

**Community Counseling and Research Center
Referral List**

Directions: This list was created to help those individuals, families, and couples looking for providers during social distancing and COVID-19, while the University of Central Florida is closed for the health and safety of students and the public. Please use the grid below to locate a provider who can meet your needs or an agency that might support you and those close to you.

Outpatient Psychiatrist & Therapy Locations

Treatment Team & Location(s)	Take Insurance	\$ or Sliding Fee Scale	Telehealth	Face to Face
Psychiatric Group of Orlando 422 South Alafaya Trail #17 Orlando, FL 32825 407-275-0745 www.psychiatricgroup.org	X	X	X	Unavailable at this time
Greater Orlando Psychiatric 1417 N. Semoran Blvd #203 Orlando, FL 32807 407-206-1106	X	X	X	X
Advanced Psychiatric Group (APG) Behavior Health 736 North Magnolia Avenue Orlando, FL 32801 407-423-7149	X	X	X	X
Dr. Sonny V. Joseph 9430 Turkey Lake Road, #204 Orlando, FL 32819 407-354-5290	X	X		X
Orlando Psychiatric Associates 2345 Sand Lake Road, #200 Orlando, FL 32809 407-851-5121 1551 Boren Dr., Suite C Ocoee, FL 34761 102 Park Place Blvd, Suite D-1 Kissimmee, FL 34741 4106 W. Lake Mary Blvd, #205 Lake Mary, FL 32746	X	X	X	X
Happy Mind Company Dr. Heidi Napolitano 7601 Conroy Windermere Road, #203 Orlando, FL 32835 407-704-1461	X	X	X	X
Esperanza Behavioral Health and Services	X	X		X

Dr. Fredesvinda Jacobs-Alvarez 7350 Futures Drive, #16 Orlando, FL 32819 407-226-3733				
Robertson and Associate Psychological Services Dr. John Robertson 4019 Clarcona-Ocoee Road Orlando, FL 32810 407-901-2239	X	X	X	
Florida Behavioral Health 6735 Conroy Windermere Road Orlando, FL 32835 260 Lookout Place Maitland, FL 32751 407-647-1781	X	X	X	X
Ashlawn Consulting Dr. Rex Birkmire 650 South Central Avenue Oviedo, FL 32765 407-977-7943	X	X	Voice call only	X
Dr. Robert Goldstein Dr. Kristina Kise Dr. Andrea M. Brownridge 2180 Park Avenue North #324 Winter Park, FL 32789 7560 Red Bug Lake Road, #2050 Oviedo, FL 32765 407-647-8825	X	X		X
Dr. John Blankemeier 2180 N. Park Avenue North #320 Winter Park, FL 32789 407-629-6440		X		X
Advent Health Outpatient Medical Group 17533 Lee Road #100 Winter Park, FL 32789 407-896-8097 www.adventhealthmedicalgroup.com	X	X	X	X
Central Florida Psychiatric Associates 2802 Aloma Avenue, #200 Winter Park, FL 32792 407-749-1137	X	X		X
Everyone's Counseling Dr. Louise I. Buhrmann 1035 S. Semoran Blvd, #1027 Winter Park, FL 32792	X	X	X	X

407-671-2258				
Hope & Serenity Health Services, LLC <i>Dr. Tameca N. Harris- Jackson</i> 1400 S. Orlando Avenue, Ste 320 Winter Park, FL 32789 321-214-8613		X		X
Kinder Konsulting 2479 Aloma Avenue Winter Park, FL 33792 407-657-6692	X	X		X
Center for Psychiatry and Behavioral Health, LLC 1015 State Road 436, #229 Casselberry, FL 32707 407-261-5641	X	X		X
Orlando Psychiatric Center <i>Dr. Patricia Sarkar</i> 235 Maitland Avenue South #101 Maitland, FL 32751 407-644-2121	X	X	X	X
Institute of Playful Healing <i>Sean Jennings, Psy.D. LMHC</i> 208 Robin Road, Ste 2006 Altamonte Springs, FL 32701 407-831-2880	X	X		X
Psychiatric Interventions <i>Dr. Alan Berns</i> 3272 W. Lake Mary Blvd, #1820 Lake Mary, FL 32746 407-330-7393	X	X		X
Dr. Antonio Cubano Rosalie Vilecco, ARNP 725 Primera Blvd, #140 Lake Mary, FL 32746 407-732-7266	X	X		X
Dr. Adly Thebaud 1403 Medical Plaza Dr. Sanford, FL 32771 407-322-3096 Dr. Josette Romain 2725 Rebecca Lane Orange City, FL 32763 386-775-0736	X	X		X
Lifestream 201 E. Magnolia Avenue Eustis, FL 32726 352-357-1550	X	X		X
Serenity Mental Health & Wellness				

Kalima Jackson-Wills, RMHCI Winter Garden, FL 34787 407-986-1046		X		X
Dr. Vivian Charneco 717 E. Oak Street Kissimmee, FL 34744 407-846-0533	X	X		X

Hotlines

Crisis Text Line	Dial "START" to 741741	Free Immediate Telehealth Support
National Suicide Prevention Lifeline	1-800-273-TALK Veterans press 1	Free Immediate Telehealth Support
Victims Service Center of Central Florida	407-500-4327	Free Immediate Telehealth Support
AIDS/HIV Hotline	407-298-20565	Free Immediate Telehealth Support
The Trevor Project LGBTQAI+ Youth	1-866-488-7386	Free Immediate Telehealth Support
Trans Lifeline Support for Transgender people, by Transgender people	1-877-565-8860	Free Immediate Telehealth Support
SAGE LGBT Elder Hotline	1-88-234-SAGE	Free Immediate Telehealth Support

Crisis Centers and Baker Act Locations

Treatment Sites & Location(s)	Take Insurance	\$ or Sliding Fee Scale	Telehealth	Face to Face
Aspire Health Partners 1800 Mercy Drive Orlando, FL 32808 407-875-3700	X	X		X
South Seminole Hospital 555 West State Road 434 Longwood, FL 32750 407-767-1200	X	X		X
University Behavioral Center 2500 Discovery Drive Orlando, FL 32826 407-281-7000	X	X		X
Central Florida Behavioral Hospital 6601 Central Florida Parkway Orlando, FL 32821 407-370-0111	X	X		X
Florida Hospital Behavioral Health 601 E. Rollins Street Orlando, FL 32803 407-896-8097	X	X		X

Community Centers for Orange County

The following sites serve Orange County Residents and offer Mental Health Counseling Free of Charge. They will not inquire about your insurance or a form of payment, only your permanent residence. At this time, they *only offer* Mental Health Counseling via Telehealth. The physical sites are closed until further Government Advisory.

Site	Telehealth
Union Park NCFE Phone: 407-207-1684 Address: 9839 E Colonial Drive Orlando, FL 32817	X
Tangelo Park NCFE Phone: 407-226-1714 Address: 5115 Anzio Street Orlando, FL 32819	X
Englewood NCFE Phone: 407-751-7906 Address: 5985 La Costa Drive Orlando, FL 32807	X
Bithlo/Christmas NCFE Phone: 407-254-9400 Address: 18510 Madison Avenue Bithlo, FL 32820	X
Winter Park NCFE Phone: 407-622-2911 Address: 901 W. Webster Avenue Winter Park, FL 32789	X
Eatonville NCFE Phone: 407-629-5665 Address: 323 E Kennedy Blvd., Suite A Eatonville, FL 32751	
Oak Ridge NCFE Phone: 407-850-5101 Address: 150 Amidon Lane Orlando, FL 32809	X
Pine Hills NCFE Phone: 407-294-3519 Address: 2804 Belco Drive Orlando, FL 32808	X
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/	X
Taft Neighbourhood Center for Families Phone: 407-254-1960	X

<p>Address: 9500 S. Orange Ave., Orlando, FL 32824 Website: https://4cflorida.org/parents/neighborhood-centers-for-families-ncf/taft/</p>	
<p>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/</p>	X
<p>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/</p>	X

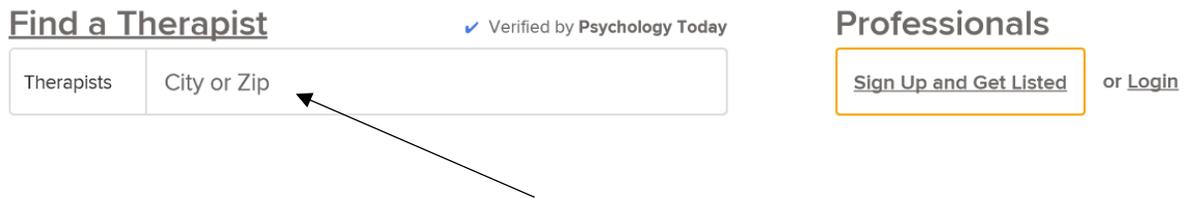
How to Locate Mental Health Support Near You

Mental health counseling is meant to be a time for healing, self-care, and personal reflection. For young children it is often meant to increase coping skills, assist with effective behavioral management and encourage the parent/guardian and child relationship on a whole. You may choose to enter counseling for any number of reasons. There is no “bad” reason to seek counseling. Sometimes, we all need a personal tune up. Below we have **created a tool to help you find a provider**. We hope this helps you to seek support in your local area and find the best healing process for you.

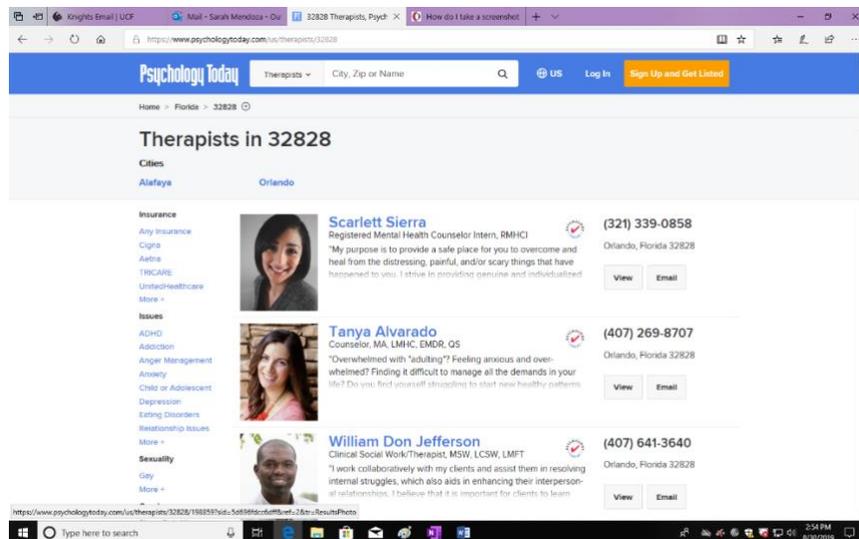
Psychology Today Therapist Locator

Psychology Today is a premier search engine for all mental health professionals. You can find individual therapists, psychiatrists, group practices, and treatment centers.

Begin on their primary webpage: <https://www.psychologytoday.com/us>. In the middle of the page, you will see a search bar for finding a provider that looks something like this:



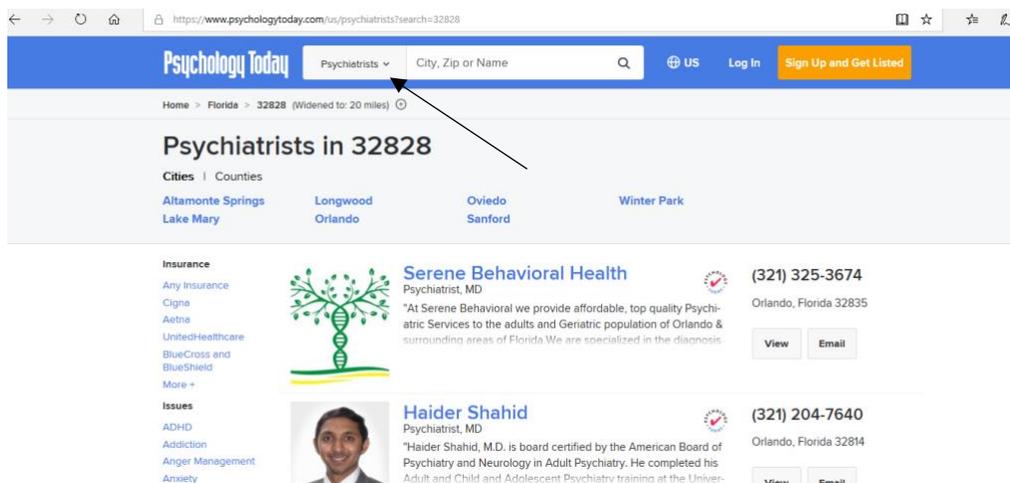
You will need to enter your zip code and then a list of providers will populate. Below is a sample page for the area code 32828 in Orlando, FL.



There are filters on the left side of the screen that serve as links to filter through the providers that appear on your populated list. You can filter by insurance, presenting treatment needs, gender of the therapist, age of the prospective client, language, faith-based counseling services, and type of therapy.

Each provider has crafted a personal statement and has a link to their contact information, webpage, and details on their professional practice. Never be afraid to shop around and see who stands out for your needs. Finding a therapist can be its own process and it is important to feel very comfortable with your provider.

Additionally, the search bar at the top has options for other types of professionals and treatment centers, if that is what you need.



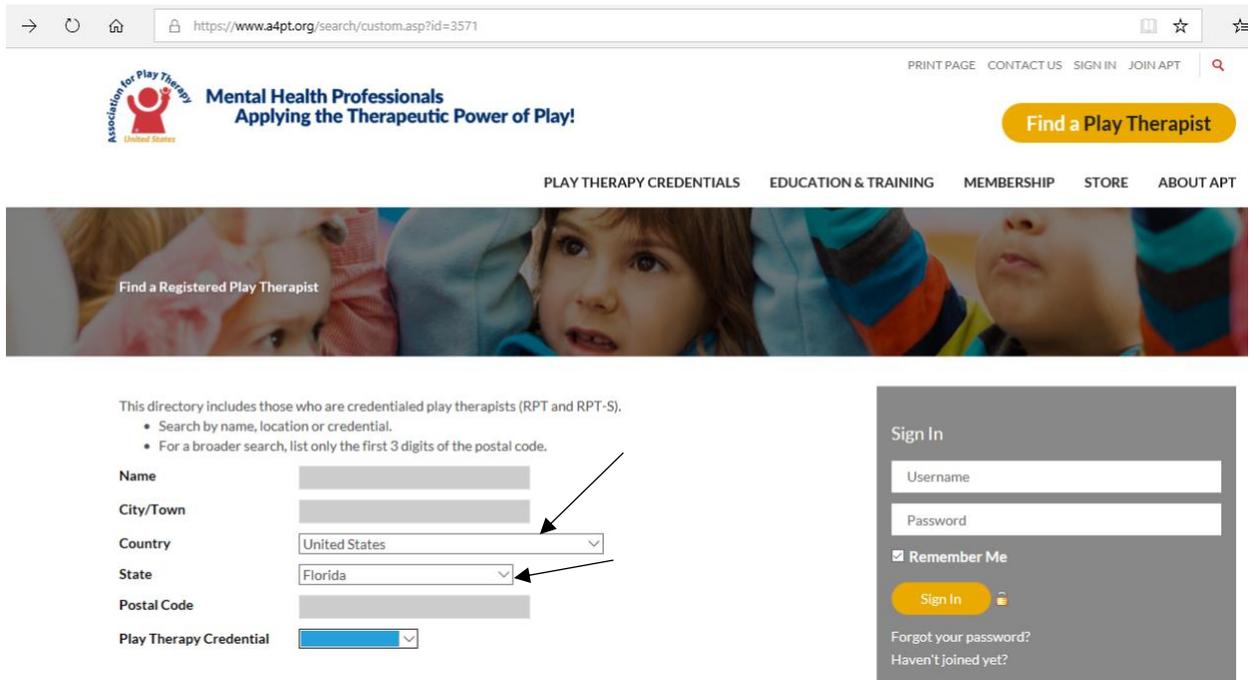
There are many options for providers. Here are some of the acronyms you might see:

- LMHC – Licensed Mental Health Counselor
- LMFT – Licensed Marriage and Family Therapist
- LCSW – Licensed Clinical Social Worker
- PsyD – Doctor of Psychology
- PhD – Doctor of Philosophy in Psychology or Counseling

Psychology Today is a way to search for all needs. For children ages 3-9 play therapy is the developmentally responsive mental health service.

Finding a Play Therapist for Your Child

For children ages 3-9, play therapy is a developmentally responsive mental health service. **The Association for Play Therapy** is a great starting place to locate a Registered Play Therapist in your area. Begin with their homepage:
<https://www.a4pt.org/search/custom.asp?id=3571>



→ ↻ 🏠 <https://www.a4pt.org/search/custom.asp?id=3571> 📄 ☆ ☰

 **Mental Health Professionals**
Applying the Therapeutic Power of Play!

PRINT PAGE CONTACT US SIGN IN JOIN APT 🔍

Find a Play Therapist

PLAY THERAPY CREDENTIALS EDUCATION & TRAINING MEMBERSHIP STORE ABOUT APT

Find a Registered Play Therapist

This directory includes those who are credentialed play therapists (RPT and RPT-S).

- Search by name, location or credential.
- For a broader search, list only the first 3 digits of the postal code.

Name

City/Town

Country

State

Postal Code

Play Therapy Credential

Sign In

Username

Password

Remember Me

[Forgot your password?](#)
[Haven't joined yet?](#)

This web page is similar to Psychology today and allows you to search for providers in your area.

Fill in the country, state, and city/town in which you live. Then select any of the credentials (other than retired) to find a registered play therapist, registered play therapist supervisor, or school based registered play therapist. Once you click “continue” a list of credentialed professionals will appear.