



You can help promote positive youth mental health in Miami.

RESOURCES

Crisis Hotlines



2-1-1 Miami is a 24/7 helpline, provided by the Jewish Community Services of South Florida, that provides telephone assistance with crisis counseling. 2-1-1 also provides referrals to community resources to address any concerns with suicide and mental health. As the only suicide prevention crisis helpline in Miami-Dade County, 2-1-1 offers services that benefit families and loss survivors, in addition to those struggling with thoughts of suicide or self-harm. These confidential services are provided free of charge in English, Spanish, and Creole.



For immediate 24/7 assistance, call 211. 305-358-HELP (4357) or 305-631-4211



National Suicide Prevention Lifeline A crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. A toll-free Lifeline, 24 hours/day, 7 days/week.



For immediate 24/7 assistance, call 988

CRISIS TEXT LINE |

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from the secure online platform that is available 24/7. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. These confidential services are provided in English and Spanish.



Text HOME to 741741

The Mobile Response Team (MRT) will provide immediate, on-site behavioral health crisis intervention services to individuals of all ages in Miami-Dade County. They respond within 60 minutes to a call where a crisis is occurring. Calls are taken 24/7 to connect individuals with care and services depending on responses given to the trained specialist on the phone who inquires details on each crisis situation.



Available 24/7, Miami-Dade County
800.HELP.YOU (800.435.7968)

Mental Health Counseling & Substance Use Treatment Services



Agape Network provides a residential treatment program focused on the needs of women. With highly experienced care teams of more than 150 staff members, including physicians, board-certified addiction specialists (child and adult), psychiatrists, therapists, licensed clinical social workers, care managers, chaplains, intake team, advanced nurse practitioners, benefits eligibility determination specialists, registered dietitians, and peer specialists, Agape is uniquely qualified to serve people with complex behavioral and physical healthcare needs.



info@theagapenetwork.org
305.235.2616



Banyan Health Systems is a not-for-profit healthcare organization dedicated to advancing the health and well-being of the South Florida community. Banyan provides quality, integrated care that combines prevention, disease control, consumer education, research, and evidence-based clinical services. Their integrated health services system brings together specialized psychiatric care, primary care, pediatrics, geriatrics, and an extensive program of residential and outpatient substance abuse & behavioral health services under one umbrella.



305.774.3300



Breakthrough Care and Resource Center, Inc. is a minority-owned mental health group private practice that provides a comprehensive “thought partner” and therapist experience for adults. Their therapists have professional experience in education, clinical, and medical settings. The client-therapist relationship will encompass a variety of approaches that will best fit your goals and objectives. Their confidential tele-health counseling platform provides ease in the delivery of services and convenience.



info@breakthroughhcr.org
305.570.4064



Charlie Health was founded to create the solution for teens and young adults who lack access to sustainable, affordable, and personalized healing. Amidst an ever-growing youth mental health crisis, our vision is clear: better care, from anywhere, with lifelong results.



866.484.8218



Children's Bereavement Center provides free Peer Support Groups for children, young adults, and adult caregivers after the death of a loved one. Groups are open to anyone who has lost a parent, sibling, grandparent, relative, or friend due to illness, accident, suicide, or homicide. Losses can be recent or in years past. Groups are open to children aged 4 through young adults as well as adult caregivers



info@childbereavement.org
888.988.5438



CHI offers individual, family, and substance abuse services. CHI offers weekly therapy to children with school-related problems, poor social and coping skills, self-esteem issues, severe behavior problems, substance abuse issues, and more. Some CHI outpatient therapy is offered at some schools in the community to better assist with transportation issues and school-setting sessions. CHI accepts most insurances and offers a sliding fee income-based payment scale for uninsured patients.



305.253.100



Citrus Health Network is one of the largest behavioral health providers in South Florida; serving adults and children across the spectrum of behavioral health needs. Whether a client is experiencing a mental health crisis or is in need of residential or outpatient care, Citrus can help. Clients and their families in need of additional support or therapeutic services in their homes and in the community will find a helping hand at Citrus. And for foster children with behavioral issues in need of loving parents or mentally ill adults in need of stable housing—Citrus can find them a place to call home.



305.825.0300



Community Recovery & Wellness Centers specializes in outpatient mental health services for people of all ages and from all walks of life. Community Recovery & Wellness Centers is an intensive outpatient program, meaning that we treat various mental health, emotional health, and behavioral concerns with intensive, professional, and effective therapeutic services.



855.710.9797



Enrichment Support Services provides experienced counseling to help individuals achieve their goal of living a fulfilled and meaningful life. Individuals deserve quality mental health care where the counselor partners with you and supports you through your self-discovery, from goal-setting to independence. With over 20 years of tele-mental health counseling experience in both Florida and several other states, ESS staff are committed to providing individuals with quality care and lending a helping hand. Services are offered to individuals, couples, and families. Biblically-based counseling services are available upon request.



info@essgrowth.com
954.364.8842



West Care - The Village South provides a wide spectrum of health and human services in both residential and outpatient environments. Our services include substance abuse and addiction treatment, homeless and runaway shelters, domestic violence treatment and prevention, and mental health programs. These services are available to adults, children, adolescents, and families; we specialize in helping people traditionally considered difficult to treat, such as those who are indigent, have multiple disorders, or are involved with the criminal justice system.



1.800.443.3784
<https://villagesouth.org/>

Faith-Focused Mental Health Services



Christians in Crisis Hotline is a tele-based service whose main goal is to provide support and resources for Christians and Christian ministers experiencing spiritual, emotional, personal, and family crises. The hotline will provide support by trained volunteers and staff who will provide a listening ear, emotional support, counsel, and referrals to licensed mental health professionals offering psychotherapy with a spiritual perspective. Those who serve on the hotline will be doing so using the highest ideals of the Christian faith (faith, hope, love, and prayer) rather than the doctrine of any particular denomination or sect. This hotline may also suggest valuable resources, including but not limited to prayer, Bible study, and support groups when appropriate.



844.472.9687



Wellspring is a non-profit counseling center and outreach ministry that provides both in-person and online mental health services in a professional, Christian, and holistic way in order to bring about transforming change in individuals, communities, and for generations to come. They offer a variety of counseling services for adults and youth. One of Wellspring's programs is called the Bounce! Trauma Resolution camp, helps youth ages 11–18 cope with the symptoms of trauma. Bounce camp services are free to eligible children through grant funding.



833.935.5487



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ADDITIONAL RESOURCES

Youth Programs With Mental Health Focus



Affirming Youth programming is designed to engage youth and their families in the evidence-based, culturally responsive assessment and treatment for traumatic stress and associated mental health symptoms.



Info@AffirmingYouth.org
305.230.4598



Federation of Families, Miami-Dade Chapter Inc., founded in 2010, is a 501c3 nonprofit organization that provides peer support, education, and guidance to families of children and youth with emotional, behavioral, substance abuse, and mental health needs.



Fofmiami@gmail.com
786.802.3448



FIU Center for Children & Families A team of more than 40 of the nation's best researchers and clinical experts, CCF is transforming how mental health disorders are treated in children and adolescents. FIU delivers state-of-the-art clinical services to over 3,000 families annually and provides training through academic programs and continuing education opportunities. Their clinical services include early childhood services, individual and group programs for parents, group and home-based therapy for children, summer camps, and video teleconferencing therapy.



ccf@fiu.edu
305.348.0477



Lashawntay T Howard Youth Center is a prevention/diversion afterschool program that is designed for behaviorally challenged youth and assists students with their social-emotional development and cognitive learning skills. The program targets youth between the ages of 11- 18 who may be facing barriers to education and training. Exposing real-life situations to our youth, encouraging them to lead, assist, and conquer what it means to become a lifelong, productive, problem solver within any setting.



lthyoc@gmail.com
754.999.0249

Mental Health Organizations



NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI-Miami offers a wide variety of classes, workshops and support groups for individuals with lived experience and their families.



305.665.2540
NAMI National HelpLine 800-950-NAMI (6264)



Thriving Mind South FL promotes access to effective, accountable, compassionate care for people with mental illnesses and substance use disorders. TMSF funds and oversees a safety net of services for uninsured individuals in Miami-Dade County with support from the State of Florida, the Department of Children and Families, and other public and private sources. If you do not have insurance or are under-insured, please check their website for available services in mental health crisis, recovery support and prevention.



information@thrivingmind.org
305.858.3335

Overdose Prevention Training Services



The Centers for Disease Control and Prevention provide virtual naloxone training, offered as a full module or as separate mini-modules and patient cases. This training includes an optional risk factor assessment for opioid-related harms and provides communication tips and strategies for engaging in and conduct



I Save FL A resource for Naloxone training, a list Naloxone providers in Florida, overdose educational resources & local substance use treatment facilities locator



Resources for Parents & Teachers



Project Helping's mission is to improve mental wellness through accessible online resources to help navigate varying mental health needs and utilization. In this way, the accessible materials they provide create a strong sense of purpose and connection specific to educators.



Teach For America Mental Health Resources for Educators From worksheets and educational games to articles and tunes, we've put together a few health and wellness resources for teachers.



Healthy Kids Family Media Plan Since media habits are different for every household, the Family Media Plan can be customized to meet your family's needs. Make a full plan, or just choose a few parts that matter the most to your family. Creating a Family Media Plan can help you and your children set media priorities that matter most to your family. Come back to revise your plan as often as you need to, such as at the beginning of each school year or during summer and holiday breaks.



Screening Tools

The Problematic and Risky Internet Use Screening Scale (PRIUSS) was developed for use in adolescents and reflects a data-driven, conceptual framework of the nature of Problematic Internet Use (PIU) as a component of adolescent and young adult health. The PRIUSS has 18 items and three subscales: (1) Social Impairment (items 1-6), which assesses the impact of internet use on both offline and online social interactions; (2) Emotional Impairment (items 7-11), which assesses the degree of emotional attachment to Internet use; and (3) Risky/Impulsive Internet Use (items 12-18), which assess salient problematic behaviors regarding Internet use.



Mental Health America offers a variety of free online Mental Health Screenings which are quick and easy ways to determine whether you are experiencing symptoms of a mental health condition. These screening tests are confidential and scientifically validated.

