Behavioral Health Resource Guide

For Nassau County and the surrounding counties

Presented by: NACDCA
Nassau County, Florida

Nassau Alcohol Crime and Drug Abatement Coalition

For issues concerning: Substance Abuse, Mental Health, and much more.
Every day many people face difficulties brought on by this journey called life. Some may deal with depression while others suffer from the grief from the loss of a loved one. This resource guide was created so those who are having a hard time will know where they can turn. This guide entails many therapists from all walks of life and an assortment of specialties to help ensure you to find the correct fit. Also, with this resource guide we would like the community to know that reaching out for help does not in any means have to be shameful or embarrassing. The sole purpose of this guide is to provide community members with the proper tools necessary to help through difficult times.
Do you know what depression looks like?

SIGNS IN TEENS
- Sadness, feeling of hopelessness
- Irritability, anger, hostility
- Tearful, frequent crying
- Withdrawal from family and friends
- Loss of activity and interests
- Changes in eating or sleeping habits
- Restlessness and agitation
- Feeling worthless or guilty
- Fatigue
- Difficulty concentration
- Thoughts of death or suicide

SIGNS IN ADULTS
- Feeling sad or hopeless
- Loss of interest in daily activities
- Appetite and weight change
- Loss of energy
- Change in sleep habit
- Reckless behavior
- Concentration problems
- Unexplained aches and pains
PHYSICAL SIGNS:
• Blood shot eyes
• Change in appetite or sleep patterns
• Deterioration in physical appearance
• Unusual smell on breath or body
• Tremors, slurred speech, impaired coordination

BEHAVIORAL SIGNS:
• Drop in attendance at work
• Unexplained need for money
• Engaging in suspicious behavior
• Sudden change in friends
• Frequently getting in trouble

PSYCHOLOGICAL WARNINGS:
• Unexplained change in personality
• Sudden mood swings or angry outbursts
• Unusual hyperactivity or agitation
• Lack of motivation, appears lethargic
• Appears anxious or paranoid for no reason
Anania and Associates
102 Marsh Harbour Parkway, Suite 102
Kingsland, GA 31548
(912) 882-7400
Outpatient services for mental health and substance use
Adults and adolescents
Outpatient
Adolescents, persons with co-occurring mental and substance
Self-pay, Medicaid, Medicare, state financed insurance, private health insurance, military insurance

Baptist Behavioral Health Services
87010 Professional Way
Yulee FL 32097
(904) 376-3800 • www.bmcjax.com
Outpatient services for mental health and substance use
Adults, adolescents, and children
Self-pay and certain types of insurance (call to inquire)

Barnabas Center
1303 Jasmine Street, Suite 101
Fernandina Beach, FL 32034
(904) 261-7000 • barnabasnassau.org
Outpatient services for mental health through Starting Point Behavioral Health
Free services, please call for appointment
Spanish
Lori Beard, LMHC
2720 Park Street
Jacksonville, FL 32205
(904) 405-9469 • www.therapyforaliving.org
• Outpatient services for mental health
• Adults and adolescents
• Self-pay and certain types of insurance (call to inquire)

Dabney Byrd, MEd, LMHC
1411 S. 14th Street
Fernandina Beach, FL 32034
(904) 277-3637
• Outpatient services for mental health
• Self-pay and limited private insurances (call to inquire)

Dr. Ernest Paul Bicknell
1890 South 14th Street
Fernandina Beach, FL 32034
(904) 432-7833
• Outpatient services for mental health and addiction
• Self-pay and most major insurances
**Breakthroughs: Counseling and Recovery, Inc.**

3810 Williamsburg Park Blvd., Suite 3
Jacksonville, FL 32257
(904) 419-6102 • www.jaxtherapists.com

- Outpatient services for mental health and substance use
- Adults and adolescents
- Outpatient
- Self-pay, Medicare, private health insurance, military insurance

---

**Child Guidance Center**

5776 St. Augustine Road
Jacksonville, FL 32207
(904) 448-4700 • www.childguidancecenter.org

- Outpatient services for mental health and substance use
- Adults, adolescents, and children
- Fee based agency. Call for insurance eligibility.

---

**Clay Behavioral Health Center**

3292 CR 220
Middleburg, FL 32068
(904) 291-5561 • www.ccbhc.org

- Outpatient services for mental health and substance use
- Adults and adolescents
- Self-pay, Medicare, private health insurance, military insurance
- ASL or other assistance for hearing impaired, Spanish
Coastal Counseling Center
104 Lakeshore Drive, Suite D.
St. Marys, GA 31558
www.coastalcounselingcenter.org
- Outpatient addiction services
- Adults and children
- Self-pay, EAP, and various private insurances

Cumberland Mental Health Services
10545 Colerain Road
St. Marys, GA 31558
(912) 882-3662
- Outpatient services for mental health and substance use
- Adults, adolescents, and children
- Self-pay, Medicare, Tricare, and most private insurances

Community Rehabilitation Center
623 Beechwood Street
Jacksonville, FL 32206
(904) 358-1211 • www.communityrehabcenter.org
- Outpatient services for mental health and substance use
- Individuals
- Self-pay and Medicaid
CNS Healthcare
5200 Belfort Road, Suite 420
Jacksonville, FL 32256
(904) 281-5757 • www.cnshealthcare.com

• Clinical studies (call to inquire)
• All ages
• No insurance required, Free if enrolled in study, reimbursed for time/travel

Florida Psychological Associates, LLC
2382 Sadler Road
Fernandina Beach, FL 32034
(904) 277-0027 • www.floridapsy.com

• Outpatient services for mental health service, forensic and neuropsychological evaluations and psychotherapy
• Adult, adolescent and children
• Self-pay and Medicaid

Karen Gabriel, LMHC, NCC
4300 Marsh Landing Boulevard, Suite 204
Jacksonville Beach, FL 32250
(904) 290-1965 • barnabasnassau.org

• Outpatient services for mental health, marriage and family
• Adults, adolescents, children and seniors
• Self-pay and certain types of insurance (call to inquire)
Gateway Adolescents
555 Stockton Street
Jacksonville, FL 32204
(904) 646-4889 Ext. 1408 • www.gatewaycommunity.com
- Residential (30 days or less) substance use, Detoxification, Buprenorphine
- Adolescents
- Self-pay (ability to pay), Medicaid, state financed insurance, private health insurance
- ASL or other assistance for hearing impaired, Spanish

Gateway Behavioral Health Services
700 Coastal Village Drive
Brunswick, GA 31520
(866) 557-9955 • www.gatewaybhs.org
- Residential short-term (less than 30 days) services for mental health and substance use, detoxification, Buprenorphine
- Adult, adolescents and children
- Self-pay, Medicaid, state financed insurance, Tricare, military and private health insurance
- ASL or other assistance for hearing impaired

Gateway Behavioral Health Services
700 Charles Gilman Boulevard
Kingsland, GA 31548
(866) 557-9955 • www.gatewaybhs.org
- Outpatient mental health and substance use
- Self-pay, Medicaid and some private health insurance
Gateway Steps to Recovery
555 Stockton Street
Jacksonville, FL 32204
(904) 387-4661 • www.gatewaycommunity.com
• Residential inpatient substance abuse treatment, short-term (30 days or less), Outpatient
• Adults and Adolescents
• Self-pay (ability to pay), Medicaid, state financed insurance, private health insurance
• ASL or other assistance for hearing impaired, Spanish

Glynn County Outpatient Clinic
600 Coastal Village Drive
Brunswick, GA 31520
(866) 557-9955 • www.gatewaybhs.org
• Outpatient services for mental health and substance use
• Adults, adolescents and children
• Self-pay, Medicaid and some private health insurance

Greenfield Center
3 Shircliff Way, Suite 640
Jacksonville, FL 32204
(904) 389-3784 • www.greenfieldcenterjax.com
• Intensive outpatient for substance abuse
• Self-pay and private insurance
Marion Haftel, MEd, LMHC, NNC-
Haftel Healing
1885 S. 14th Street, Suite 5
Amelia Island, FL 32034
(904) 206-0641 • www.fromworriertowonderful.com
• Outpatient services for mental health, life coaching and EMDR
• Adults, adolescents and children
• Self-pay, Blue Cross Blue Shield

Paul Hibschman, LCSW
1357 Palm Avenue
Jacksonville, FL 32207
(707) 998-5147
• Outpatient services for mental health and substance use
• Adults, adolescents and seniors
• Self-pay and certain types of private insurance (call to inquire)

Jacksonville Methadone Treatment Center
4427 Emerson Street, Bldg. 4
Jacksonville, FL 32207
(904) 398-7015 • www.methadonetreatment.com
• Outpatient service for substance abuse, Detoxification and Methadone Maintenance
• Adults
• Self-pay
• Spanish
Lakeview Health Systems, LLC.
1900 Corporate Square Boulevard
Jacksonville, FL 32216
(904) 727-6455 • www.lakeviewhealth.com
- Residential inpatient substance abuse treatment, short-term (30 days or less), Inpatient, Detoxification
- Adults
- Self-pay and private health insurance

M.J. Martelli, M.D. and Associates, P.C.
4019 Highway 40 East,
St. Marys, GA 31558
(912) 673-6145
7 St. Andrew’s Court, Suite 7
Brunswick, GA 31520
(912) 267-0774
- Outpatient for mental health and substance use
- Self-pay

McPherson Counseling Services, Inc.
85031 U.S. Highway 17
Yulee, FL 32097
(904) 548-0160
- Outpatient services for substance abuse and co-occurring disorders
- Adults and adolescents
- Self-pay only
Dr. Carly J. Miller, MD
1865 Lime Street, Ste 100
Fernandina Beach, FL 32034
(904) 321-8400 • fax: (904) 321-8401
• Outpatient services for mental health
• Adults
• Self-pay and private health insurance

Northwest Behavioral Health Services
2392 North Edgewood Avenue
Jacksonville, FL 32254
(904) 781-0600 • www.nwbh.org
• Outpatient services for mental health and substance use
• Adults and children
• Self-pay
• ASL or other assistance for hearing impaired

Quality Life Center
11265 Alumni Way
Jacksonville FL 32246
(904) 398-2020 • www.qualitylifecenter.com
• Crisis stabilization (up to 7 days) for mental health and outpatient substance use
• Adults
• Self-pay, most private insurance and 3rd party benefits
River Region Human Services, Inc.

390 Park Street
Jacksonville, FL 32204
(904) 899-6300 • www.rrhs.org

- Outpatient services for mental health and substance abuse, Residential (adults), Drop in Center, Methadone Maintenance
- Adults, adolescents and children
- Self-pay, Medicaid, certain types of private insurance
- ASL or other assistance for hearing impaired, Spanish

River Region Human Services, Inc.

2981 Parental Home Road
Jacksonville, FL 32216
(904) 589-6300 • www.rrhs.org

- Inpatient residential long term (more than 30 day) for substance use
- Women
- Self-pay, Medicaid, Medicare, private health insurance

Michelle Rampone, MSW, LCSW

910 South 8th Street, Suite 201
Fernandina Beach, FL 32034
(904) 729-4580 • fax: (904) 729-4582
aboutyoucounseling@gmail.com
www.aboutyoucounseling.net

- Adults and adolescents
- Mental health
- Call for fee/insurance
River Region Human Services, Inc.
56 North 2nd Street
Macclenny, FL 32063
(904) 259-0264 • www.rrhs.org

- Outpatient services for mental health and substance use
- Adults and children
- Self-pay, Medicaid, and private insurance

Saint Simons By-The-Sea
2927 Demere Road
St. Simons, GA 31522
(912) 638-1999 or 1 (800) 821-7224
www.ssbythesea.com

- Inpatient hospital services for mental health and substance abuse
- Adults and adolescents
- Self-pay, Medicare (Georgia), State financed insurance, Medicare, private health insurance, military insurance
- Spanish

Sigma Center for Counseling
1727 Blanding Blvd., Suite 106
Jacksonville, FL 32210
(904)981-9881 • www.sigmajax.com

- Outpatient services for mental health and substance abuse
- Self-pay
- Spanish
Starting Point Behavioral Health, Inc.
463142 State Road 200
Yulee, FL 32097
(904) 225-8280 • www.spbh.org

- Outpatient for mental health and substance, Buprenorphine services
- Adults, adolescents and children
- Self-pay, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, military insurance
- ASL or other assistance for hearing impaired

Starting Point Behavioral Health, Inc.
371015 Eastwood Road
Hilliard, FL 32046
(904) 225-8280 • www.spbh.org

- Day treatment
- Adults
- Self-pay, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, military insurance

Stepping Stone Center for Recovery
8889 Corporate Square Court
Jacksonville, FL 32216
(904) 446-1041 • www.steppingstonecenter.org

- Inpatient hospital and Residential (30 days or less) for substance abuse, Detoxification
- Adults
- Self-pay and Private health insurance (call for details)
Substance Abuse Rehabilitation Program
Naval Air Station Jax Box 46
Building 2034 Tatum Avenue
Jacksonville, FL 32212
(904) 542-3473 ext. 122 • www.navalhospitaljax.com
• Residential and outpatient for substance abuse
• Adults, adolescents, and children
• Military Insurance

Treatment Center of Brunswick
100 Cornerstone Drive
Brunswick, GA 31523
(912) 262-0311 • www.tcaclinics.com
• Outpatient services for substance use, Methadone maintenance
• Self-pay

Candece Tierney, MA, LMFT, LMHC
501 Centre Street, Suite 114
Fernandina Beach, FL 32034
(904) 491-8003 • www.candecetierney.com
• Outpatient services for mental health, marriage and family, trauma and EMDR
• Self-pay and insurance
Twelve Oaks Recovery Center
2068 Healthcare Avenue
Navarre, FL 32566
(866) 829-4067 or 1 (800) 622-1255
www.twelveoaksrecovery.com
- Intensive outpatient, Inpatient, short-term (less than 30 days) for mental health and substance use
- Adults and adolescents
- Self-pay and private insurance, Tricare

Robert Weimar, M.S., Hypnotist
140 Horn Road
St. Mary's, GA 31558
(912) 673-9592 or (877) 891-6120
www.robertweimar.com
- Outpatient services for mental health and substance use
- Self-pay and special arrangements made based on situation

Wekiva Springs Hospital
3947 Salisbury Road
Jacksonville, FL 32216
(904) 296-3533 • www.wekivacenter.com
- Inpatient services for mental health and substance abuse
- Self-pay and private insurance
Healing Begins Here

If you or a loved one are coping with depression, addiction or other behavioral health issues, Starting Point Behavioral Healthcare is the place to begin your journey toward healing. Our professional staff is dedicated to helping those with addiction or behavioral health challenges through counseling, therapy and support.

- Adult & Children’s Psychiatric Care
- Art Therapy
- Case Management
- Emergency Services
- Outpatient Mental Health
- Psychosocial Rehabilitation
- Suboxone Treatment Program
- Substance Abuse Programs
- Women’s Program

Call Starting Point Behavioral Healthcare today and get started on your path to healing.

Starting Point Behavioral Healthcare

(904) 225-8280 • www.spbh.org • 463142 SR 200, Yulee, FL 32097

1250 South 18th Street
Fernandina Beach 32034

baptistnassau.com
For more information please visit our website at www.nacdac.org or contact us at (904) 227 3699

NACDAC
Nassau County, Florida

516 South 10th Street
Suite 211
Fernandina Beach, FL 32034

LSF Health Systems Access to Care
(877) 299 9098
samh.lsfnet.org

• Free drug kits for parents
• Educational presentations for youth, adults and community groups
• Assist with referrals for care

NACDAC is supported by the Department of Children and Families, the Drug Free Communities Grant, Lutheran Services Florida and Department of Education.