

FL COMMUNITY RESOURCES

STEWART-MARCHMAN ACT BEHAVIORAL HEALTHCARE

Website: www.smahealthcare.org

Phone: 800-539-4228

24-hour emergency screening and admission to mental health crisis stabilization, drug abuse detoxifications and/or referrals.

UNITED WAY 211 MENTAL HEALTH REGISTRY

Website: www.uwcf.org/211

Phone: 888-370-7188

IMMEDIATE NEED CRISIS TELETHERAPY

NATIONAL SUICIDE PREVENTION LIFELINE (24/7)

DIAL 988 AND CRISIS TEXT LINE (text HOME to 741-741) The 988 and Crisis Text Line provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

THE NATIONAL GRAD CRISIS LINE

Phone: 877-472-3457

LGBT NATIONAL HOTLINE

Website: www.lgbthotline.org

Phone: 888-843-4564

NAMI VOLUSIA/FLAGLER/ST. JOHNS

(National Alliance on Mental Illness)

Website: www.namivfsj.org

Phone: 800-HELP-FLA (435-7352)

THE JED FOUNDATION MENTAL HEALTH RESOURCE CENTER

Website: jedfoundation.org/mental-health-resource-center/

VETERAN RESOURCES

MILITARY ONE SOURCE – is a one stop shop mental health hub for all armed forces veterans to find the right tools to support their mental health needs.

Website: www.militaryonesource.mil

Phone: 800-342-9647

DAYTONA BEACH VET CENTER– We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling. We can also connect you with more support in VA and your community. Website: www.va.gov/daytona-beach-vet-center

ONLINE RESOURCES

U.S. Department of Health & Human Services

Website: www.healthcare.gov

Substance Abuse and Mental Health Services

Website: www.samhsa.gov/mental-health

National Sexual Violence Resource Center

Website: www.nsvrc.org

ONLINE SELF-MANAGEMENT/HELP ASSESSMENT TOOLS

screening.mentalhealthamerica.net/screening-tools

www.helpyourselfhelpothers.org

www.psycom.net/quizzesFL



PALMER
College of Chiropractic

The Trusted Leader in Chiropractic Education®

CONTACT US

OFFICE OF STUDENT SERVICES

4777 City Center Parkway

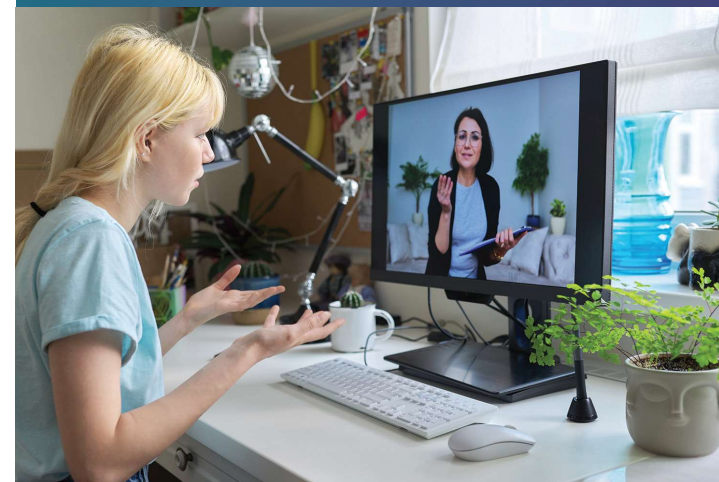
Port Orange, FL 32129

Phone: 386-763-2781

Email: academicsupport.fl@palmer.edu

STUDENT ASSISTANCE PROGRAM (SAP)

SAP is a mental health solution-focused support resource for Off-Campus/ Teletherapy provided by locally contracted personal counseling services offered through the Student Academic Support Services.



YOU ARE NEVER ALONE

Up to 44% of college students reported having symptoms of depression and anxiety since returning to classes in 2021.



PALMER
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Palmer has support resources for off-campus/teletherapy services that offers five (5) complementary mental health solution-focused sessions per academic calendar year (July 1 to June 30) with one of the local community mental health providers, under contract, for current enrolled students and their immediate family members living in the home. Palmer does not; however, cover/pay for long-term personal counseling therapy.

Information can be found online at www.palmer.edu/student-life/academic-success/student-assistance-program/ - select Florida Campus button.

FOLLOW THESE 4 STEPS:

- 1) Select from any of the following listed providers that best fits your personal needs.
- 2) Schedule your appointment per provider's directions and make sure to identify as a Palmer student. The Provider will contact the College to verify current enrollment status.
- 3) If you prefer to have a Teletherapy session, please indicate at the beginning of your appointment scheduling process, so the provider can make the appropriate adjustments.
- 4) Show up for your appointment! When you attend the appointment take your student id to check-in. They will ask you to sign a consent form to invoice the College**.

****Palmer covers ONLY the complementary five sessions per academic year (July to June) and if the provider has a no-show or late cancellation fee, you, the student, are held accountable for fees incurred and the College is not responsible for payment.**

GROUP PROVIDERS:

ANXIETY, AND GENERAL CONCERNS:

For Individuals, Couples, and Families

Wellspring Mental Health Group
1400 Dunlawton Avenue, Suite 5E
Port Orange, FL 32129
Phone: 386-410-3354

GENERAL CONCERNS:

For Individuals

Medical Psychology Center
570 Memorial Circle, Suite 150
Ormond Beach, FL 32174
Website: www.medpsychcenter.com
Phone: 386-672-9250

STRESS, PARENTING ISSUES, CODEPENDENCY, AND RELATIONSHIPS:

For Individuals, Couples, and Families

Lakeside Counseling and Wellness Center
900 N Swallowtail Drive, Suite 105
Port Orange, FL 32129
Website: lakesidetherapists.com
Phone: 386-333-9717

INDIVIDUAL PROVIDERS:

ANXIETY, DEPRESSION, AND RELATIONSHIPS:

For Individuals, Couples, and Families

The Garber Counseling Center
1635 South Ridgewood Avenue, Suite 223
South Daytona, FL 32119
Website: www.garbercounseling.com
Phone: 386-747-3554

PTSD, DOMESTIC VIOLENCE, LEARNING & BEHAVIORAL DISORDERS, AND STRESS MANAGEMENT:

For Individuals, Couples, and Families

Spruce Creek Mental Health
1690 Dunlawton Avenue, Suite 125
Port Orange, FL 32127
Website: www.sprucecreekmentalhealth.com
Phone: 386-681-8639

MEDITATION AND MINDFULNESS:

Beach Street Counseling
140 South Beach Street, Suite 414
Daytona Beach, FL 32114
Phone: 386-299-0026

