



Our Additional Programs and Services



The Outlook Clinic

Central Florida's only free and charitable mental health clinic for the uninsured. 2,760 patient visits were provided in 2021-22.



Guardian Advocate Program

Central Florida's only certification program that trains individuals to become surrogates on behalf of individuals who have been hospitalized under Florida's Baker Act.



Reflections Peer Recovery Program

A peer-driven support community offering peer-led groups and trainings in support of recovery and well-being.



You Are A Lifeguard

A youth and young adult suicide prevention awareness initiative seeking to educate and reduce suicide. Take the pledge to be a suicide prevention Lifeguard at www.youarealifeguard.org.

Our Mission

To provide mental health services, support and information to the members of our Central Florida community.

 84 cents

of every dollar donated is returned directly to program services

 \$925,057

of in-kind medical and facility services were provided

 2,760

free patient visits and psychiatric services provided to the uninsured

 16,487

hours of service given by our volunteers

Fiscal Year 2021-22

Our Equity Statement

The Mental Health Association of Central Florida understands that violence, racism, hate, and discrimination undermine mental wellness and are significant contributors to individual and community trauma. Therefore, we are committed to breaking cycles of multi-generational distress for marginalized communities in all that we do by pledging to work against racism, bias, prejudice, and discrimination at individual, interpersonal, and institutional levels.

The Connections Program

Access to mental health and community resources is just a phone call away



We Don't Just Answer the Phone, We Answer The Call

Since 1991, the MHACF has curated and maintained the Connections program, a free and extensive information and referral service for individuals seeking mental health information, providers and additional community support services for themselves, family members or friends.

“Connections” goal is to empower individuals to be informed about resources and opportunities available to them in pursuit of recovery through collaborations with social service agencies, community care providers, hospitals, treatment facilities, and peer led organizations that deliver services in Orange, Osceola, Seminole, Lake, Brevard, Polk and Volusia counties.

When you call Connections, our team is here to research, recommend and guide you through the personalized recommendations for whatever your unique circumstances may be.

We Connect You With:

- Mental Health and Substance Use Providers, Treatment Centers and Community Resources
- Peer Support Services
- Homeless Services
- Legal Services
- Food Insecurity Services
- Insurance Coverage Options

Who We Are

Established in 1946, the Mental Health Association of Central Florida is one of the oldest nonprofits in Central Florida and the leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all.

The work of the MHACF is guided by the Before Stage 4 (B4Stage4) philosophy – that mental health and substance use/abuse conditions should be treated long before they reach the most critical points in the disease process. When we think about diseases like cancer or heart disease we start before Stage 4—we begin with prevention, identify symptoms, and develop a plan of action to stop and hopefully reverse the progression of the disease. Like other diseases, it is critical to address symptoms of mental illness early and plan an appropriate course of action on a path towards overall wellness.

Call (407) 898-0110 or scan the QR Code with your phone's camera to start your referral today!




Facts About Mental Health

- 1 in 5 adults have a diagnosable mental health condition
- Florida ranks 46th in the country in access to mental health care
- 838,000 Floridian adults with mental illness had unmet treatment needs this year
- 146,000 Floridian youths with depression had unmet treatment needs this year
- Suicide is now the leading cause of death in ages 11-24, with 1 suicide every 11 minutes

Source: Mental Health America

More Information

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 www.mhacf.org
www.youarealifeguard.org
www.facebook.com/mhacf
www.instagram.com/mhacf
www.linkedin.com/in/mhacf

