

Stone Counseling & Consulting Services, LLC

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ADDITIONAL RESOURCES

This informational list includes some national and local resources/providers, in no particular order. Stone Counseling & Consulting Services, LLC does not necessarily recommend, refer to, nor endorse any of the listed providers, facilities, or other resources listed herein, and assumes no responsibility for the care or services delivered by these providers. It is always recommended that you first consult with your insurance provider, if applicable, for information pertaining to coverage and rates. You are responsible for ensuring the accuracy of information included in this document, as well as interviewing and selecting a provider/facility/clinician based on your needs; therefore, you should contact providers directly for relevant information such as information on fees, payment methods, hours of availability, insurance coverage, treatment modality, etc.

Table of Contents

Emergency Support (incl. hotlines)	2
Alternative Medicine	2
Anger Management.....	3
Child and Vulnerable Adult Abuse Reporting & Support	4
Clothing Assistance	4
Disordered Eating Therapists	5
Disordered Eating Outpatient/Inpatient/Residential Facilities.....	5
Domestic/Intimate Partner Violence.....	5
Domestic/Intimate Partner Violence Shelters.....	6
Equine Assisted Therapy.....	6
Eye Movement Desensitization Reprocessing (EMDR) Providers	7
Financial Assistance.....	7
First Responders	7
Food Assistance.....	8
Healthcare Services.....	9
Hypnotherapy	9
LGBTQ+	10
Maternal Mental Health.....	10
Mental Health Inpatient Facilities	10
Nutritionists/Dietitians	11
Psychiatrists	12
Psychologists (Forensic or Testing)	12
School Supply Assistance.....	13
Self-Injury	13
Sexual Assault Support & Victim Advocacy	14
Substance Abuse Support/Outpatient/Inpatient/Residential Facilities	14
Veterans' Services	15

Emergency Support (incl. hotlines)

Life-threatening or mental health emergency: Call 9-1-1 or go to your nearest hospital emergency room.

Seminole, Orange, and Osceola Counties

2-1-1/Heart of Florida United Way, Inc.

24/7 Information and support helpline, including crisis and suicide intervention services. Access information about: Local Food Banks and Nutrition Programs; Emergency Housing Assistance; Disaster Relief; Employment and Education Opportunities; Veteran Services; Parent Resources; Health Care Information; Support and Crisis Assistance for Mental Disorders.

Call 211 | www.hfuw.org

Online Community Resource Directory: www.navigateresources.net/211CommunityResources

National

National Suicide Prevention Lifeline

1-800-273-TALK (8255) / TTY 1-800-799-4889 / Español 1-888-628-9454

www.suicidepreventionlifeline.org

Crisis Text Line

Text HOME to 741741 (cell and data rates may apply) | www.crisistextline.org

NAMI Helpline

1-800-950-6264 | Crisis Text: Text NAMI to 741741 (cell and data rates may apply)

National Eating Disorders Association Helpline

(Support and referrals Mon.-Thur. 9 a.m. to 9 p.m.; Fri 9 a.m. to 5 p.m. EST)

1-800-931-2237 | www.nationaleatingdisorders.org

Crisis Text: Text NEDA to 741741 | Online Chat: [Click-to-Chat](#)

National Hopeline Network

1-800-422-HOPE (4673) / TTY 1-800-799-4889 | www.hopeline.com

National Maternal Mental Health Hotline

24/7, free, confidential support, resources, and referrals to any pregnant and postpartum families facing mental health challenges

Call or Text 1-833-9-HELP4MOMS (1-833-943-5746) | [HRSA Maternal & Child Mental Health](#)

See also: Specific categories below for special hotlines or services

Alternative Medicine

Seminole County

Central Florida Preventative Medicine

Kathy Veon, DOM, AP

1540 International Parkway #2000, Lake Mary, FL 32746

407-328-6711 | www.cfpreventivemedicine.com
Don Davids Homeopathy
550 E. S.R. 434, Longwood, FL 32750
407-330-6362 | www.orlandohomeopathy.com

Healing Alternatives: An Integrative Wellness Center
125 W. Pineview Street, Suite 1009, Altamonte Springs, FL 32714
407-682-7111 | www.healingalternativesinc.com

Anger Management

Seminole County

Advanced Behavioral Counseling
1008 Willa Springs Drive, Suite 100, Winter Springs, FL 32708
407-542-7842 | <http://www.advancedbehavioralcounseling.com/generalinformation.html>

New Life Connections, Inc.
404 W.25th Street, Sanford, FL 32771
Or
499 S.R. 434, Suite 1081, Altamonte Springs, FL 32814
407-322-7779 | www.new-life-connections.org

Total Life Counseling
Location varies
407-248-0030 | <https://www.totallifecounseling.com/>

Orange County

Life Counseling Solutions
670 N. Orlando Avenue, Suite 103, Maitland, FL 32751
407-622-1770 | www.lifecounselingsolutions.com

Total Life Counseling
Location varies
407-248-0030 | <https://www.totallifecounseling.com/>

Volusia County

A.C.E. (Anger Conflict Education)
Michael Dioter
702 S. Ridgewood Avenue, Daytona Beach, FL 32114
Or
105 Calvin Street, DeLand, FL 32720
386-295-3359

Deltona Counseling Associates
Dr. Elliott Shamus
75 Fox Ridge Court, Suite C, Debary, FL 32713
386-668-6989 | www.deltonacounseling.com

New Horizons Counseling Associates D.V.I.
Mark Harter, Ph.D.
4550 South Clyde Morris Boulevard, Port Orange, FL 32129
386-760-1501

Child and Vulnerable Adult Abuse Reporting & Support

Florida

Florida Department of Children and Families

1-800-ABUSE/ TTY 1-800-453-5145 | www.myflfamilies.com/service-programs/abuse-hotline

To make a report you can:

- Report online at www.reportabuse.dcf.state.fl.us
- Call 1-800-962-2873, Florida Relay 711 or TTY 1-800-453-5145
- Fax your report to 1-800-914-0004
- If you suspect or know of a child or vulnerable adult in immediate danger, call 911.

Seminole County

Child Protection Team

(Provides medical exams and assessments on children where alleged abuse has occurred.)

5467 North CR427, Sanford, FL 32773

407-324-3036 | www.kidshouse.org

Kids House of Seminole

5467 Ronald Reagan Boulevard, Sanford, FL 32773

407-324-3026 | www.kidshouse.org

Seminole, Orange, and Osceola Counties

2-1-1/Heart of Florida United Way, Inc.

Information and referral supportive helpline, including crisis and suicide intervention services

211 | www.hfuw.org

The Howard Phillips Center for Children and Families: Children's Advocacy Center & Child Protection Team

601 W. Michigan Street, Orlando, FL 32805

Or

110 W. Neptune Road, Kissimmee, FL 34741

407-317-7430 | www.caccentral.com

See also: Domestic/Intimate Partner Violence Shelters

Clothing Assistance

Seminole County*

Harvest Time International

225 Harvest Time Drive Sanford, FL 32771

Additional Resources | Stone Counseling & Consulting Services, LLC

407-878-5531 | <https://www.harvesttime.org/assistance.html>

The Sharing Center

600 North Highway 17-92, Suite 130, Longwood, FL 32750

407-260-9155 | <http://thesharingcenter.org/>

*Also call 211 for other programs which may be able to provide clothing assistance.

Disordered Eating Therapists

Orange County

Blue Horizon Eating Disorder Services, LLC

1155 Louisiana Avenue #210, Winter Park, FL 32789

407-719-6294 | www.bluehorizoned.com

Volusia County

Karen Samuels, Ph.D.

COPE (Community Outreach for Prevention of Eating Disorders)

115 East Grandview Avenue - #7, Ormond Beach, Florida 32176

386-255-1646 | www.cope-ecf.org

Disordered Eating Outpatient/Inpatient/Residential Facilities

Fairwinds Treatment Center

1569 S. Fort Harrison Avenue, Clearwater, FL 33756

800-226-0301 | www.fairwindstreatment.com

Hyde Park Counseling Center

207 W. Verne Street, Tampa, FL 36606

803-258-4605 | www.hydeparkcenter.com

Recovery Village

633 Umatilla Boulevard, Umatilla, FL 32784

352-669-8000 | www.therecoveryvillage.com

Turning Point of Tampa

3227 Sheldon Road, Tampa, FL 33615

800-397-3006 | www.rehabisforquitters.com

UF Healthy Eating Disorder Recovery Center

4101 NW 89th Boulevard, Gainesville, FL 32606

352-265-5481 | www.shands.org/edrc

Domestic/Intimate Partner Violence

National

Domestic Violence Hotline

1-800-799-SAFE (7233) / TTY 1-800-787-3224 | www.thehotline.org

Online chat also available through website

National Dating Abuse Hotline

1-800-331-9474 / TTY 1-800-331-8453 | www.loveisrespect.org

Online chat also available through website

Text: Text LOVEIS to 22522 (message and data rates apply)

Domestic/Intimate Partner Violence Shelters

Seminole County

Safehouse of Seminole County (domestic violence shelter for women and children)

407-302-5220 | www.safehouseofseminole.org

Orange County

Harbor House of Central Florida (domestic violence shelter for women and children)

407-886-2856 | www.harborhousefl.com

Osceola County

Help Now of Osceola County (domestic violence shelter for women and children)

407-847-8562 / TTY 407-846-2472 | www.helpnowshelter.org/our-services/shelter

Equine Assisted Therapy

Seminole County

CHAPS – Center for Horsemanship and Personal Success

4952 South Sanford Avenue, Sanford, FL 32773

407-304-0305 | www.chapscenter.com

Crossroads Corral

Primary: 1999B Lake Emma Road, Longwood, FL 32750

Satellite: 955 Florida Avenue, Oviedo, Florida 32765

412-491-7438 | www.crossroadscorral.org

Stable Foundations

905 S. Lake Jessup Avenue, Oviedo, FL 32765

407-493-9656 | www.stablefoundations.net

Orange County

Freedom Ride

1905 Lee Road, Orlando, FL 32810

407-293-0411 | www.freedomride.com

Volusia County

Healing Hearts Therapies & Equine, LLC

112 West New York Avenue, Suite 210, Deland, FL 32720

386-748-8793 | www.healingheartstherapies.com

Eye Movement Desensitization Reprocessing (EMDR) Providers

Seminole County

Shannon Leigh Rowell, LMHC

Shannon Leigh Rowell, LLC

1100 Town Plaza Court, Suite 2020, Winter Springs, FL 32708

407-415-4464 | www.shannonleighrowellcounseling.com

Orange County

Claire Mauer, LMHC

549 N. Wymore Road, Suite 110-A, Maitland, FL 32751

407-970-7915 | www.clairemauer.com

Volusia County

Nancy Jacobsen, LMFT

101 N Woodland Boulevard, Suite 216, Deland, Florida 32720

386-243-3204

Lynda Ruf, EdS, LMFT, LMHC

366 East Graves Ave, Suite D, Orange City, Florida 32763-5266

386-775-0990 | www.emdrtherapyvolusia.com/lynda_ruf.php

Financial Assistance

Seminole County*

The Salvation Army

700 W 24th Street, Sanford Florida 32771

407-839-4357 | <http://www.salvationarmysanford.org/>

The Sharing Center

600 North Highway 17-92, Suite 130, Longwood, FL 32750

407-260-9155 | <http://thesharingcenter.org/>

*Also call 211 for other programs which may be able to provide financial assistance.

First Responders

Orange County and Surrounding Areas*

Orange County Fire Rescue Firestrong Info & Resources

<https://firestrong.org/department/?search=452>

UCF RESTORES

4111 Pictor Lane, Suite 203, Orlando, FL 32816 (UCF Psychology Building)

407- 823-3910 | <https://ucfrestores.com/>
Statewide/National*

Firefighter Behavioral Health Alliance
<https://www.ffbha.org/>

Heroes Health (free mobile app)
<https://heroeshealth.unc.edu/>

IAFF Center of Excellence
13400 Edgemoade Rd, Upper Marlboro, MD 20772
877-880-0255 | <https://www.iaffrecoverycenter.com/center/>

Redline Rescue
<https://redlinerescue.org/>

Share the Load Program – National Volunteer Firefighter Council
<https://www.nvfc.org/programs/share-the-load-program/>

SHATTERPROOF First Responders’ Treatment Program
505 Federal Hwy #2, Deerfield Beach, Florida 33441
833-556-0866 | <https://fherehab.com/services/first-responders/>

*See Emergency Support section for 24/7 crisis support.

Food Assistance

Seminole County*

Harvest Time International
225 Harvest Time Drive Sanford, FL 32771
407-878-5531 | <https://www.harvesttime.org/assistance.html>

Nativity Catholic Church
3255 N. Ronald Reagan Blvd, Longwood, FL 32750
407-322-3961 | <https://nativity.org/>

The Salvation Army
700 W 24th Street, Sanford Florida 32771
407-839-4357 | <http://www.salvationarmysanford.org/>

The Sharing Center
600 North Highway 17-92, Suite 130, Longwood, FL 32750
407-260-9155 | <http://thesharingcenter.org/>

Orange County*

Catholic Charities of Central Florida
1771 N. Semoran Blvd., Orlando, FL 32807
407-658-1818 | <https://cflcc.org/mission-market-orlando/>

Second Harvest Food Bank
Various pickup locations

407-295-1066 | https://www.feedhopenow.org/site/SPageServer/?pagename=need_food
United Against Poverty Orlando
150 W. Michigan St., Orlando, FL 32806
407-650-0774 | <https://uporlando.org/services/>

*Also call 211 for other programs which may be able to provide food assistance.

Healthcare Services

Seminole County

Florida Department of Health
400 W. Airport Blvd., Sanford, FL 32773
407-665-3000 | <http://seminole.floridahealth.gov/locations/sanford.html>

Harvest Time International
225 Harvest Time Drive Sanford, FL 32771
407-878-5531 | <https://www.harvesttime.org/assistance.html>

Orange County

Florida Department of Health
Various locations
407-858-1400 | <http://orange.floridahealth.gov/locations/index.html>

United Against Poverty Orlando
150 W. Michigan St., Orlando, FL 32806
407-650-0774 | <https://uporlando.org/services/>

Hypnotherapy

Seminole County

Robert Bollet, Ed.D.
Bollet Coaching & Consulting
661 Seminola Boulevard, Casselberry, FL 32707
407-678-6655 | www.bolletcounseling.com

Orange County

Cheryl Malone, LMHC
1417 N. Semoran Boulevard, Suite 201, Orlando, FL 32807
407-282-0280 | www.counselingfl.com/19001.html

Volusia County

Marie A Davis, LMHC
Davis Mental Health Counseling Services
75 Fox Ridge Court, Suite C, Debarry, Florida 32713
407-440-1633 | www.davismhcounseling.com

Graciela Pulliam, LMHC
425 S. Volusia Ave. #B4, Orange City, FL 32763
321-578-7488 | www.casafelizcounseling.com

LGBTQ+

National

Trevor Lifeline

1-800-4-U-Trevor (488-7386) | www.thetrevorproject.org
Online chat also available 7 days per week between 3 p.m. and 9 p.m. EST
Text available Wednesdays-Fridays between 3 p.m. and 9 p.m. EST. : Text TREVOR to 1-202-304-1200 (message and data rates apply)

Orange County and Surrounding Areas

SPEKTRUM Health

5205 South Orange Avenue Suite #110, Orlando, FL 32809
407-454-1363 | <https://spektrum.health/>

The Center

946 N, Mills Avenue, Orlando, FL 32803
407-228-8272 | www.thecenterorlando.org

The Zebra Coalition

911 N. Mills Avenue, Orlando, FL 32803
407-228-1446, option 2 | www.zebra-youth.org

Two Spirit Health Services

801 N. Magnolia Avenue, Suite 402, Orlando, FL 32803
407-963-5667 (mental health clinic) / 407-487-9868 (medical clinic) | www.twospirithealth.org

Maternal Mental Health

National Maternal Mental Health Hotline

24/7, free, confidential support, resources, and referrals to any pregnant and postpartum families facing mental health challenges
Call or Text 1-833-9-HELP4MOMS (1-833-943-5746) | [HRSA Maternal & Child Mental Health](https://hrsa.gov/maternal-child-mental-health)

Florida Moms Maternal Mental Health Directory

<https://flmomsmhresources.org/>

Mental Health Inpatient Facilities

Seminole County

Seminole Community Mental Health Center

237 Fernwood Boulevard, Fern Park, FL 32708
407-831-2411 | www.scmhc.com

South Seminole Hospital – Behavioral Health Unit

455 W. Warren Avenue, Longwood, FL 32750

407-262-2220 | www.orlandohealth.com/services-and-specialties/behavioral-health

Crisis Stabilization Unit

919 E. Second Street, Sanford, FL 32771

407-323-2036 | www.aspirehealthpartners.com/programs-and-services

Orange County**Central Florida Behavioral Hospital**

6601 Central Florida Parkway, Orlando, FL 32821

407-370-0111 | www.centralfloridabehavioral.com

La Amistad Behavioral Health Services

1650 Park Avenue North, Maitland, FL 32751

407-647-0660 | www.lamistad.com

University Behavioral Center

2500 Discovery Drive, Orlando, FL 32826

407-281-7000 | www.universitybehavioral.com

Aspire Health Partners Inpatient Services

1800 Mercy Drive, Orlando, FL 32808

Or

434 W. Kennedy Boulevard, Orlando, FL 32810

407-875-3700 | www.aspirehealthpartners.com/programs-and-services

Volusia County**Florida Hospital DeLand – Behavioral Health**

701 W. Plymouth Avenue, DeLand, FL 32720

1-800-539-4228 (help line) 386-943-4670 (unit) | www.floridahospital.com/deland/behavioral-health

Stewart-Marchman-Act Behavioral Healthcare

(Multiple programs and locations)

1-200-539-4228 | www.smabehavioral.org

Nutritionists/Dietitians

Seminole County**Central Florida Preventative Medicine**

Kathy Veon, DOM, AP

1540 International Parkway #2000, Lake Mary, FL 32746

407-328-6711 | www.cfpreventivemedicine.com

Orange County

Meghan Moran Nutrition, LLC

Meghan Moran
1411 Edgewater Drive, Suite 203, Orlando, FL 32804
407-629-5504/ 561-504-8573

Nutritional Guidance, Inc.

1155 Louisiana Avenue, Suite 210, Winter Park, FL 32789
407-629-5504 | www.nutritionalguidance.org

Stefanie Cuba, RD

1155 Louisiana Avenue, Suite 210, Winter Park, FL 32789
407-960-2651

Psychiatrists

Seminole County

Family Psychiatry Services

1403 Medical Plaza Drive, Suite 202, Sanford, FL 32771
407-322-3096 | www.mentalhealthcfl.com

Psych Pointe of Florida

1250 S. US Hwy 17-92, Suite 130, Longwood, FL 32750
407-270-7702 | <http://www.psychpointe.com/>

Orange County

Jose Quinones, M.D.

2252 Winter Woods Boulevard, Winter Park, FL 32792
407-681-6003 | www.drq-psychiatrist.com

Psych Pointe of Florida

5979 Vineland Road, Suite 109, Orland, FL 32819
407-270-7702 | <http://www.psychpointe.com/>

Volusia County

Family Psychiatry Services

2725 Rebecca Lane, Suite 107, Orange City, FL 32763
386-775-0736 | www.mentalhealthcfl.com

Psychologists (Forensic or Testing)

Seminole County

Villar Neuropsychology

1355 S. International Parkway, Suite 2471, Lake Mary, FL 32746
407-906-8843 | www.villarneuropsychology.com

Orange County

Dr. Darlene Antonio
2700 Westhall Lane, Suite 110, Maitland, FL 32751
407- 475-1025 | www.drantonio-phd.com

Dr. Kathleen McHugh
1215 Louisiana Avenue, Suite 100, Winter Park, FL 32789
407- 622-0825 | www.drkathleenmchugh.com

Psychological Affiliates
2737 West Fairbanks Avenue, Winter Park, FL 32789
407-674-5663 | www.psychologicalaffiliates.com

Psychological Wellness for Children and Families, Inc.
815 Orienta Avenue, Suite 1010, Altamonte Springs, FL 32701
407- 830-6033 | www.pwcfinc.com

Volusia County

Ivan Fleishman, Ph.D.
901 N. Stone Street, Deland, FL 32720
386-736-8337 | www.ivanfleishman.com

School Supply Assistance

Seminole County*

Contact your child's school or Parent Teacher Association for details regarding where school supply donations can be obtained.

The Salvation Army
700 W 24th Street, Sanford Florida 32771
407-839-4357 | <http://www.salvationarmysanford.org/>

The Sharing Center
600 North Highway 17-92, Suite 130, Longwood, FL 32750
407-260-9155 | <http://thesharingcenter.org/>

*Also call 211 for other programs which may be able to provide school supply assistance.

Self-Injury

National

S.A.F.E. Alternatives Self-Injury Crisis Line
1-800-DONT-CUT (366-8288) | www.selfinjury.com

Self-Injury Foundation Crisis Line
1-800-334-HELP (4357) | www.selfinjuryfoundation.org

Sexual Assault Support & Victim Advocacy

National

Florida Council Against Sexual Violence Rape Crisis Hotline

1-888-956-RAPE (7273) | www.fcasv.org

Find your local rape crisis center: www.fcasv.org/find-your-local-center

Safe Helpline (sexual assault helpline for the military community)

1-877-995-5247 | www.safehelpline.org

Seminole, Orange, and Osceola Counties

Victim Service Center of Central Florida (Seminole, Orange, and Osceola Counties)

Seminole: 255 Primera Boulevard, Lake Mary, FL 32746

Orange: 2111 E. Michigan Street, Suite 210, Orlando, FL 32806

Osceola: 10 W. Neptune Road, Kissimmee, FL 34741

407-497-6701 (24-hour hotline) / 407-254-9415 (office) | www.victimservicecenter.com

The Howard Phillips Center for Children and Families: The Healing Tree

601 W. Michigan Street, Orlando, FL 32805

Or

110 W. Neptune Road, Kissimmee, FL 34741

407-317-7430 Ext. 2160 | www.caccentral.com/the-healing-tree

Volusia County

Volusia Rape Crisis Center

311 N. Orange Street, New Smyrna Beach, FL 32168

1-800-503-7621 (hotline) / 386-236-3123 (office) | www.volusiarapecrisiscenter.org

Substance Abuse Support/Outpatient/Inpatient/Residential Facilities

Seminole, Orange, and Osceola Counties

Aspire Health Partners (multiple programs and locations)

See website for phone numbers | www.aspirehealthpartners.com/programs-and-services

The Grove Counseling Center (multiple programs and locations)

111 W. Magnolia Avenue, Longwood, FL 32750

1-800-919-1765 / 407-327-1765 Ext. 1900 | www.thegrove.org

New Life Connections, Inc.

404 W. 25th Street, Sanford, FL 32771

Or

499 S.R. 434, Suite 1081, Altamonte Springs, FL 32814

407-322-7779 | www.new-life-connections.org

Volusia County

Community Outreach Services (CORS)

245 S. Amelia Avenue, Deland, FL 32724
(386) 736-0420

Darryl Strawberry Recovery Center - DeLand, FL

2775 Big John Drive, DeLand, FL 32724
T: 855-973-7333 (main) or 888-435-5074 (admissions specialist) | www.strawberrycenter.com

Haven Recovery Center (Assessment Offices)

610-D Deltona Boulevard, Deltona, FL 32725
386-574-6669 | www.havenrecoverycenter.org

Or

245 S. Amelia Avenue, DeLand, FL 32724
386-736-0420/866-522-1195 | www.havenrecoverycenter.org

Stewart-Marchman-Act Behavioral Healthcare

800-539-4228 | www.smabehavioral.org/services/residential-services

Florida

Hazelden Betty Ford Foundation

950 6th Avenue North, Naples, FL 34102
866-261-3734 <http://www.hazeldenbettyford.org/locations/naples>

National

Nat'l. Council on Alcohol & Drug Dependence	(800) NCA-CALL
Nat'l. Drug Info. Treatment & Referral hotline	(800) 662-4357
Nat'l. Clearinghouse for Alcohol & Drug Info.	(800) 729-6686 www.health.org
Alcoholics Anonymous	(212) 870-3400 www.aa.org
Al-Anon Family Group Headquarters	(804) 563-1600 www.al-anon.alateen.org
Adult Children of Alcoholics World Services	(310) 534-1815 www.lafn.org/community/aca
Nat'l. Association for Children of Alcoholics	(301) 468-0985 www.health.org/nacoa
American Council for Drug Education	(800) 488-DRUG www.acde.org
Cocaine Anonymous	(310) 559-5833 www.ca.org
Marijuana Anonymous	(800) 766-6779 www.marijuana-anonymous.org
Narcotics Anonymous	(818) 773-9999 www.wsoinc.com

Veterans' Services

National

Veterans' Crisis Line

1-800-273-8255 (press 1) / TTY 1-800-799-4899 | www.veteranscrisisline.net

Online chat also available via website

Text: Text a message to 838255 (message and data rates may apply)

Safe Helpline (sexual assault helpline for the military community)

1-877-995-5247 | www.safehelpline.org

Veterans' Services

Seminole County

Sanford Office

534 West Lake Mary Boulevard, Sanford, FL

407-665-2300 | www.seminolecountyfl.gov/departments-services/community-services/community-assistance/veterans-services/

Nearest Clinic and Hospital Locations

Clinic Locator

<https://www.va.gov/find-locations/?facilityType=health>

Orange County

Orlando VA Medical Center (Lake Baldwin)

5201 Raymond Street, Orlando, Florida 32803

407-629-1599 or 1-800-922-7521

Orlando VA Medical Center (Lake Nona)

13800 Veterans Way, Orlando, FL 32827

Volusia County

VA Community Based Outpatient Clinic

2583 South Volusia Avenue, Suite 300, Orange City, Florida 32763

386-456-2080