



OIC has created this guide for quick reference to free counseling resources. It was created from many different community resources so please call to verify services and notify us if there are any corrections.

| NAME   | PHONE                               | ADDRESS   | NOTES                                 |
|--|-------------------------------------|---|---------------------------------------|
| AETNA EAP  | 1-888-238-6232                      |   |                                       |
| Aspire/Zebra Coalition   | 407-228-1446                        | 1800 Mercy Drive, Orlando, FL 32808   | 8am-9pm                               |
| Central Counseling Center (Call Zebra Coalition)                           | 407-228-1446                        | 1901 East Robinson, Orlando, FL 32803<br>First Unitarian Church                         | 10am-7pm                              |
| Counseling Professionals of Orlando  | 321-436-7600 or<br>407-896-8380     | 1216 E. Concord Street, Orlando FL 32803  | HOTLINE<br>407-906-1442               |
| Creative S.T.E.P.S. Counseling, LLC & Journey                              | 321-300-5160                        | 37 N. Orange Ave Suite 500 Orlando, FL 32801  |                                       |
| Esperanza Behavioral Health Services                                       | 407-226-3733                        | 7350 Futures Drive Ste 16, Orlando, FL 32819  | Bilingual                             |
| Florida Blue   | 800-843-6514                        |   | Bilingual                             |
| The GLBT Center  | Call Zebra Coalition                | 946 N Mills Ave, Orlando, FL 32803  |                                       |
| Halifax Hospice  | 800-282-6560                        |   |                                       |
| Healing with Time, LLC   | 407-252-3087                        | 540 E. Horatio Ave. Ste200 Maitland, FL   |                                       |
| Hispanic Family Counseling   | 407-382-9079                        | 6900 S OBT Orlando, FL 32809  | Bilingual                             |
| Hope and Help Center   | 407-645-2577                        | 935 Woodcrest Dr. Winter Park, FL 32792   | Drop In                               |
| Life Counseling Solutions  | 407-622-1770                        | 670 N. Orlando Ave, Suite 103, Maitland, FL 32751                                       | Anyone, including first responders.   |
| Life Enhancement Counseling Services                                       | 407-443-8862                        | 2295 S Hiawasse Rd Ste 301 Orlando, FL 32835  | Bilingual                             |
| Life Skills Resource Group   | 407-3557378                         | 6068 S Apopka Vineland Road, Suite 11, Orlando, FL 32819                                | Anyone, including first responders.   |
| Magellan Heath Helpline  | 800-327-7451                        |   |                                       |
| Miracle of Love Inc.   | 407-843-1760                        | 741 W Colonial Dr, Orlando, FL 32804  |                                       |
| Orlando Youth Alliance   | 407-244-1222                        |   |                                       |
| SAMHSA's Disaster Distress   | 800-985-5990                        | Text 'TalkWithUs' to 66746  |                                       |
| Two Spirit Health Services, Inc.   | 407-963-5664                        | 801 N. Magnolia Ave. Suite 402 Orlando FL 32803   | Psychiatry -<br>321-332-6984          |
| Total Health Guidance  | 321-332-6984                        | 5401 S Kirkman Dr. #760, Orlando 32819  | Anyone, including first responders.   |
| UCF Counseling   | 407-823-2811 X5                     | Student Union Room 313 and Pride Commons from 12PM-1PM                                  |                                       |
| United HealthCare - OPTUM  | 866-342-6892                        | 866-342-6892  |                                       |
| <b>Victim Service Center</b><br>(Family Assistance Line - City of Orlando) | <b>407-254-9415</b><br>407-246-4357 | <b>2111 E Michigan St, Orlando, FL 32806</b><br>(Main number to call for all services.) | <b>HOTLINE</b><br><b>407-497-6701</b> |
| We are Everyone's Counseling Center  | 407-423-3327                        | Offices throughout Central FL   |                                       |
| Zebra Coalition Hotline  | 407-822-5036                        | Counselors on site: The Center at 946 N Mills Ave. Orlando, FL 32803                    |                                       |