

Reaching out is something to celebrate!
When connecting to care, know that it might take a few tries to find what works best for you but don't get discouraged.

Keep searching until you find someone who you can feel comfortable with and supported by! You got this! Here are some places to get started

Baptist Health

Support for Families, Adults and Children with a wide range of services and specialties! 20 locations, based in Jacksonville. Many insurances accepted and financial assistance available
Connect with a patient care coordinator today!
Baptistjax.com
904.376.3800

UF Health Psychiatry

Psychiatric and mental health services for children, adolescents and adults including evaluations, and therapy services. Many insurances are accepted and financial assistance available!
Ufhealthjax.org/location/29/
904-383-1038

Meridian

Offers a broad range of levels of care and Accepts a range of insurance, sliding scale option medicaid and medicare accepted!
Many locations across different counties
Mbhci.org/getting-started/

Resources



N.A.M.I. Jax

Free, safe and confidential support groups for those living with mental illness and their loved ones
Namijax.org
904-724-7782

Here Tomorrow

Peer Support Specialists to help you connect with the right resources for you for free
Heretomorrow.org
(904) 372-9087

Jasmyn

Free counseling services for LGBTQIA+ youth ages 13-29 as well as great community events and support groups. Care can be ongoing on drop-ins for single sessions.
Jasmyn.org/mentalhealth
904-389-3857



The QR code will take you to Hearts 4 Mind's resource page with more options.

All original work
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Need Mental Health Support?



You're not alone!

Here's a place to start!

Seeking support for mental health is brave and can be a crucial step to finding the resources you deserve to live life well.

Mental Health help can address a range of challenges; living with mental illness, navigating difficult times, or even just to build personal goals like self-esteem!

Support can take many forms, including therapy, medication, support groups or other care.



Don't wait till crisis to get connected, and keep trying until you find what works best for you! You deserve support that empowers you with the tools and understanding you need to live well.

"I struggled with P.T.S.D. symptoms and I talked to my therapist about EMDR treatments. Knowing there was a way forward and methods to heal, helped give me hope!"



Options

Finding what works for you can take a few tries but there are very effective methods to manage a wide range of Mental Health challenges.

Your care team starts with you!
You can get connected to care through talking to:

Psychiatrists **Primary Doctors** **Therapists**

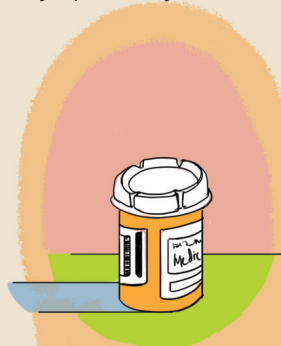
Some approaches include:

Therapy

Therapy starts as just a conversation that helps your therapist to get to know you and why you are there! Therapy can encompass a wide range of techniques and approaches that are tailored to what you want to address. Find someone you feel comfortable with and who can support you in your goals!

Medication

Medication can be prescribed to address mental health symptoms by balancing the chemicals in the brain.



This is often used alongside therapy or other forms of treatment and can be prescribed short term or long term depending on your treatment plan!

Group Support

Having a community where you feel seen will greatly help navigate mental health challenges!

Group therapy, or peer support help those with shared experiences connect. This can be a powerful way to form strong bonds and feel less alone while healing.

Feeling supported by the people in your life makes a huge difference! Talk to those closest to you! You aren't alone.



Meet Maggie!

Maggie is a Pediatric Therapist who cares for others because of her early experiences with a loved one navigating mental health challenges.

"Come with an open mind."



"There is no judgment!"

Maggie loves working with people, getting to know them and using her vast experience in the mental health field to support them on their journeys to a healthy and happy life.

