

**Behavioral  
Health  
Resource Guide**

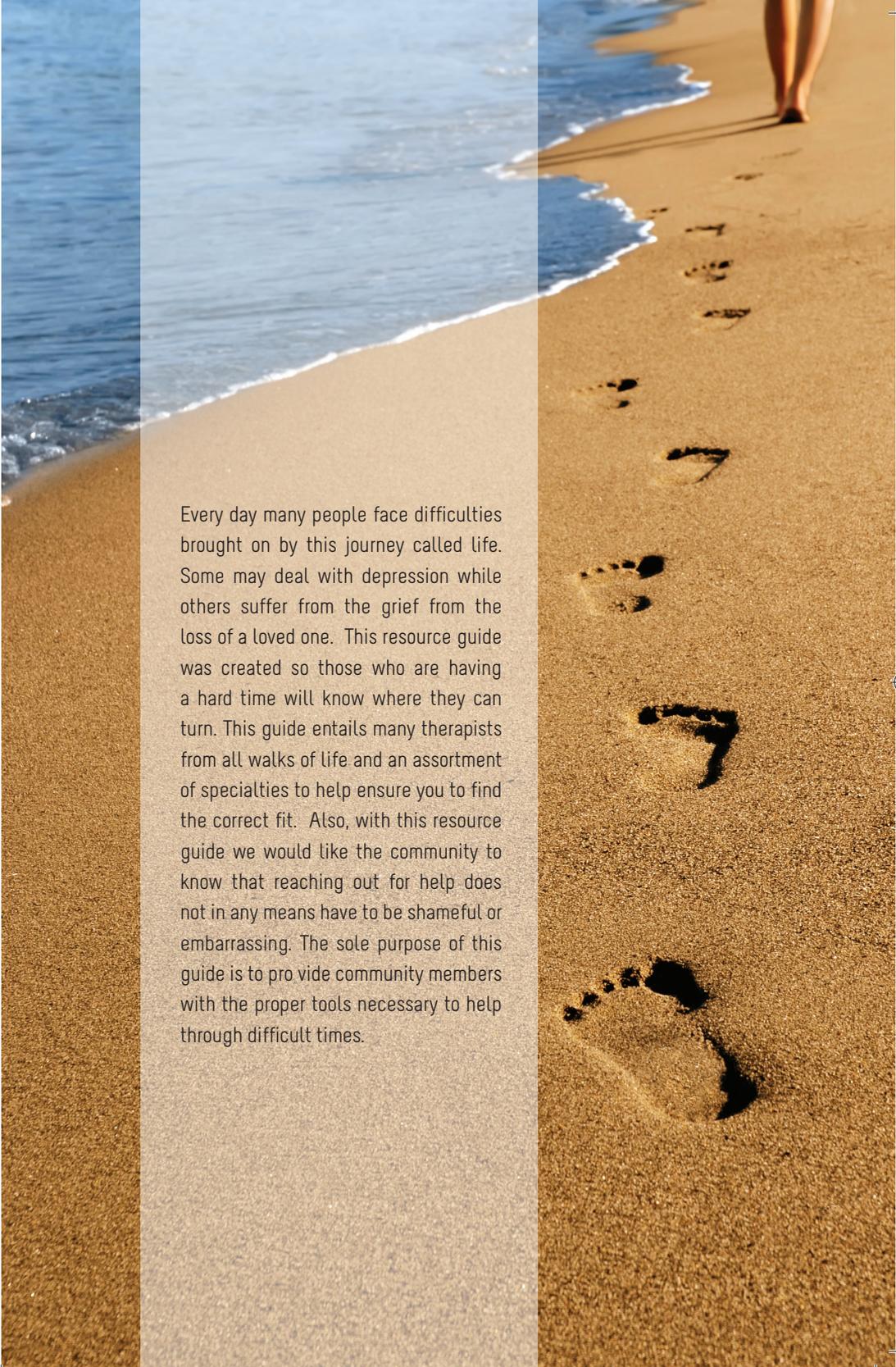
FOR NASSAU COUNTY AND THE  
SURROUNDING COUNTIES

Presented by:  
 **NACDAC**  
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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.coastalcounselingcenter.org)

- Outpatient addiction services
- Adults and children
- Self-pay, EAP, and various private insurances

## Community Rehabilitation Center

623 Beechwood Street  
Jacksonville, FL 32206

(904) 358-1211 • [www.communityrehabcenter.org](http://www.communityrehabcenter.org)

- Outpatient services for mental health and substance use
- Individuals
- Self-pay and Medicaid

## Cumberland Mental Health Services

10545 Colerain Road  
St. Marys, GA 31588  
(912) 882-3662

- Outpatient services for mental health and substance use
- Adults, adolescents, and children
- Self-pay, Medicare, Tricare, and most private insurances

## CNS Healthcare

5200 Belfort Road, Suite 420  
Jacksonville, FL 32256  
(904) 281-5757 • [www.cnshealthcare.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.fromworriedtowonderful.com](http://www.fromworriedtowonderful.com)

- Outpatient services for mental health, life coaching and EMDR
- Adults, adolescents and children
- Self-pay, Blue Cross Blue Shield

Paul Hibsichman, 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](http://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](http://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](http://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](http://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

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.

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

## River Region Human Services, Inc.

56 North 2nd Street  
Macclenny, FL 32063

(904) 259-0264 • [www.rrhs.org](http://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](http://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 105  
Jacksonville, FL 32210

(904) 981-9881 • [www.sigmajax.com](http://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](http://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](http://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](http://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](http://www.navalhospitaljax.com)

- Residential and outpatient for substance abuse
- Adults, adolescents, and children
- Military Insurance

**Candece Tierney, M.A., LMFT, LMHC**

501 Centre Street, Suite 114  
Fernandina Beach, FL 32034

(904) 491-8003 • [www.candecetierney.com](http://www.candecetierney.com)

- Outpatient services for mental health, marriage and family, trauma and EMDR
- Self-pay and insurance

**Treatment Center of Brunswick**

100 Cornerstone Drive  
Brunswick, GA 31523

(912) 262-0311 • [www.tcaclinics.com](http://www.tcaclinics.com)

- Outpatient services for substance use, Methadone maintenance
- Self-pay

## Twelve Oaks Recovery Center

2068 Healthcare Avenue  
Navarre, FL 32566  
(866) 829-4067 or 1 (800) 622-1255  
[www.twelveoaksrecovery.com](http://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. Marys, GA 31558  
(912) 673-9592 or (877) 891-6120  
[www.robertweimar.com](http://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](http://www.wekivacenter.com)

- Inpatient services for mental health and substance abuse
- Self-pay and private insurance



## *Healing Begins Here*

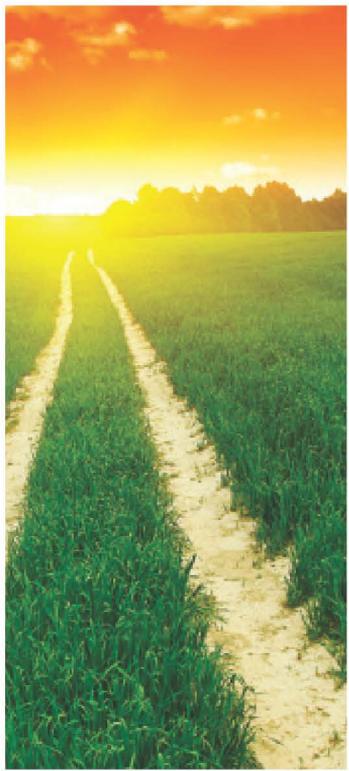
If you or a loved one are coping with depression, addiction or other behavioral health issues, Starting Point Behavioral Healthcare is the place to begin your journey toward healing. Our professional staff is dedicated to helping those with addiction or behavioral health challenges through counseling, 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](http://www.spbh.org) • 463142 SR 200, Yulee, FL 32097





# Always close. Always ready. Baptist Nassau.

1250 South 18th Street  
Fernandina Beach 32034

[baptistnassau.com](http://baptistnassau.com)



Changing  
Health Care  
for Good.®





For more information please visit our website at  
[www.nacdac.org](http://www.nacdac.org) or contact us at **(904) 227 3699**



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

**LSF Health Systems Access to Care**  
**(877) 299 9098**  
[samh.lsfnet.org](http://samh.lsfnet.org)

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

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