



Counseling Services

When you experience difficult times in your life, feelings such as sadness, anger, depression, fear or lack of energy are natural and usually temporary. If these feelings grow or do not go away, you may do well to get professional help. There are excellent family counseling agencies or mental health centers, both private and non-profit that can help you unload that stress. They provide a wide variety of counseling services including family, marital, personal, alcohol and drug abuse counseling. Some agencies in Miami-Dade County which provide comprehensive counseling services include:

Douglas Gardens Community Mental Health Center	(305) 531-5341
Jewish Community Services	(305) 445-0555
Miami Behavioral Health Center	(305) 774-3300
Family Counseling Services	(305) 740-8998

Specifically for drug and alcohol counseling, contact:

ALANON	(305) 663-1432
Alcoholics Anonymous	(305) 461-2425
Catholic Charities/St. Luke's Addiction Recover Center	(305) 795-0077
Concept House Behavioral Healthcare Treatment Program	(305) 751-6501
New Horizons Community Mental Health Center	(305) 635-0366

If you are in crisis, call Switchboard of Miami at (305) 358-HELP or 358-4357. Their phone counselors will refer you to the appropriate crisis intervention service.