



618 E. South St. Suite 100, Orlando, FL 32801 Phone: (407) 425-5100

---

## COMMUNITY SUPPORT RESOURCES

---

### **NAMI Greater Orlando**

Phone: (407) 253-1900

Email: [information@namigo.org](mailto:information@namigo.org)

[www.namigo.org](http://www.namigo.org)

**NAMI Greater Orlando (NAMIGO)** is a community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. We are dedicated to improving the quality of life for individuals and supporting families affected by mental illness through education, support, and advocacy. Our vision is that individuals living with mental illness can recover and lead productive and meaningful lives. We want to ensure that no one in Central Florida who is living with mental illness is alone in their journey to recovery and mental health wellness. We believe it's okay to ask for help! Our services are free for all, and all are welcome.

### **DBSA Central Florida**

East Orlando, FL

Email: [info@dbsacfl.org](mailto:info@dbsacfl.org)

[www.dbsacfl.org](http://www.dbsacfl.org)

[www.facebook.com/dbsacfl](https://www.facebook.com/dbsacfl)

**DBSA Central Florida** is a local chapter of the national organization Depression and Bipolar support alliance. We are a group of individuals, just like you, who came together in search of support for ourselves and want to share what we have found with others.

Please join us at one of our support group meetings, explore our educational offerings and resources, and follow us on Facebook for updates on services and meetings.

### **Mental Health America (MHA) of East Central Florida**

531 South Ridgewood Avenue

Daytona Beach, FL 32114-4929

Phone (386) 252-5785

<https://www.mhavalusia.org/>

**Mental Health America (MHA) of East Central Florida** provides programs and services that support persons with mental illnesses, their families and friends and the community with needed information, referrals and resources. Our programs also support the acceptance of people with mental illness into our communities through increasing awareness and the reduction of stigmas surrounding mental illnesses.