

Hotlines

Who to call/text in a crisis or for support?

- Suicide and Crisis Lifeline - Text or Call 988 (English/Spanish, 24 hrs/7days week)
- Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288)
- National Hopeline Network: 1-800-SUICIDE (800-784-2433)
- National Domestic Violence Hotline: 1- 800-799-7233
- Crisis Text Line: Text HOME to 741741
- Lifeline Crisis Chat (Online live messaging): <https://suicidepreventionlifeline.org/chat/>
- American Association of Poison Control Centers: 1-800-222-1222
- Trevor Project - LGBTQ crisis intervention and suicide prevention
 - 24/7 availability Text START to 678678
 - Trevor Life Line 1-866-488-7386
- Banyan Health Mobile Response Team 24 crisis hotline (305) 774-3616
<https://banyanhealth.org/service/mobile-response-team/>

Where to find support:

Organizations/ways to access providers/treatment in South FL

- National Alliance on Mental Illness - NAMI Miami <https://namimiami.org>
- SAMHSA National Helpline <https://www.samhsa.gov/find-help/national-helpline>
 - 1-800-662-HELP (4357) 24/7 availability in English and Spanish
- Florida International University Center for Children and Families
<https://ccf.fiu.edu/families/index.html> (305) 348-0407
- Community Health South Florida <https://chisouthfl.org/services/behavioral-health-care/> (305) 252-4820
- National Eating Disorders Association <https://www.nationaleatingdisorders.org>

Low-cost & virtual therapy/support:

- Open Path Collective (virtual and in person therapy options) <https://openpathcollective.org/>
- Talkspace (online therapy) <https://www.talkspace.com/>
- Sesh Therapy (virtual support group options) <https://seshtherapy.com/>
- Within Health (virtual eating disorder treatment) <https://withinhealth.com>

Mental Health Centers and Crisis Units

Citrus Health Network

4175 West 20th Ave

Hialeah, FL 33012

305-825-0300

www.citrushealth.org

Jackson Behavioral Health Hospital

1695 NW 9 Ave

Miami, FL 33136

305-355-7000

www.jacksonbehavioralhealth.org

Larkin Community Hospital

7031 SW 62 Ave

South Miami, FL 33143

305-284-7564

www.larkinhospital.com/site/adolescent-psychiatry-program

Nicklaus Children's Hospital Pediatric Psychiatry

3100 SW 62 Ave

Miami, FL 33155

305-663-8439

<https://www.nicklauschildrens.org/medical-services/pediatric-psychiatry>

Community Mental Health Service Providers

Center for Family & Child Enrichment Inc.

1825 NW 167 Street #102

Miami, FL 33056

305-624-7450

www.cfcecares.org

CHI Behavioral Health Care

10300 SW 216 Street

Miami, FL 33157

786-272-2100

www.chisouthfl.org/services/behavioral-health-care/

Citrus Health Network

4175 West 20th Ave

Hialeah, FL 33012

305-825-0300

www.Citrushealth.org

Cayuga Center

North Dade

14645 NW 77 Avenue, Suite 204
Miami Lakes, Florida 33014
305-685-0381

South Dade

8900 SW 107 Avenue, Suite 205
Miami, Florida 33176
305-274-3172

<https://cayugacenters.org/miami-dade/>

JCS Behavioral Health Services

12000 Biscayne Blvd., Suite 303
Miami, FL 33181
305-576-6550

<http://jcsfl.org/programs/counseling-services/>

New Horizon Community Mental Health Center

1469 NW 36 Street
Miami, FL 33142
305-635-0366

www.newhorizonscmhc.org

Banyan Health Systems

10 NW 42 Ave
Miami, FL 33126
305-774-3300

www.banyanhealth.org/services/mental-health

Additional Resources

National Institute of Mental Health

<https://www.nimh.nih.gov/get-involved/digital-shareables>

Mental Health America

Navigating Life with a Mental Health Condition Tips

<https://mhanational.org/navigating-mental-health-condition>