MENTAL HEALTH RESOURCES
for Individuals & Communities

Your health and well-being are important.
Find someone to talk to today.

Experiencing distress after a disaster — you’re not alone.
Having thoughts, memories, or nightmares related to the storm that you can’t seem to get out of your head — you’re not alone.

Florida 211 Network – Crisis Counselors
• Call 2-1-1
• TurnTo211.com

Disaster Distress Helpline 800-985-5990
FL Veterans Support Line 844-693-5838
National Suicide Prevention Lifeline Call 9-8-8

LOCAL MENTAL HEALTH RESOURCES

David Lawrence Center for Behavioral Health
• 239-455-8500
• 239-455-8600

First Step of Sarasota
• 941-356-9355 — 24/7
• 941-552-1950 — Access Center (walk-ins welcome)
• 941-366-5333

Visit MyFLFamilies.com/Hurricanelan for the latest list of information on resources in the impacted area.