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

**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

**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

**BETA Center**
Phone: 407-277-1942
Services: Support for pregnant teens
Address: 4680 Lake Underhill Rd, Orlando, FL 32807
Website: www.betacenter.org
**Private Practice**

**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.zebrayouth.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

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**Eating Disorders**

**Solace Counseling**
- **Michelle Moore LMHC**
- **Phone:** 407-574-8056
- **Address:** 23 N Summerlin Ave. Orlando, FL 32801
- **Website:** Solacecounseling.org

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**Psychiatrists**

**Kinder Konsulting**
- **Phone:** 407-657-6692
- **Address:** 2479 Aloma Ave. Winter Park, FL 33792

*** Also have Psychologists on staff***

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**Psychologists**

**Institute of Playful Healing**
- **Sean Jennings Psy.D., LMHC**
  - **Website:** 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 Ocoee Rd. Orlando, FL 32810
- **Focus:** Multicultural

*** Also refer to Kinder Konsulting in Psychiatrists section***
<table>
<thead>
<tr>
<th>Community Centers</th>
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<tbody>
<tr>
<td><strong>Union Park NCFF</strong></td>
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</tr>
<tr>
<td><strong>Phone:</strong> 407-207-1684</td>
<td></td>
</tr>
<tr>
<td><strong>Address:</strong> 9839 E Colonial Drive Orlando, FL 32817</td>
<td></td>
</tr>
<tr>
<td><strong>Services:</strong> Child &amp; Family Counselling; Citizenship; ESOL; Health Nurse, Employment Assistance</td>
<td></td>
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<tr>
<td><strong>Tangelo Park NCFF</strong></td>
<td></td>
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<tr>
<td><strong>Phone:</strong> 407-226-1714</td>
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</tr>
<tr>
<td><strong>Address:</strong> 5115 Anzio Street Orlando, FL 32819</td>
<td></td>
</tr>
<tr>
<td><strong>Services:</strong> Family &amp; Individual Counseling, Health Nurse, Food Pantry, Computer Lab</td>
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<tr>
<td><strong>Englewood NCFF</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> 407-751-7906</td>
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</tr>
<tr>
<td><strong>Address:</strong> 5985 La Costa Drive Orlando, FL 32807</td>
<td></td>
</tr>
<tr>
<td><strong>Services:</strong> Individual, family &amp; group counseling for students and families</td>
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<tr>
<td><strong>Bithlo/Christmas NCFF</strong></td>
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<tr>
<td><strong>Phone:</strong> 407-254-9400</td>
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<tr>
<td><strong>Address:</strong> 18510 Madison Avenue Bithlo, FL 32820</td>
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<tr>
<td><strong>Services:</strong> Family &amp; Individual Counseling, Employment Services, Health Nurse, Food Pantry, Computer Lab</td>
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<tr>
<td><strong>Winter Park NCFF</strong></td>
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<tr>
<td><strong>Phone:</strong> 407-622-2911</td>
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</tr>
<tr>
<td><strong>Address:</strong> 901 W. Webster Avenue Winter Park, FL 32789</td>
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<tr>
<td><strong>Services:</strong> Child &amp; Family Counseling; Employment Assistance, Food Pantry, Case Management</td>
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<tr>
<td><strong>Eatonville NCFF</strong></td>
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<tr>
<td><strong>Phone:</strong> 407-629-5665</td>
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<tr>
<td><strong>Address:</strong> 323 E Kennedy Blvd., Suite A Eatonville, FL 32751</td>
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<tr>
<td><strong>Services:</strong> Individual &amp; Small Grp counseling, Teen Support, Friday Night hangout for teens, Computer Lab, Employment Services</td>
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<tr>
<td><strong>Oak Ridge NCFF</strong></td>
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<tr>
<td><strong>Phone:</strong> 407-850-5101</td>
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<tr>
<td><strong>Address:</strong> 150 Amidon Lane Orlando, FL 32809</td>
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<tr>
<td><strong>Services:</strong> Child &amp; Family Counseling; ESOL; Health Nurse, Employment Assistance</td>
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<tr>
<td><strong>Pine Hills NCFF</strong></td>
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<tr>
<td><strong>Phone:</strong> 407-294-3519</td>
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<tr>
<td><strong>Address:</strong> 2804 Belco Drive Orlando, FL 32808</td>
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<tr>
<td><strong>Services:</strong> Individual, family &amp; group counseling for students and families, Haitian Services, Employment Services</td>
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<tr>
<td><strong>West Orange Neighbourhood Center for Families</strong></td>
<td></td>
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<tr>
<td><strong>Phone:</strong> 407-254-1930</td>
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</tr>
<tr>
<td><strong>Address:</strong> 303 SW. Crown Point Rd, Winter Garden, FL 34787</td>
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</tr>
<tr>
<td><strong>Website:</strong> <a href="https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/west-orange/">https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/west-orange/</a></td>
<td></td>
</tr>
<tr>
<td><strong>Services:</strong> Child &amp; Family Counseling; Legal Aide; Seniors Exercise Group; Second Harvest</td>
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</tbody>
</table>
**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

**Aspire Health Partners**  
*Phone:* 407-875-3700  
*Website:* Aspirehealthpartners.com

**Al-Anon/Alateen**  
*Phone:* 407-291-1900  
*Alt. Phone:* 407-896-4929  
*Website:* al-anon.org

### Baker Act

**Aspire Health Partners**  
*Phone:* 407-875-3700  
*Address:* 1800 Mercy Drive Orlando, FL 32808  
*Website:* 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
<table>
<thead>
<tr>
<th><strong>Report</strong></th>
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<tbody>
<tr>
<td><strong>Florida Abuse Hotline</strong></td>
<td><strong>FL Department of Children &amp; Families</strong></td>
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<tr>
<td><strong>Phone:</strong> 1-800-96-ABUSE</td>
<td><strong>Phone:</strong> 1-866-762-2237</td>
</tr>
<tr>
<td><strong>Use To:</strong> Report abuse, neglect, or exploitation</td>
<td><strong>Website:</strong> myflfamilies.com</td>
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<tr>
<td><strong>FL Department of Children &amp; Families</strong></td>
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<td><strong>Phone:</strong> 1-866-762-2237</td>
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<td><strong>Grief/Loss</strong></td>
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<td><strong>HEAL (Helping Endure Infant Loss)</strong></td>
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<td><strong>Phone:</strong> 407-303-8721</td>
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<td><strong>Website:</strong> <a href="https://www.floridahospital.com/for-women/support-groups">https://www.floridahospital.com/for-women/support-groups</a></td>
<td><strong>Website:</strong> <a href="https://www.floridahospital.com/for-women/support-groups">https://www.floridahospital.com/for-women/support-groups</a></td>
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<td><strong>Focus:</strong> Peer-to-peer Pregnancy &amp; Infant</td>
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<tr>
<td><strong>New Hope for Kids</strong></td>
<td><strong>New Hope for Kids</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 407-599-0909</td>
<td><strong>Address:</strong> 900 N Maitland Ave, Maitland, FL 32751</td>
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<tr>
<td><strong>Address:</strong> 900 N Maitland Ave, Maitland, FL 32751</td>
<td><strong>Website:</strong> <a href="http://www.newhopeforkids.org">www.newhopeforkids.org</a></td>
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<td><strong>Website:</strong> <a href="http://www.newhopeforkids.org">www.newhopeforkids.org</a></td>
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<td><strong>Hospice of Altamonte</strong></td>
<td><strong>Hospice of Altamonte</strong></td>
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<td><strong>Phone:</strong> 407-682-0808</td>
<td><strong>Phone:</strong> 407-682-0808</td>
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<tr>
<td><strong>Address:</strong> 480 West Central Parkway Altamonte Springs, FL 32714</td>
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<td><strong>Website:</strong> <a href="http://www.hospiceofthecomforter.org">www.hospiceofthecomforter.org</a></td>
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