



# Counseling Resources

## Crisis

### Crisis Text Line

Text "START" to 741741

### National Suicide Prevention Lifeline

1-800-273-TALK

Veterans press 1

### Victims Service Center of Central Florida

407-500-4327

### AIDS/HIV Hotline

407-298-2056

## Sexual Assault/Abuse

### Healing Tree-Orlando Advocacy Center

**Services:** Counseling for Abuse Survivors and Their-Non-Offending Caregiver

**Phone:** 407-317-7430 ext. 2160

**Address:** 601 W Michigan St Ste 101, Orlando, FL 32805

**Email:** R-HealingTreeReferral@orlandohealth.com

**Website:** <http://caccentral.com/the-healing-tree/>

### Victims Service Center of Central Florida

**Kissimmee:** (407) 483-7386

**Hotline:** (407) 500- 4325

**Downtown:** (407) 254-9415

**Address:** 2111 East Michigan Street, Suite 210, Orlando, Florida 32806

**Hotline:** (407) 500- 4326

**Longwood:** (321) 972-4465

**Hotline:** (407) 500- 4325

**Website:** <https://www.victimservicecenter.org/>

### Harbor House

**Services:** Specializing in Domestic Violence

**Hotline:** 407-886-2856

## Marriage & Family

### UCF Marriage and Family Research Institute

**Services:** Relationship Education, Job Training

**Phone:** (407) 823-1748

**Website:** <https://mfri.ucf.edu/>

### Orange County Family Counseling Program

**Phone:** (407) 245-0126

**Address:** 1718 East Michigan Street Orlando, FL 32806



**Mandy Albaugh, LMHC****Services:** Couples, Pre-Marital, Individual**Phone:** (407) 547-5802**Address:** 870 Clark Street Suite 1030 Oviedo, FL 32765**\*\*\*Also Refer to the Community Centers\*\*\*****Support Groups****Beardall Senior Center****Phone:** 407-246-4440**Address:** 800 S Delaney Avenue Avon Park, FL 33825**Website:** <http://www.cityoforlando.net/recreation/beardall-senior-center/>**Peer-to-peer Pregnancy & Infant Loss Support Group****Phone:** 407- 303-8721**Website:** <https://www.floridahospital.com/for-women/support-groups>**Narcotics Anonymous****Phone:** 407-425-5157**Website:** [na.org](http://na.org)**Alcoholics Anonymous****Phone:** 407-521-0012**Website:** <https://www.aa.org/>**Al-Anon/Alateen****Phone:** (407) 291-1900**Phone:** (407) 896-4929**Website:** [al-anon.org](http://al-anon.org)**Children/Adolescents****Children's Home Society****Downtown:** 407-896-2323**Address:** 5768 S Semoran Blvd, Orlando, FL 32822**Sanford:** 407-688-9650**Address:** 2921 S. Orlando Dr., Sanford, FL 32773**Kissimmee:** 407-846-5220**Address:** 2653 Michigan Ave., Kissimmee, FL 34744**Kinder Konsulting****Phone:** 407-657-6692**Address:** 2479 Aloma Avenue Winter Park, FL 33792**Website:** <http://www.kinderkonsulting.com/>**Aspire Health Partners Children's Outpatient Program****Phone:** 407-836-1587**Website:** [www.wraparoundorange.net](http://www.wraparoundorange.net)**BETA Center****Phone:** 407-277-1942**Services:** Support for pregnant teens**Address:** 4680 Lake Underhill Rd, Orlando, FL 32807**Website:** [www.betacenter.org](http://www.betacenter.org)

**Agape Counseling Center**

**Services:** Christian Based for teens & Adults

**Phone:** 407-754-8980

**Address:** Lake Howell Towers 467 Howell Rd. Suite 202

**Website:** www.agapeacc.com

**Quite Minds Counseling**

*Coralis Solomon Ph.D., LMHC, NCC*

**Specialty:** Spanish Speaking, Sexual trauma and teens

**Phone:** 407-968-6534

**Address:** 1540 Lake Baldwin Lane Suite B Orlando, FL 32814

**Website:** <http://quietmindscounseling.com/about-us/>

**Insurance:** Aetna, Cigna

**Solace Counseling**

*Aaron Moore, LMHC*

**Specialty:** Individual, Family, Addictions

**Phone:** (407) 574-8056

**Address:** 23 N. Summerlin Avenue Orlando, FL 32801

**Institute of Playful Healing**

*Aimee Jennings, LMHC, RPT*

**Specialty:** Children & Teens

**Phone:** (407) 831-2880

**Address:** 108 Robin Rd, Suite 2006 Altamonte Springs, FL

**Website:** <http://www.instituteofplayfulhealing.com/About-Us.html>

**Hazel Counseling Center**

*Connie Toft*

**Phone:** (407) 365-1199

**Address:** 2441 W. SR 426, Oviedo, FL 32765

**Website:** www.hazelcounselingcenter.com

**Insurance and Self-Pay**

**Services:** For Children, Teens and Adults

**Burt Bertram, Ed.D., LMHC, LMFT**

**Phone:** (407) 426-8088

**Address:** 525 Seridan Blvd., Orlando, FL 32804

**Website:** <http://burtbertram.com/>

**Self-pay**

**Specialty:** Couples

**Mandy Albaugh, LMHC**

**Phone:** (407) 547-5802

**Address:** 870 Clark Street Suite 1030, Oviedo, FL 32765

**Website:** <http://vitabellacounseling.com/services/couples-counseling/>

**Self-pay**

**Specialty:** Couples; Pre-Marital; Adolescents and Adults



## LGBTQI+

### Zebra Coalition

**Specialty:** LGBTQ+ youth (ages: 13-24)

**Phone:** 407-228-1446

**Address:** 911 N Mills Ave. Orlando, FL 32803

**Website:** <https://www.zebra youth.org/>

### The Trevor Project

**Services:** Phone, chat, and text for LGBTQ+ youth

**Phone:** 1-866-488-7386

### Tran Lifeline

**Services:** Support for transgender people by transgender people

**Phone:** 1-877-565-8860

### SAGE LGBT Elder Hotline

**Services:** Peer Support and Local Resources for older Adults

**Phone:** 1-888-234-SAGE

## Eating Disorders

### Solace Counseling

*Michelle Moore LMHC*

**Phone:** 407-574-8056

**Address:** 23 N Summerlin Ave. Orlando, FL 32801

**Website:** [Solacecounseling.org](http://Solacecounseling.org)

## Psychiatrists

### Kinder Konsulting

**Phone:** 407-657-6692

**Address:** 2479 Aloma Ave. Winter Park, FL 32792

\*\*\* Also have Psychologists on staff\*\*\*

## Psychologists

### Institute of Playful Healing

*Sean Jennings Psy.D., LMHC*

**Website:** [www.instituteofplayfulhealing.com/About-us.html](http://www.instituteofplayfulhealing.com/About-us.html)

**Location:** Altamonte Springs (Family, adult, minors, Psychological testing)

**Phone:** 407-831-2880

**Address:** 108 Robin Rd. Suite 2006 Altamonte Springs FL

### John Robertson, PhD

**Phone:** 407-340-1185

**Address:** 4019 Clarcona Ococee Rd. Orlando, FL 32810

**Focus:** Multicultural

\*\*\* Also refer to Kinder Konsulting in Psychiatrists section\*\*\*



## Community Centers

### Union Park NCFE

*Phone:* 407-207-1684

*Address:* 9839 E Colonial Drive Orlando, FL 32817

*Services:* Child & Family Counselling; Citizenship; ESOL; Health Nurse, Employment Assistance

### Tangelo Park NCFE

*Phone:* 407-226-1714

*Address:* 5115 Anzio Street Orlando, FL 32819

*Services:* Family & Individual Counseling, Health Nurse, Food Pantry, Computer Lab

### Englewood NCFE

*Phone:* 407-751-7906

*Address:* 5985 La Costa Drive Orlando, FL 32807

*Services:* Individual, family & group counseling for students and families

### Bithlo/Christmas NCFE

*Phone:* 407-254-9400

*Address:* 18510 Madison Avenue Bithlo, FL 32820

*Services:* Family & Individual Counseling, Employment Services, Health Nurse, Food Pantry, Computer Lab

### Winter Park NCFE

*Phone:* 407-622-2911

*Address:* 901 W. Webster Avenue Winter Park, FL 32789

*Services:* Child & Family Counseling; Employment Assistance, Food Pantry, Case Management

### Eatonville NCFE

*Phone:* 407-629-5665

*Address:* 323 E Kennedy Blvd., Suite A Eatonville, FL 32751

*Services:* Individual & Small Grp counseling, Teen Support, Friday Night hangout for teens, Computer Lab, Employment Services

### Oak Ridge NCFE

*Phone:* 407-850-5101

*Address:* 150 Amidon Lane Orlando, FL 32809

*Services:* Child & Family Counseling; ESOL; Health Nurse, Employment Assistance

### Pine Hills NCFE

*Phone:* 407-294-3519

*Address:* 2804 Belco Drive Orlando, FL 32808

*Services:* Individual, family & group counseling for students and families, Haitian Services, Employment Services

### West Orange Neighbourhood Center for Families

*Phone:* 407-254-1930

*Address:* 303 SW. Crown Point Rd, Winter Garden, FL 34787

*Website:* <https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/west-orange/>

*Services:* Child & Family Counseling; Legal Aide; Seniors Exercise Group; Second Harvest



**Taft Neighbourhood Center for Families**

**Phone:** 407-254-1960

**Address:** 9500 S. Orange Ave., Orlando, FL 32824

**Website:** <https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/taft/>

**Services:** Child & Family Counseling; Employment Services; Health Nurse; Senior Services

**Lake Weston Neighbourhood Center for Families**

**Phone:** 407-286-2947

**Address:** 5500 Milan Drive, Orlando, FL 32810

**Website:** <https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/lake-weston/>

**Services:** Counseling; Paediatric Nurse Practitioner; Food Pantry

**Ivey Lane Neighbourhood Center for Families**

**Phone:** 407-254-9491

**Address:** 5151-C Raleigh St., Orlando, FL 32811

**Website:** <https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/ivey-lane/>

**Services:** Family & Individual Counseling; 24 hr. Safe House for children; Parenting Groups

**Substance Use****Alcoholics Anonymous**

**Phone:** 407-521-0012

**Website:** <http://www.aa.org/>

**Narcotics Anonymous**

**Phone:** 407-425-5157

**Website:** [na.org](http://na.org)

**Aspire Health Partners**

**Phone:** 407-875-3700

**Website:** [aspirehealthpartners.com](http://aspirehealthpartners.com)

**Al-Anon/Alateen**

**Phone:** 407-291-1900

**Alt. Phone:** 407-896-4929

**Website:** [al-anon.org](http://al-anon.org)

**Baker Act****Aspire Health Partners**

**Phone:** 407-875-3700

**Address:** 1800 Mercy Drive Orlando, FL 32808

**Website:** [www.aspirehealthpartners.com](http://www.aspirehealthpartners.com)

**South Seminole Hospital**

**Phone:** 407-767-1200

**Address:** 555 West State Rd 434 Longwood, FL 32750

**University Behavioral Center**

**Phone:** 407-281-7000

**Address:** 2500 Discovery Dr. Orlando, FL 32826



## Report

### Florida Abuse Hotline

**Phone:** 1-800-96-ABUSE

**Use To:** Report abuse, neglect, or exploitation

### FL Department of Children & Families

**Phone:** 1-866-762-2237

**Website:** [myflfamilies.com](http://myflfamilies.com)

## Grief/Loss

### HEAL (Helping Endure Infant Loss)

**Phone:** 407-303-8721

**Website:** <https://www.floridahospital.com/for-women/support-groups>

**Focus:** Peer-to-peer Pregnancy & Infant

### Loss Support Group

**Phone:** 407-303-8721

**Website:** <https://www.floridahospital.com/for-women/support-groups>

### New Hope for Kids

**Phone:** 407-599-0909

**Address:** 900 N Maitland Ave, Maitland, FL 32751

**Website:** [www.newhopeforkids.org](http://www.newhopeforkids.org)

### Hospice of Altamonte

**Phone:** 407-682-0808

**Address:** 480 West Central Parkway Altamonte Springs, FL 32714

**Website:** [www.hospiceofthecomforter.org](http://www.hospiceofthecomforter.org)

