



Mental Health Resources

RESOURCES FOR HELP WITH MENTAL HEALTH

Suggested Counselors

Cindy Matthes-Loy, PhD, LCSW

4531 DeLeon Street, Unit 206

Fort Myers

239-822-7880

www.cindymatthes-loy.com

Greg Hasek, MA/MFT

SW Florida Christian Counseling

2 locations:

24840 Burnt Pine Drive, Suites 1 & 2

Bonita Springs

239-301-4464

Or

Naples Christian Church

8000 Goodlette-Frank Road, N.

Naples

239-301-4464

www.swflchristiancounseling.org

Brittany Nelsen, PsyD

Graceful Wellness Therapy

13 SE 21st Place

Cape Coral

239-233-3092

www.gracewellnesstherapy.com

Recovery

Arlene Jackson, Pastor of Recovery Ministries

Grace Church

ajackson@egracechurch.com

239-574-7161

Rochelle Figur, Director of Recovery Ministries

Grace Church

rfigur@egracechurch.com

239-574-7161

Choose Recovery Services

Grace Church, Cape Coral campus

13 SE 21st Place

Cape Coral

Fridays at 6:45 PM

Grace Church, Central campus

2415 Grand Avenue

Fort Myers

Mondays at 6:45 PM

Emergency Help Lines

NAMI National Helpline

800-950-6264

National Suicide Prevention Lifeline

800-273-8255

Local and Regional Organizations with Mental Health Programs

National Alliance on Mental Illness

NAMI of Lee, Charlotte, & Hendry Counties

8191 College Parkway, #205

Fort Myers

239-337-9024

www.namilee.org

Banyan Treatment Center – (877) 693-3606 Men / Women

Ft. Lauderdale, FL

24 hour helpline, free insurance verification, nationwide drug and alcohol treatment programs, and dual diagnosis treatment.

Harvest House – (941) 953-3154 Men / Women

209 N. Lime Avenue, Sarasota, FL 34237

This is a faith-based environment for men and women with a 9 month commitment. There is limited space available for those without funds and they will be entered 'on account' until employed.

Celadon Recovery Campus – (239) 880-3990 Men / Women

3331 E. Riverside Drive, Fort Myers, FL 33916

This is primarily a mental health program with drug addiction. You will work with psychiatrists and counselors on a 30-day program for up to 1 year. Follow up treatment is provided.

Florida Treatment for Change – (239) 202-8993

2180 Maravilla Lane, Fort Myers, FL 33901

Outpatient services - counseling for substance abuse and mental health. Classes for drug addiction, 12 steps, drug testing, and reported to agency upon request. Sober living and halfway housing.

TLS – (239) 997-7770 Men / Women

13971 N. Cleveland Avenue, Fort Myers, FL 33903

Outpatient services - counseling for substance abuse, mental health, and anger management. Classes for drug addiction and drug testing done and reported to agency upon request.

Salvation Army – (239) 334-3745 Men / Women

2400 Edison Avenue, Fort Myers, FL 33901

Free short-term shelter in order to establish low-income housing or HUD housing. Women and children unless married. Three meals provided daily to families during their stay.

David Lawrence Center – (239) 455-8500 Men / Women

6075 Bathey Lane, Naples, FL 34116

Offers services for mental health and substance abuse for adults and the elderly. This includes inpatient, outpatient, and partial hospitalization for children to elderly.

Next Step – (239) 362-0144 Men / Women

6314 Corporate Court #110, Fort Myers, FL 33919

Sober living and outpatient drug alcohol rehabilitation option including day treatment and intensive outpatient treatment.

The Willough at Naples – (239) 775-4500 Men / Women

9001 Tamiami Trail E., Naples, FL 34113

Hospital that specializes in the treatment of adults with dual diagnosis and/or mental illness, offering multiple levels of care to meet the needs of their patients.

Hazelden Betty Ford Foundation – (866) 831-5700 Men / Women

950 6th Avenue N., Naples, FL 34102

Offers both inpatient and outpatient addiction treatment mental health programs for youth to elderly and LGBTQ Integrative Treatment. Also offers onsite structured recovery housing.

Coastal Behavioral Healthcare – (941) 552-1950 Men / Women

1565 State Street, Sarasota, FL 34236

Wide range of programs for children to elderly from substance abuse, to mental health court, and critical stabilization unit.

Teen Challenge of Fort Myers – (239) 275-1974 Women

18 and up faith-based inpatient facility to bring you closer to God and to allow Him to heal your addictions.

St Matthew's House and Justin's Place Recovery – (239) 774-0500 Men x 125 / Women x 107

Faith-based 12-step residential recovery treatment. 12 month men and women housed in separate locations. Continued accountability after treatment. Medical and mental help also available during treatment.

Books

Seen: Healing Despair and Anxiety in Kids and Teens through the Power of Connection, by Will Hutcherson

Emotionally Healthy Spirituality, by Peter Scazzero

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud and John Townsend

Necessary Endings, Dr. Henry Cloud

Articles

For Parents:

<https://theparentcue.org/the-warning-signs-of-depression-and-anxiety-in-kids/>

Pastor Rick Warren:

<https://pastors.com/why-we-must-put-an-end-to-the-stigma-of-mental-illness/>

Fact Sheet on Mental Illness:

http://www.mentalhealthministries.net/resources/articles/what_you_need_to_know/what_you_need_to_know.pdf

Hope 4 Mental Health Ministry:

<https://hope4mentalhealth.com>

Grace Church Message Series

www.egracechurch.com/sermons

Come Alive

Cave Time

Change Me

Epic Fails

God Still Speaks

Identity Theft

What's So Amazing About Grace