



Lee County

Mental Health

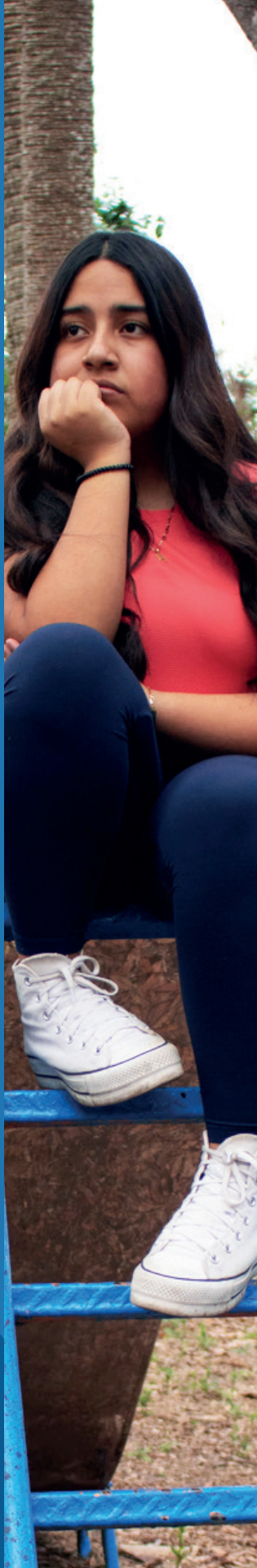
RESOURCE GUIDE

For far too long, there has been a stigma around mental health. At the Department of Health in Lee County we intend to educate and raise awareness of mental health disorders and resources.

We hope to work productively in supporting and empowering our residents, particularly young people in coping effectively with their mental health challenges.

This resource guide provides information on local and national organizations that provide mental health services in our community.

For emergency services call 911. Dial 988 to reach the Suicide and Crisis Lifeline.



Lee County Mental Health Resource Guide

Abuse Counseling & Treatment Inc. (ACT)

24-hour hotline | Emergency shelter
(239) 939-3112

Counseling services for survivors of sexual assault, human trafficking, and domestic violence

Free



ADULT



YOUTH

AIM Counseling, Wellness & Consulting

9200 Bonita Beach Rd, Ste 213, Bonita Springs, FL 34135
(239) 221-6370

Obsessive compulsive disorder (OCD) and anxiety related disorders, depression, men's mental health, adolescence self harm behaviors, Telehealth

Self-pay



ADULT



YOUTH



FAMILY

Alcoholics Anonymous

12734 Kenwood Lane, Ste 72, Fort Myers, FL 33907
(239) 275-5111 | www.aa.org

Substance abuse counseling for alcohol and drug addiction

Free



ADULT



FAMILY



YOUTH



ADULT 65+

Andrew's Anthem (virtual)

(239) 645-2309

Mindfulness and mindful self compassion practices during programs

Free



YOUTH

Bay Pines / VA Clinic

2489 Diplomat Pkwy E, Cape Coral, FL 33909-5422
(239) 652-1800 ext. 21373

Addiction, depression, anxiety, trauma, PTSD, bipolar disorder, schizophrenia, trauma

Tricare, Medicare, Medicaid, many major insurance plans



VETERANS



LGBTQ+

Better Together

15275 Collier Blvd, Stes 201-284, Naples, FL 34119
(239) 470- 2733

Maternal mental health, family support, neglect and abuse prevention

Free



MATERNAL



FAMILY

Beyond Barriers Inc.

3049 Cleveland Ave, Unit 170, Fort Myers, FL 33901
(239) 839-3907

Counseling services coping with Alzheimer's and other neuro-cognitive disorders

Aetna, Cigna, Optum, Sunshine Health, United Healthcare, Staywell



ADULT



ADULT 65+

Boys Town National Hotline (virtual)

(800) 448-3000 | Text: "VOICE" to 20121

Counseling services

Free



YOUTH



FAMILY



Cass Artificial Intelligence (virtual)

Text: "Hi" to (833) 365-2428

Text for emotional support 24/7

Free



Catholic Charities

4235 Michigan Avenue Link, Fort Myers, FL 33916

(239) 334-4007

Disaster response, mental health resources, counseling

Free



Celadon Recovery

3331 E Riverside Dr, Fort Myers, FL 33916

(239) 880-3990

Anxiety, depression, bipolar disorder, PTSD, substance use, trauma support, individual therapy and group therapy, medication management

Accepts most major insurances



Center for Progress & Excellence

1500 Colonial Blvd, Ste 233, Fort Myers, FL 33907

(239) 689-8490

Mobile Crisis Unit, outpatient counseling, trafficking victim assistance, mental health for juveniles in the justice system

Free



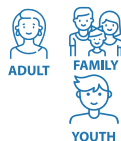
Centerstone

4350 Fowler St, Ste 15, Fort Myers, FL 33901

(941) 782-4150

Mental wellness counseling

Accepts most major insurances



Chrysalis Health (Telehealth only)

(239) 208-9449

Services for mental health and substance abuse

Accepts most in-network insurances



Delta Family Counseling

3723 Del Prado Blvd S, Ste A, Cape Coral, FL 33904

(239) 540-1155

Individual, couples, family, certified in animal assisted play therapy and registered play therapist

Cigna, Staywell



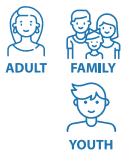
Department of Health in Lee County

3920 Michigan Ave, Fort Myers, FL 33916

(239) 461-6100

Mental Health First Aid (MHFA) training for community members, Narcan distribution

Free to the public



Direct Access

390 Pondella Rd, #9, North Fort Myers, FL 33903

(888) 687-2347, (239) 652-0146

www.directaccess.care

Community based, all ages, confidential, mental health support by Telehealth or in-person services

Medicare, Medicaid, other insurance plans












Dr. Piper Center for Social Services

2607 Dr. Ella Piper Way, Fort Myers, FL 33916

(239) 332-5346

Social services for senior companions, foster grandparents, senior employment

Free

<p>Dream Identity Counseling 710 Pondella Rd, Ste #7, PMB 1003, Fort Myers, FL 33903 (754) 300-7197 Individual, parent, family, group counseling, and coaching services Self-pay</p>	
<p>Drug Free SWFL 2031 Jackson St, Fort Myers, FL 33901 (239) 931-9317 Virtual prevention resources for parents and caregivers Free</p>	
<p>Drug Rehab Fort Myers 24-hour hotline: (239) 204-4237 chat: www.drugrehabfortmyers.com Drug and alcohol abuse treatment referrals, detox referrals Free referral services</p>	
<p>The Dubin Center 12685 New Brittany Blvd, Fort Myers, FL 33907 (239) 437-3007 Counseling services coping with Alzheimer's and other neuro-cognitive disorders Free</p>	
<p>e-Psychiatry (virtual) www.e-psychiatry.com Substance abuse counseling, mental health evaluation, family and individual counseling, medications for mental health Accepts Medicare and all major insurances</p>	
<p>Elite DNA 4310 Metro Pkwy, Ste 205, Fort Myers, FL 33916 (833) 362-7935 Psychiatry and therapy for adults and children, treatment for severe depression for adults, Telehealth Accepts most in-network insurances</p>	
<p>First Candle (virtual) Grief Line: (800) 221-7437 www.firstcandle.org 24/7 crisis hotline for grieving families who have tragically experienced a loss, bilingual Free</p>	
<p>Florida Firefighters Safety & Health Collaborative Iona McGregor Fire District, Station 4, 6061 S Pointe Blvd, Fort Myers, FL 33919 (239) 433-0660 Lt Diana Hernden: dhernden@floridafirefightersafety.org Mental wellness resources Free</p>	
<p>Florida's Treatment for Change 2180 Maravilla Lane, Fort Myers, FL 33901 (239) 202-8993 www.floridatreatmentforchange.com Court ordered treatment, outpatient treatment, drug screening, substance abuse assessment, mental health assessment, individual therapy, group therapy BCBS, Aetna, Cigna</p>	



Fort Myers Vet Center | Veterans Affairs

2891 Center Pointe Dr, Ste 100, Fort Myers, FL 33916

(239) 652-1861

Addiction, depression, anxiety, trauma, PTSD, bipolar disorder, schizophrenia, trauma, Telehealth

Tricare, Medicare, Medicaid, other insurance plans



YOUTH

Healing Education Alternatives for Deserving Students

3049 Cleveland Ave, Ste 290, Fort Myers, FL 33901

(239) 689-4745

Cognitive behavioral therapy

Medicaid / Self-pay



ADULT



YOUTH

Health Planning Council

8961 Daniels Center Dr, Ste 401, Fort Myers, FL 33912

(239) 433-6700

Diabetes self-management education, housing assistance, infant mental health

Accepts many private insurances



VETERANS

FAMILY

Home Base Florida Veteran and Family Care

9920 FGCU South Court, Fort Myers, FL 33913

(239) 338-8389

Veteran services, clinical care, wellness, education

Free



ADULT

Hope Clubhouse of SWFL Inc.

3602 Broadway Ave, Fort Myers, FL 33901

(239) 267-1777

Community of support, employment, education, housing, wellness, and socials

Free adult memberships for a history of mental illness



ADULT



YOUTH



FAMILY

Hope Healthcare

9470 HealthPark Circle, Fort Myers, FL 33908

(239) 482-4673 | www.hopehospice.org

Bereavement counseling and support groups

Free



ADULT



YOUTH



FAMILY



ADULT 65+



LGBTQ+

Inner Belief Outer Strength Counseling Center (i-Bos)

2503 Del Prado Blvd S, Ste 410A, Cape Coral, FL 33904

(239) 443-6385

Depression, anxiety, substance addictions, trauma, school and gender issues, Telehealth

Accepts most in-network insurances



ADULT



YOUTH



FAMILY

Katz Counseling

12641 World Plaza Ln, #56, Fort Myers, FL 33907

(239) 247-1756

Cognitive behavioral therapy, individual and family counseling

Accepts most in-network insurances



ADULT



YOUTH



FAMILY

Kimmie's Recovery Zone

507 Center Road, Fort Myers, FL 33907

www.kimmiesrecoveryzone.org

Providing resources for recovery and multiple pathways to sustainable long-term recovery, Narcan distribution

Free



ADULT
























Lee Health Behavioral Health Clinic

12550 New Brittany Blvd, Ste 100, Fort Myers, FL 33907





















(239) 343-9180

Therapy, medication management, addiction medicine



















Accepts most major insurances

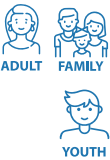








<p>Lee Health Pediatric Behavioral Health 3415 Lee Blvd, Lehigh Acres, FL 33971 3501 Health Center Blvd, Ste 2190, Bonita Springs, FL 34135 (239) 343-6050 Emotional, cognitive, and behavioral conditions Accepts most major insurances</p>	 YOUTH
<p>LGBT National Help Center (virtual) Adult: (888) 843-4564 Youth: (800) 246-7743 Senior: (888) 688-5428 Serving the lesbian, gay, bisexual, transgender, queer, intersex, asexual community by providing free and confidential peer support and local resources Free</p>	 ADULT  YOUTH  ADULT 65+  LGBTQ+
<p>Lifescape 6237 Presidential Ct, Ste 110, Fort Myers, FL 33919 (239) 478-6817 Mental health counseling, Eye Movement Desensitization & Reprocessing (EMDR), family and child counseling Self-pay</p>	 ADULT  YOUTH  FAMILY
<p>Lutheran Services of Florida (LSF) 3615 Central Avenue, Ste 4, Fort Myers, FL 33901 (239) 278-1140 Family counseling, individual counseling, screening and exams Free</p>	 YOUTH  FAMILY
<p>Maternal & Family Counseling Group 8290 College Pkwy, #202, Fort Myers, FL 33919 (239) 839-2734 Perinatal depression and anxiety, birth trauma, fertility difficulties Self-pay</p>	 MATERNAL  FAMILY
<p>NAMI Lee County 8191 College Pkwy, #201, Fort Myers, FL 33919 (239) 337-9024 Mental Health First Aid trainings, Crisis Intervention Team trainings, peer recovery, 1:1 services Free</p>	 ADULT  YOUTH  FAMILY  ADULT 65+  VETERANS  LGBTQ+
<p>Narcotics Anonymous PO Box 50375, Fort Myers, FL 33994 24-Hour Helpline: (866) 389-1344 www.nagulfcoastfla.org Substance abuse counseling for alcohol and drug addiction Free</p>	 ADULT  YOUTH  ADULT 65+  VETERANS  LGBTQ+



 ADULT  ADULT 65+  YOUTH  VETERANS  LGBTQ+	<p>Omega Centre 1508 SE 17th Ave, Ste 1, Cape Coral, FL 33990 12811 Kenwood Lane, Ste 216, Fort Myers, FL 33907 (239) 600-7241 DUI intervention and substance abuse evaluations, anger management, behavioral counseling, grief counseling, Telehealth Self-pay</p>
 ADULT  FAMILY  YOUTH	<p>Onyx Counseling Center 6361 Presidential Court, Ste 101, Fort Myers, FL 33919 (239) 900-0573 www.onyxcounseling.com Email: colleen@onyxcounseling.com Depression, anxiety, struggling self-esteem, trauma, abuse, neglect, grief/bereavement, divorce, school avoidance, ADHD, impulsivity, anger Self-pay</p>
 ADULT  ADULT 65+	<p>Park Royal Hospital 9241 Park Royal Dr, Fort Myers, FL 33908 (239) 204-2131 Drug and alcohol detox, senior inpatient mental health program, inpatient mental health program, addiction and co-occurring disorders, women's trauma, and electroconvulsive therapy (ECT) Aetna, Beacon, Medicare, BC/BS, Staywell, United Healthcare</p>
 ADULT  FAMILY	<p>Progress Counseling, LLC 9200 Bonita Beach Rd, Ste 212, Bonita Springs, FL 34135 (239) 537-2236 Individual counseling, couples therapy, family therapy, Telehealth, parenting counseling United Healthcare, Optum, Oxford, Oscar Health, Aetna</p>
 ADULT  FAMILY	<p>Providence Family Life Center 3592 Broadway, Fort Myers, FL 33901 (239) 676-3159 Emotionally focused therapy, family therapy, specializing in communities of color Free</p>
 ADULT	<p>Psychiatric Associates of SWFL 6804 Porto Fino Circle, Ste 1, Fort Myers, FL 33912 (239) 332-4700 Therapy, dietician, Transcranial Magnetic Stimulation, Ketamine infusions, medication management, women's psychiatry Aetna, BC/BS, Cigna, Web-TPA, United Healthcare, Medicare</p>
 YOUTH  FAMILY	<p>Quality Life Center 3210 Dr. Martin Luther King Jr. Blvd, Fort Myers, FL 33916 (239) 334-2797 Abuse, ADHD, anger management, anxiety, behavioral challenges, depression, divorce, domestic violence, emotional disturbance, family conflict, grief, self-esteem, self-harm, suicidal ideation, and trauma Self-pay</p>
 ADULT  YOUTH  FAMILY	<p>SalusCare Multiple campuses across Fort Myers (239) 275-4242 Therapy and psychiatry services for adults and children, medication management Medicare, Medicaid, other insurance plans</p>

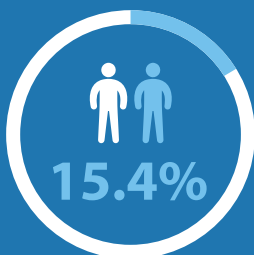
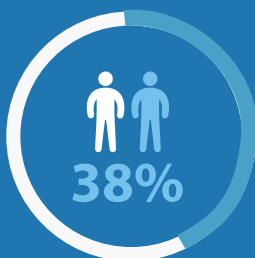


<p>Salvation Army 10291 McGregor Blvd, Fort Myers, FL 33919 (239) 278-1551 Professional counseling as needed Free</p>	 ADULT
<p>Samaritan Health & Wellness 643 Cape Coral Pkwy E, Unit B, Cape Coral, FL 33904 (386) 245-0647 Individual counseling, family counseling, addiction counseling Self-pay</p>	 ADULT  FAMILY  YOUTH
<p>Substance Abuse and Mental Health Services Administration (SAMHSA) (virtual) Download "A Friend Asks" app (800) 622-HELP (4357) www.samhsa.gov Substance abuse and mental health resources Free</p>	 ADULT  FAMILY  YOUTH  VETERANS
<p>Serenity Recovery Living (Halfway House) 2710 Del Prado Blvd S, Ste #2, Cape Coral, FL 33904 (866) 577-5166 www.serenityrecoveryliving.com Provides a temporary safe, healthy, and affordable living arrangement for recovering addicts & alcoholics emerging out of treatment centers BCBS, Aetna, United, Cigna, Beacon, other insurance plans</p>	 ADULT  YOUTH
<p>Suicide & Crisis Lifeline (virtual) Dial 988 (800) 273-TALK (8255) www.suicidepreventionlifeline.org National network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 Free</p>	 ADULT  FAMILY  YOUTH  ADULT 65+  VETERANS  LGBTQ+
<p>The Trevor Project (virtual) (866) 488-7386 Text: "START" to 678-678 Serving the lesbian, gay, bisexual, transgender, queer, intersex, asexual community by providing free and confidential peer-support and local resources Free</p>	 YOUTH  LGBTQ+

 <p>ADULT</p> <p>FAMILY</p> <p>YOUTH</p>	<h3>Therapy Treatment Team</h3> <p>12811 Kenwood Lane, Ste 202, Fort Myers, FL 33907 (239) 420-7754</p> <p>Couples and marital therapy, depression, anxiety, PTSD, substance use, body image concerns, anger management, grief counseling, family therapy</p> <p>Florida Blue, Tricare, United Healthcare, Sunshine Health, Allegiance, TriWest, Centerstone Aetna, Humana Military, WebTPA, AvMed, Cigna</p>
 <p>ADULT</p> <p>FAMILY</p>	<h3>Thrive Therapy Mental Health & Wellness</h3> <p>2734 Oak Ridge Ct, #404, Fort Myers, FL 33901 (239) 963-4367</p> <p>Individual counseling, couples therapy, family therapy, Telehealth, parenting counseling</p> <p>Self-pay</p>
 <p>YOUTH</p>	<h3>Txt 4 Help (virtual)</h3> <p>Text the word “safe” and your current location (address, city, state) to 4HELP (44357), for immediate help, reply with “2chat” to text interactively with a trained counselor. TXT 4 HELP can be used for the same reason a young person may go to a Safe Place site-abuse, bullying, family problems, depression, suicidal thoughts</p> <p>Free</p>
 <p>VETERANS</p> <p>LGBTQ+</p>	<h3>VA Clinic</h3> <p>2489 Diplomat Pkwy E, Cape Coral, FL 33909-5422 (239) 652-1800 ext. 21373</p> <p>Addiction, depression, anxiety, trauma, PTSD, bipolar disorder, schizophrenia, trauma</p> <p>Tricare, Medicare, Medicaid, other insurance plans</p>
 <p>ADULT</p> <p>YOUTH</p> <p>FAMILY</p>	<h3>Valerie's House</h3> <p>1762 Fowler St, Fort Myers, FL 33901 (239) 204-5804</p> <p>Peer grief support via Telehealth and individual counseling related to grief</p> <p>Free</p>
 <p>VETERANS</p>	<h3>Veterans Crisis Line (virtual)</h3> <p>Dial: 988 then, press 1 Text: 838255 Chatline: www.veteranscrisisline.net</p> <p>Crisis intervention and military culture, referral resources</p> <p>Free</p>
 <p>ADULT</p> <p>FAMILY</p> <p>LGBTQ+</p>	<h3>Visuality (virtual)</h3> <p>www.visualityfloridainc.org</p> <p>Community support group for families, allies, and people who are LGBTQIA+, advocacy</p> <p>Free</p>
 <p>ADULT</p> <p>YOUTH</p> <p>FAMILY</p>	<h3>Warm Line (virtual)</h3> <p>Hours: 4:00 PM - 10:00 PM EST every night of the year including holidays (800) 945-1355 www.warmline.org</p> <p>A warm line is an alternative to a crisis line that is run by “peers,” generally those who have had their own experiences of trauma that they are willing to speak of and acknowledge</p> <p>Free</p>
 <p>ADULT</p>	<h3>WhiteSands Alcohol & Drug Rehab</h3> <p>1820 Colonial Blvd, Fort Myers, FL 33907 (239) 237-5473</p> <p>Substance use treatment, relapse prevention</p> <p>Accepts most major insurances</p>

LEE COUNTY

38% of high school students reported in the past year they felt sad or hopeless for two or more weeks in a row in **2022**.



15.4% of middle school students did something to hurt themselves without wanting to die in **2022**.

Deaths from suicide have increased **22%** over the past **ten years**.



319 residents lost their lives by overdose in **2020**.



FLORIDA

2021



EMS Overdose Responses

106,891

2020



Neonatal Abstinence Syndrome

1,121

2020



Fatal Overdoses

7,460



Contact us
for more information

(239) 461-6100

3920 Michigan Ave.
Fort Myers, FL 33916

