

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

FL Veterans Support Line

National Suicide Prevention Lifeline Call 9-8-8

800-985-5990

844-693-5838

LOCAL MENTAL HEALTH RESOURCES

David Lawrence Center for Behavioral Health

- 239-455-8500
- 239-455-8600

First Step of Sarasota

- 941-364-9355 — 24/7
- 941-552-1950 — Access Center (walk-ins welcome)
- 941-366-5333



Visit [MyFLFamilies.com/Hurricane1a](https://www.myflfamilies.com/hurricane1a)
for the latest list of information on resources in the impacted area.