


Tele-Mental Health Services during COVID-19



When your stress gets too big, there's help! These clinics offer online video therapies at low or no cost.

BANYAN HEALTH

Offers psychological and psychiatric services, both in-person and via telehealth to adults and children (i.e., ages 5 years old+). For those who elect to receive services in-person, they are testing new patients for COVID-19 before their first session. They accept Medicaid, uninsured individuals, and private insurance. They have a 24-hour crisis mobile unit where they send a therapist to the home and assess the individual to see if they meet the requirements to be baker-acted. If not, they will provide them with a referral to the outpatient clinic.

Address: 3800 W Flagler St, Miami, FL 33134

Phone: (305) 774-3300 Phone 24 Hour Crisis Mobile Unit: (305) 774-3616 Website: <https://banyanhealth.org/locations/>

BEHAVIORAL AID SOLUTIONS, COMMUNITY MENTAL HEALTH CENTER

Behavioral Aid Solutions offers individual, family, and group therapy for infants/toddlers, children, adolescents, adults, and elderly. Psychological testing is also offered. Services are available at the client's home, school, community, and through telehealth. Medicaid and other private insurance accepted.

Address: 1414 NW 107th Ave Suite #109, Miami, FL 33172

Phone: (786) 762-2952 to book your tele-health appointment. Website: <http://www.behavioralaid.com/>

BRAVE HEALTH

Brave Health is a virtual clinic specializing in behavioral health. They provide telehealth-enabled counseling, therapy, psychiatry, and medication management, including medication assisted treatment.

Phone: (305) 902-6347 Website: <https://bebravehealth.com>

CHRYSALIS HEALTH / TELEHEALTH SERVICES AVAILABLE ONLY DURING COVID-19 CRISIS

Chrysalis Health offers individual and family mental health care (for clients 3 years old+), psychiatric services, and substance abuse treatment. Telehealth can be provided using a smart phone, computer, or tablet. Medicaid and private insurances accepted. Offices in Miami-Dade, Broward, and Palm Beach counties.

Email: referrals@chrysalishealth.com **Phone:** (888) 587-0335 **Website:** <https://www.chrysalishealth.com/>

MERAKI WELLNESS & HEALING, INC.

Meraki Wellness & Healing offers individual, group, and animal-assisted therapy. Their team of licensed mental health clinicians are providing mental health checkups via telehealth services FREE of charge. The team will provide support counseling to all ages. This service is also available to Spanish speakers. Treatment focuses on stress reduction and meditation techniques.

Email: cvazquez@merakiwellnesshealing.com **Phone:** (786) 536-4420

Website: <https://www.merakiwellnesshealing.com/>

CITRUS HEALTH NETWORK, INC.

Citrus provides mental health services, including therapy, psychiatric care, and residential treatment to adults and children across the spectrum of mental and behavioral health needs, and is one of the largest mental and behavioral health providers in South Florida.

Citrus Main Center (Mental Health Services & 24/7 Assessment & Emergency Services Department for Mental Health)

Address: 4175 W 20th Ave, Hialeah, FL 33012

Phone: (305) 825-0300 **Website:** <https://www.citrushealth.org/programs-services/mental-behavior-health>

COMMUNITY HEALTH OF SOUTH FLORIDA INC. (CHI)

CHI offers outpatient therapy to children and adults, case management, and crisis intervention (24 hours). Telehealth is available. Most insurances accepted, sliding fee scale based on income.

Address: 10300 SW 216th St., Miami, FL 33190 **Phone:** (786) 272-2100

THE INSTITUTE FOR CHILD AND FAMILY HEALTH (ICFH)

ICFH provides mental health services including Individual/family therapy and psychiatry for children and adolescents in Miami-Dade county. Telehealth is available. The institute accepts most Medicaid HMO's and has funding for children of low-income families who do not have insurance. ICFH also provides individual/family therapy and psychiatry services for adults who have Medicaid.

Email: Referrals@icfhinc.org **Phone:** (305) 274- 3172

LIVE WELL THERAPY GROUP

Live Well Therapy Group is a private practice with offices in Miami, Florida, and Broward. They offer a wide range of services in office and via telehealth.

Phone: (786) 332-4478 **Website:** <https://livewelltherapygroup.com>

MENTAL HEALTH OF MIAMI, INC.

Mental Health of Miami provides mental health services in areas such as child therapy, individual therapy, family/couples therapy, group therapy, and EMDR to children and adults. Applied Behavior Analysis Therapy is available for children ages 1-17 with neurodevelopmental (e.g., autism) and/or other behavioral disorders in their home, school, and community. Telehealth is available.

Phone: (786) 738-6468 **Website:** <https://mentalhealthofmiami.com/>

Are you or someone you love going through crisis?



IF FACED WITH IMMINENT HARM TO SELF OR OTHERS, PLEASE DIAL 911.

If the situation is life-threatening or if serious property damage is occurring, call 911 and ask for immediate assistance. When you call 911, tell them someone is experiencing a mental health crisis and explain the nature of the emergency, your relationship to the person in crisis, and whether there are weapons involved. Ask the 911 operator to send someone trained to work with people with mental illnesses such as a **Crisis Intervention Training officer (CIT)**, although they are not available in all areas.

MENTAL HEALTH CRISIS HELP

SwitchBoard of Miami

Call 211 (www.switchboardmiami.org)

This is a 24/7 operated helpline with trained staff and volunteers who provide telephone counseling, crisis intervention, and information and referral to programs and services in Miami-Dade and Monroe counties.

Suicide Prevention Lifeline

(800) 273-8255 or (800) SUICIDE (www.suicidepreventionlifeline.org/)

NAMI Information Line

(800) 950-NAMI (<https://namimiami.org/crisis-info/>)

The Information HelpLine is an information and referral service that can be reached by calling (800) 950-NAMI (6264), Monday through Friday, 10 a.m.- 6 p.m., EST. Business callers, including those seeking particular NAMI staff members, should call (703) 524-7600.

Banyan Health 24 Hour Crisis Mobile Unit

(305) 774-3616 (www.banyanhealth.org/service/mobile-response-team/)

They have a 24-hour crisis mobile unit where they send a therapist to the home and assess the individual to see if they meet the requirements to be baker-acted. If not, they will provide them with a referral to the outpatient clinic.

Citrus Health Network

(Mental Health Services & 24/7 Assessment & Emergency Services Department for Mental Health)

(305) 825-0300 (www.citrushealth.org/)

Citrus provides services to adults and children across the spectrum of mental and behavioral health needs, and is one of the largest mental and behavioral health providers in South Florida.

4175 W 20th Ave, Hialeah, FL 33012

Community Health of South Florida Inc. (CHI)

(786) 272-2100 (www.chisouthfl.org/services/behavioral-health-care/)

CHI offers outpatient therapy (children and adults), case management, crisis intervention (24 hours). Most insurances accepted, sliding fee scale based on income. 10300 SW 216th St., Miami, FL 33190

National Crisis Text Line

(www.crisistextline.org/) Text "HOME" from anywhere in the U.S. to 741741 for free, 24/7 crisis support from a trained Crisis Counselor.

ADDITIONAL RESOURCES

CRISIS AND SUICIDE

Girls & Boys Town National Hotline

(800) 448-3000

Teen Crisis Hotline

(800) 448 3000

National Hopeline Network

(800) SUICIDE

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

National Youth Crisis Hotline

(800) 442-HOPE (4673)

DOMESTIC VIOLENCE

National Domestic Violence Hotline

(800) 799-7233

National US Child Abuse Hotline

(800) 422-4453

ALCOHOL

Alcohol Hotline

(800) 331-2900

Al-Anon for Families of Alcoholics

(800) 344-2666

Alcohol and Drug Helpline

(800) 821-4357

Alcohol Treatment Referral Hotline

(800) 252-6465

Alcohol & Drug Abuse Hotline

(800) 729-6686

Families Anonymous

(800) 736-9805

National Council on Alcoholism and Drug Dependence Hope Line

(800) 622-2255

SUBSTANCE ABUSE

Poison Control

(800) 222-1222

National Institute on Drug Abuse Hotline

(800) 662-4357

Cocaine Anonymous

(800) 347-8998

National Help Line for Substance Abuse

(800) 262-2463



um.nsu.card

University of Miami-Nova Southeastern University

Center for Autism & Related Disabilities

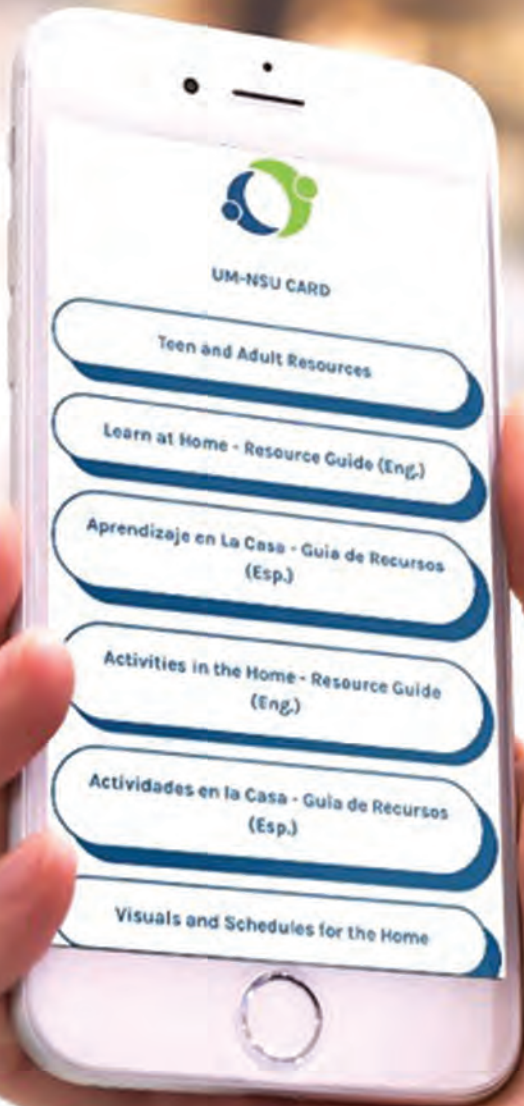
#HomeTogether

*For a master list of all of our upcoming groups & trainings
CLICK HERE*



*Access **UM-NSU CARD's**
resources here.*

*Includes social narratives,
visuals, learn at home
activities, teen & adult
resources, groups &
trainings & much more!*



*Acceda a los recursos de
UM-NSU CARD aquí.
Incluye narrativas sociales,
visuales, actividades de
aprendizaje en el hogar,
recursos para adolescentes y
adultos, grupos y charlas y
mucho más!*