

It is the mission of the Nassau County School District to develop each student as an inspired life-long learner and problem-solver with the strength of character to serve as a productive member of society. In order to achieve this mission, it is crucial to develop the student as a whole including their mental and behavioral wellness.

This resource guide was created so those who are having a difficult time know where they can turn. This guide includes many providers from all walks of life and an assortment of specialties to help ensure you to find the correct fit.

This guide is not an endorsement of any particular provider, simply information on some of the resources that serve Nassau County youth and families. You may search psychologytoday.com or contact your healthcare or insurance provider for additional mental/behavioral health providers.

Reaching out for help does not have to be shameful or embarrassing. The sole purpose of this guide is to provide community members with the proper tools to help through difficult times.

Please contact your school's guidance/student services office for more information.



<https://www.hopeforhealingfl.com/>



Nassau County, FL Behavioral Health Community Resources

For mental wellness, substance use concerns, and more.



Crisis Text Line

Text a trained crisis counselor, 24/7.
Always **CONFIDENTIAL**.
Always **FREE**.

Need Help Now?
TEXT "START" TO 741-741

Crisis Text Line has processed over 10 million texts to date!

If your student has **health insurance**, first consider contacting your insurance provider to see what mental or behavioral health providers and services may be covered with your plan. The contact information is usually located on your insurance member ID card.

Many employers offer an **Employee Assistance Program (EAP)** for employees and their family members. Consider exploring this as an option.

Community mental health providers receive government funding to provide free or reduced cost services and emergency services.

Community Mental Health Providers

- Florida Psychological Associates
 - (904) 277-0027
 - 1903 Island Walk Way, Fernandina Beach, FL 32034
- Starting Point Behavioral Health
 - (904) 225-8280
 - 463142 SR 200, Yulee, FL 32097

If you believe you or another individual is suffering a mental health crisis or other medical emergency, seek medical attention immediately in an emergency room or call 911.

Private providers may accept insurance or are self-pay only. Please contact the provider for more information about services they provide and payment options.

Private Providers

- About You Counseling & Coaching, LLC
 - Michelle Rampone, LCSW
 - (904) 729-4580
- Amelia Island Counseling, LLC
 - Megan Ienaro, LCSW
 - (904) 321-7351
- Amelia Island Psychology
 - Jean M Kerry PhD, LMFT
 - (904)-601-1026
- Amelia Psychiatry – Coastal Specialists
 - Fernandina: (904) 321-8400
 - Yulee: (904) 432-0400
- Amelia Psychology Services, LLC
 - Dr. Ernest Paul Bicknell
 - (904) 628-2996
- Baptist Behavioral Health Services
 - (904) 376-3800
- Barnabas Center
 - (904) 261-7000
- Breakthroughs of North Florida
 - (904) 849-1190
- Clear View Concepts, Inc.
 - Robin C. Hampton, LMHC
 - (904) 335-0333
- Angeline R. Crawford, NCC, LMHC
 - (904) 289-5973
- McPherson Counseling Services, Inc.
 - 904-548-0160
- Maria Murphy, MA, LMHC, NCC
 - (904) 261-7022
- Candace Tierney, MA, LMFT, LMHC
 - (904) 491-8003

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Additional agencies and resources

- Center for Autism and Related Disorders (904) 633-0760
UF Jacksonville, 6271 St. Augustine Rd, Suite 1, Jacksonville, FL 32217
- Multiagency Network for Students with Emotional/Behavioral Disabilities (SEDNET) (904) 336-4400
2306 Kingsley Ave., Orange Park FL 32073
- National Alliance on Mental Illness (NAMI) – Nassau County (904) 277-1886
Nassau.nami.org
- Youth Crisis Center (904) 725-6662
3015 Parental Home Road, Jacksonville, FL 32216
- Women's Center of Jacksonville
96016 Lofton Square Ct. Yulee, FL 32097 (904) 716-5390

Military and Veteran Families

Free counseling and supportive services

- Fleet and Family Naval Sub Base Kings Bay 912-573-4512
- Fleet and Family Mayport 904-270-6600 ext: 1701
- Fleet and Family NAS Jacksonville 904-542-5745

Hotlines

- Free, 24/7, confidential resources
- **SPBH Mobile Response Team:**
Crisis Lines:
Child- 904-580-0529
Adult- 904-206-1756
- **National Suicide Prevention Lifeline**
Call: 1-800-273-8255 (TALK)
Crisis Text Line: 741-741
- **The Trevor Project:** LGBTQ youth
Call: 1-866-488-7386
Text: 678-678
Chat: thetrevorproject.org