

24-Hour Helpline for COVID-19 Pandemic

Many people may be feeling an increase in anxiety and stress because of social distancing and uncertainty. Mental healthcare professionals will be available 24-hours a day in order to provide coping skills to those feeling or experiencing symptoms of stress, anxiety, sadness and depression.

24-HOUR HELPLINE

352.408.6625

ADDITIONAL COMMUNITY RESOURCES AVAIABLE

This Helpline is a way for individuals experiencing symptoms caused by stress, anxiety or depression due to COVID-19 to speak with a professional without committing to long term therapeutic support.

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