

# PASCO COUNTY

## MENTAL HEALTH RESOURCE GUIDE

### BAYCARE BEHAVIORAL HEALTH

BayCare Behavioral Health specializes in helping children and adults with mental health or emotional issues.

#### Services Offered:

- Inpatient treatment
- Outpatient therapy
- Psychiatric evaluations
- Case management
- Behavioral health screening
- Treatment planning
- Many more services



Phone #: (866) 762-1743 Website: baycare.org

### NAMI – PASCO COUNTY

NAMI is a not-for-profit organization that provides free support, advocacy, outreach, and education to those with mental health conditions and their loved ones.

#### Services Offered:

- Support Groups
- Coaching
- Advocacy
- Education



Phone #: (727) 992-9653 Website: namipasco.org

### PREMIER COMMUNITY HEALTHCARE

Premier Community HealthCare's providers are Board Certified or Licensed and offer comprehensive high quality, cost-efficient behavioral healthcare to patients.

#### Services Offered:

- Psychosocial Assessment
- Medication Management
- Counseling and Therapy
- Crisis Intervention



Phone #: (352) 518-2000 Website: premierhc.org

### IMPOWER

IMPOWER is a leading non-profit mental health, substance misuse, and child well-being organization dedicated to empowering the lives of those in need by offering personal attention, counseling, assistance and inspiration to help them reach their full potential and achieve individual success.

#### Services Offered:

- Outpatient Mental health services (via telehealth)
- Telepsychiatry
- Psychiatric evaluations
- Medication management



Phone #: (407) 960-1649 Website: impowerfl.org

### VINCENT HOUSE

“Our mission at Vincent House is to assist, promote, and celebrate individuals in their efforts to improve their social and vocational skills. We offer a pathway of recovery and hope for those with a mental illness.”

#### Services Offered:

- Learn how to cook
- Get help with your resume, interviewing skills, and job searching
- Go on field trips and outings
- Many more great programs



Phone #: (727) 819-4477 Website: vincenthouse.org

### GULF COAST JFCS

Gulf Coast JFCS Behavioral Health programs encompass resources and support to help individuals manage severe and persistent mental health diagnoses.

#### Services Offered:

- Treatment facilities; Adele Gilbert Residential Treatment Facility, Alternative Family Program, Darlington Residential Treatment Facility
- Prevention and Intervention Services



Phone #: (727) 479-1800 Website: gulfcoastjewishfamilyandcommunityservices.org

If you or someone you know is struggling or in crisis, help is available.

**Call or text :988**

**Chat: [988lifeline.org](https://988lifeline.org)**

You'll be able to speak with a trained crisis counselor any time of day or night

**For Emergencies, Please Dial 9-1-1!**

## Mental Health Information

### What is Mental Health?

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

- ❖ Mental Health includes our emotional, psychological, and social well-being
- ❖ It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices
- ❖ Mental Health is important at every stage of life, from childhood and adolescence through adulthood

### Early Warning Signs & Symptoms



Experiencing one or more of these feelings or behaviors can be an early warning sign of a mental health condition:

- ❖ Eating or sleeping too much or too little
- ❖ Pulling away from people and usual activities
- ❖ Having low or no energy
- ❖ Feeling numb or like nothing matters
- ❖ Feeling helpless or hopeless
- ❖ Experiencing severe mood swings
- ❖ Hearing voices
- ❖ Thinking of harming yourself or others
- ❖ Inability to perform daily tasks
- ❖ Yelling or fighting with family or friends

### Tips for Living Well with a Mental Health Condition



- ❖ Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more
- ❖ With early and consistent treatment – often a combination of medication and psychotherapy – it is possible to manage these conditions
- ❖ Some tips, tools, and strategies include:
  - ❖ Stick to a treatment plan
  - ❖ Keep your primary care physical updated
  - ❖ Learn about the condition
  - ❖ Practice good self-care
  - ❖ Reach out to family and friends
  - ❖ Develop coping skills

