

Mental Health Crisis Lines

From <https://namigo.org/resources/local-resources/crisis-lines/>

988- National Suicide and Crisis Lifeline

Phone #: 988

Text #: 988

If you or someone you know is in crisis – considering suicide or not – call and talk confidentially with a trained crisis counselor 24/7. Counselors listen empathetically and without judgment, work to ensure callers feel safe, help identify options and offer information about local mental health services. Bilingual English/Spanish.

Aspire Mobile Response Team (Adults)

Orange County:

Phone #: 407-667-1600

Address: 1800 Mercy Drive Orlando, FL 32808

Seminole County:

Phone #: 407-667-1600

Address: 919 East Second St Sanford, FL 32771

Aspire's Mobile Response Team provides 24-hour mobile crisis intervention and assessment services for adults experiencing severe emotional or mental health crises that could become emergencies if not addressed quickly. Requests for on-site evaluation may be received from any source and evaluations occur in any settings in which a behavioral health crisis occurs. Telehealth response is also available. The team of trained professionals provide services including evaluation, assessment, safety and crisis planning, stabilization, supportive crisis counseling, education, development of coping skills, and linkage and referrals to appropriate services, including follow-up if necessary and requested. This service is currently in a pilot phase, so hours may be limited as the team becomes fully staffed. In case of a life-threatening medical or behavioral health emergency, please call 911

Central Florida Helpline (Orange County)

Phone #: 407-425-2624

Description: 24 hour Crisis Line

Crisis Text Line

Text #: 741741

Chat: https://connect.crisistextline.org/chat?utm_source=homepage

Text **HOME** to 741741 from anywhere in the United States, anytime. A live, trained Crisis

Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. If you are a first responder, text **BADGE** if you are in crisis.

Devereaux Advanced Behavioral Health – Mobile Crisis Unit (0-24 yo)

Phone #: 407-839-HELP or 211

Text #: 898-211 your zip code and type 'requesting mobile crisis'

Chat: www.HFUW.org

Hours: 24/7

Mobile Crisis Services are available to anyone, from birth to age 24, located in Orange, Osceola or Seminole County at the time of crisis. Master's-level and licensed therapists will respond to homes, schools or anywhere within the tri-county community, within 60 minutes, to provide immediate on-site crisis stabilization. Crisis therapists also connect families to the services and supports they need for long-term recovery. They also provide assistance helping families restore calm if a child is losing control.

Someone needing crisis services might be:

- Out-of-control emotionally
- Threatening to harm themselves or others
- Exhibiting explosive or dangerous behaviors
- In need of immediate mental health stabilization
- In need of immediate substance use evaluation
- Struggling with sadness or depression

HopeLine

Phone #: 919-231-4525 or 877-235-4525

Text #: 919-231-4525 or 877-235-4525

HopeLine focuses on providing the community with a free and confidential crisis and suicide prevention helpline and texting services. HopeLine specializes in providing suicide and crisis intervention, supportive and non-judgmental active listening, gentle and understanding discussion of crisis resolution, and referrals to appropriate community resources.

HopeLine defines a crisis as any disruption in someone's life that would lead them to reach out to us, there is nothing too big or small for us to support you. HopeLine's services are not intended to replace long-term counseling or individual therapy. HopeLine volunteers and staff are not licensed counselors, but trained listeners.