www.findedhelp.com/>, For personalized referral services, please call The Alliance: 866-662-1235

### **Alzheimer's Association Support Groups**

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

### **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. A list of smartphone apps for self-help & coping strategies compiled by the VA can be accessed at: <https://www.mobile.va.gov/appstore/all>

The 24-hour hotline for Veterans in distress is (800) 273-8255.

### **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 visit: <https://ralesjfs.org/>

### **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](http://www.AlpertJFS.org)

Drop-In Support for Domestic Abuse During COVID-19 beginning 4/23 and meeting every Thursday at 9am during COVID-19 [https://www.alpertjfs.org/wp-admin/admin-ajax.php?action=frm\\_forms\\_preview&form=ors9z3322](https://www.alpertjfs.org/wp-admin/admin-ajax.php?action=frm_forms_preview&form=ors9z3322)

Should this be published? Sensitive information?

### **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](#)

### **Catholic Charities Counseling**

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

For more information: <https://www.ccdpb.org/covid-19-pandemic-response/covid-19-pandemic-response.html>.

### **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](#).

### **Mental Health America Palm Beach County**

Due to Coronavirus 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.

### **Spiritual Care Hotline**

A service by Florida Baptist Convention relief agency offers prayer and comfort during the COVID-19 pandemic. Chaplains are not mental health professionals but have received training from mental health professionals at the Heart Peace Counseling Center in Deland. Hotline is available daily (8am-8pm) at (888) 829-5004.

## Coronavirus Related Behavior and Mental Health Resources

[Coronavirus Disease 2019 \(COVID-19\): Managing Anxiety and Stress \[r20.rs6.net\]](#) - This web page contains basic guidance from the Centers for Disease Control and Prevention on managing mental health stressors during COVID-19.

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak \[r20.rs6.net\]](#) - This tip sheet from the Substance Abuse and Mental Health Services Administration provides information on typical reactions to social distancing, quarantine, and isolation, and ways to take care of oneself. The sheet also provides a list of hotlines and other resources for obtaining help.

[Mental Health Considerations during COVID-19 Outbreak \[r20.rs6.net\]](#) - This information sheet from the World Health Organization contains suggestions for coping with COVID-19 for the general population and specific groups including health care workers, caretakers of children and older adults, and people living in isolation.

[Taking Care of Your Mental Health in the Face of Uncertainty](#) - This blog post from the American Foundation for Suicide Prevention provides five suggestions for coping with the uncertainty due to COVID-19.

[Coronavirus Anxiety: Helpful Expert Tips and Resources \[r20.rs6.net\]](#) - This web page, updated daily by the Anxiety and Depression Association of America contains links to a wide variety of resources for coping with general anxiety and some specific anxiety disorders during COVID-19, including articles, information sheets, blog posts, and videos.

[Helping Children Cope Emotionally with the Coronavirus \[r20.rs6.net\]](#) - This web page from the American Academy of Experts in Traumatic Stress provides parents with specific suggestions for helping children cope with COVID-19.

[Florida Department of Children and Families COVID-19 and Suicide Prevention Resources](#)