



Lee County

Mental Health

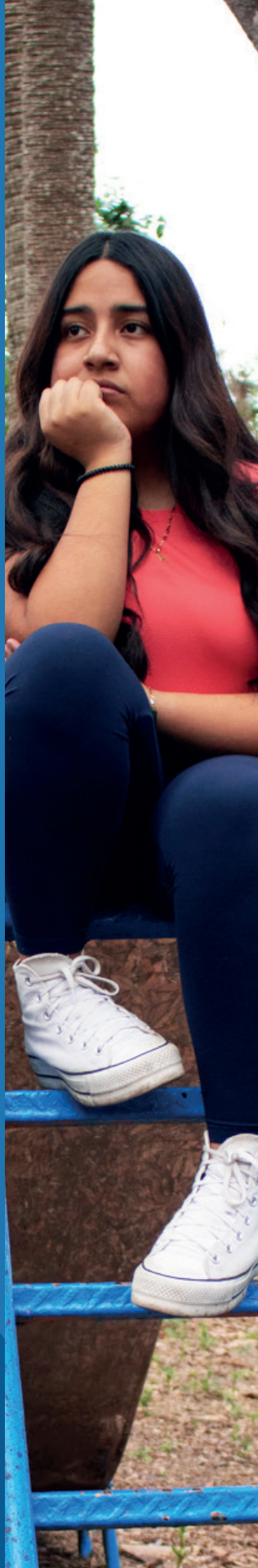
RESOURCE GUIDE

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



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



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



Andrew's Anthem (virtual)

(239) 645-2309

Mindfulness and mindful self compassion practices during programs

Free



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



Better Together

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

Maternal mental health, family support, neglect and abuse prevention

Free



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



Boys Town National Hotline (virtual)

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

Counseling services

Free





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

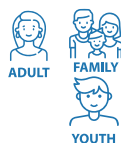


Centerstone

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

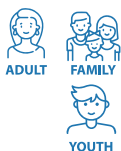


Department of Health in Lee County

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

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



Drug Free SWFL

2031 Jackson St, Fort Myers, FL 33901
(239) 931-9317

Virtual prevention resources for parents and caregivers

Free



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



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



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



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



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



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



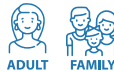
Florida's Treatment for Change

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





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

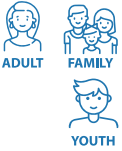


Healing Education Alternatives for Deserving Students

3049 Cleveland Ave, Ste 290, Fort Myers, FL 33901
(239) 689-4745

Cognitive behavioral therapy

Medicaid / Self-pay



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



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



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



Hope Healthcare

9470 HealthPark Circle, Fort Myers, FL 33908
(239) 482-4673 | www.hopehospice.org

Bereavement counseling and support groups
Free



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



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



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



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

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



YOUTH

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



ADULT



YOUTH



ADULT 65+



LGBTQ+

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



ADULT



YOUTH



FAMILY

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



YOUTH



FAMILY

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



MATERNAL



FAMILY

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



ADULT



YOUTH



FAMILY



ADULT 65+



VETERANS



LGBTQ+

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



ADULT



YOUTH



ADULT 65+



LGBTQ+



VETERANS



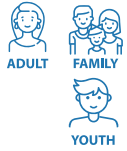


Omega Centre

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



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



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



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



Providence Family Life Center

3592 Broadway, Fort Myers, FL 33901
(239) 676-3159

Emotionally focused therapy, family therapy, specializing in communities of color

Free



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



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



SalusCare

Multiple campuses across Fort Myers
(239) 275-4242

Therapy and psychiatry services for adults and children, medication management

Medicare, Medicaid, other insurance plans



Salvation Army

10291 McGregor Blvd, Fort Myers, FL 33919
 (239) 278-1551
 Professional counseling as needed
Free



ADULT

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



ADULT



FAMILY



YOUTH

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



ADULT



FAMILY



YOUTH



VETERANS

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



ADULT



YOUTH

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



ADULT



FAMILY



YOUTH



ADULT 65+



VETERANS



LGBTQ+

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



YOUTH



LGBTQ+



Therapy Treatment Team

12811 Kenwood Lane, Ste 202, Fort Myers, FL 33907
(239) 420-7754

Couples and marital therapy, depression, anxiety, PTSD, substance use, body image concerns, anger management, grief counseling, family therapy

Florida Blue, Tricare, United Healthcare, Sunshine Health, Allegiance, TriWest, Centerstone Aetna, Humana Military, WebTPA, AvMed, Cigna



Thrive Therapy Mental Health & Wellness

2734 Oak Ridge Ct, #404, Fort Myers, FL 33901
(239) 963-4367

Individual counseling, couples therapy, family therapy, Telehealth, parenting counseling

Self-pay



Txt 4 Help (virtual)

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

Free



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, other insurance plans



Valerie's House

1762 Fowler St, Fort Myers, FL 33901
(239) 204-5804

Peer grief support via Telehealth and individual counseling related to grief

Free



Veterans Crisis Line (virtual)

Dial: 988 then, press 1 | Text: 838255 |
Chatline: www.veteranscrisisline.net

Crisis intervention and military culture, referral resources

Free



Visuality (virtual)

www.visualityfloridainc.org

Community support group for families, allies, and people who are LGBTQIA+, advocacy

Free



Warm Line (virtual)

Hours: 4:00 PM - 10:00 PM EST every night of the year including holidays

(800) 945-1355 | www.warmline.org

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

Free



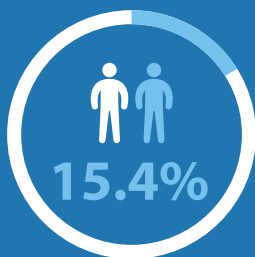
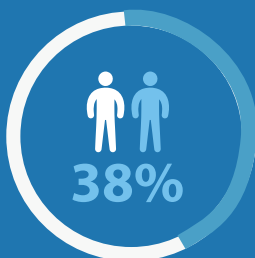
WhiteSands Alcohol & Drug Rehab

1820 Colonial Blvd, Fort Myers, FL 33907
(239) 237-5473

Substance use treatment, relapse prevention
Accepts most major insurances

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**

