

MENTAL HEALTH/SUBSTANCE RECOVERY SUPPORT/COUNSELING (including trauma)

	Services	Hours	Location	Phone	Website	Other
Counseling Center	Third Sunday of every month. *Free		Sanford	(407) 327-1190		To schedule, call Belinda.
Grace Medical Home		Monday - Thursday (8 am - 6 pm) Friday (8 am - Noon)	1417 E Concord St, Orlando, FL 32803	(407) 936-2785	www.gracemedicalhome.org	
Pathways Drop-In Center	Adult mental illness resources and support.	Tuesday - Sunday (11 am - 5 pm)	1313 30th St, Orlando, FL 32805	(407) 843-5530	pathlighthouse.org/pathways-drop-in	
Islamic Society of Central Florida			1586 N Goldenrod Rd, Orlando, FL 32807	(407) 273-8363	iscf.org	
ASPIRE Health Partners	Behavioral health, crisis, addiction, counseling, and outreach.	Monday - Friday (8 am - 3 pm)	919 E 2nd St, Sanford, FL 32771	(407) 875-3700	www.aspirehealthpartners.com	
IMPOWER	Behavioral health,			(321) 639-1224	www.impowerfl.org	

	psychiatry, counseling, telehealth, addition, and outreach.					
Lotus Behavioral Health	Overdose prevention. *Free narcan.	Monday - Friday (9 am - 5 pm)	1030 Spring Villas Point suite 3000, Winter Springs, FL 32708	(833) 995-6887	lotusbh.org	
National Alliance on Mental Illness	Classes, support groups and resources.	Monday - Friday (9 am - 5 pm)	300 Crown Oak Centre Drive Longwood, FL 32750	(407) 253-1900	namigo.org	
Recovery House of Central Florida	Men's addiction transitional housing.	Monday - Friday (8 am - 4 pm)	401 Pecan Ave, Sanford, FL 32771	(407) 323-5857	www.recoveryhouseinc.org/	
Teen Challenge (Southeast Region)	Christ-centered freedom from addiction for men.	Monday - Friday (9 am - 5 pm)	3706 S Sanford Ave, Sanford, FL 32773	(407) 330-9600	centralfloridamensrehab.com/	
Zebra Coalition LGBTQIA+ Youth (13-24)	Short-term housing, counseling, drop-in center.	Monday - Friday (10 am - 6 pm)	911 N Mills Ave, Orlando, FL 32803	(407) 228-1446	zebrayouth.org	