

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 resiliency and mental 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 find the right fit.

This guide is not an endorsement of any 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 resources.

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.



FortifyFL is a reporting tool that instantly notifies law enforcement and school officials of suspicious activity. Download the app or check out getfortifyfl.com.

Please contact your school counselor or student services office for more information



Hope For Healing Florida
 Hope for Healing navigates the many ways Floridians can access help for mental health and substance abuse.



Nassau County, FL Behavioral Health Resources



If you have health insurance, first consider contacting your insurance company to find providers and services that may be covered by your plan. The contact information is typically located on your insurance member ID card.

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

Many employers offer an Employee Assistance Program (EAP) for employees and their family members as well.

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

If you or another individual is in crisis, seek medical attention immediately by calling 911.

Hotlines:

Free, 24/7, confidential resources

SPBH Mobile Response Team:

Crisis Lines:

Child: (904) 580-0529

Adult: (904) 206-1756

Suicide Prevention Lifeline:

Call: 988

Crisis Text Line: 741-741

Veterans Crisis Line:

1(800) 273-8255 Press 1

Private Providers

About You Counseling & Coaching, LLC

(904) 729-4580

Amelia Island Counseling, LLC

((904) 321-7351

Amelia Island Psychology

(904) 601-1026

Amelia Psychiatry

Fernandina: (904) 321-8400

Yulee: (904) 432-0400

Amelia Psychology Services, LLC

(904) 628-2996

Baptist Behavioral Health Services

(904) 376-3800

Breakthroughs of North Florida

(904) 849-1190

Clear View Concepts, Inc.

(904) 335-0333

Comprehensive MedPsych Systems

(904) 399-0324

Florida Psychological Associates

(904) 277-0027

McPherson Counseling Services, Inc.

(904) 548-0160

Starting Point Behavioral Health

(904) 225-8280

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Additional Agencies and Resources

Barnabas Center

(904) 261-7000

Center for Autism and Related Disorders

(904) 633-0760

Multiagency Network for Students with Emotional/Behavioral Disabilities (SEDNET)

(904) 336-4400

National Alliance on Mental Illness (NAMI)

Nassau County

(904) 277-1886

Website: naminassauflorida.org

Email: contact@naminassauflorida.com

Youth Crisis Center

(904) 725-6662

Women's Center of Jacksonville

(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



NAMI Nassau