**Counselling Resources**

St. Richard’s Episcopal Church for Prayer & Counselling 5151 Lake Howell Road, Winter Park, FL 32792

Contact The Rev. Alison Harrity [apharrity@gmail.com](mailto:apharrity@gmail.com) or call 407-671-4211

St. Matthias Episcopal Church for Prayer & Counseling 574 Montrose Street, Clermont, FL 34711

Contact The Rev. Jim Dorn [jmdorn3@gmail.com](mailto:jmdorn3@gmail.com) or call 352-394-3855

Oviedo Counseling Clinic- free sessions this week   Please call [321.244.3576](tel:321.244.3576) for more information

Redeemer Counseling Center- free ongoing counseling available Call [407.405.7677](tel:407.405.7677) for more information.

Grace Clinic, Orlando- free sessions this week Call [407.539.0047](tel:407.539.0047) for more information

Z 88.3 has a great list of resources, including free counseling and links for parents on how to talk to their kids. <http://zradio.org/prayfororlando/>

Orlando American Red Cross- A hotline has been set up for family members of the victims: [407.246.4357](tel:407.246.4357)

Crisis Counseling and an emergency hotline have been set up and will take place at The First Unitarian Church of Orlando located at 1901 E. Robinson Street between 10am and 7pm.

Give an Hour- a local zip code search on this site will link you to counselors providing free sessions

<http://www.giveanhour.org/GettingHelp/BasicProviderSearch.aspx>

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| **Location Name** | **Address** | **Phone** | **Fees (if any)** |
| A New Path Counseling, LLC | 2822 S. Alafaya Tr. Suite 160 Orlando, FL 32828 | 407-476-5994 | 6 free sessions to victims, families/loved ones of victims, first responders. Sliding scale available after first six sessions. |
| ACF THERAPY ASSOCIATES | 1600 W. Eau Gallie Blvd in Melbourne | (321) 514-4668 | Counseling and Groups |
| Be Well Within Counseling Center | 1540 International Parkway, Lake Mary, Florida 32746 | 407-302-8622 | 3 free  sessions or longer for those affected.   also offer sliding scales, and reduced fees longer term as needed |
| Counseling Professionals of Orlando | 1216 E. Concord Street Orlando, FL 32803 | 407-896-8380 | Free Services for first responders and crisis support individuals |
| Counseling Professionals of Orlando -- HOTLINE |  | 407-906-1442 |  |
| Creative S.T.E.P.S. Counseling, LLC & Journey Counseling, LLC | 37 N. Orange Ave Suite 500 Orlando, FL 32801 | 321-300-5160 | Free |
| Eirene Counseling Services | 1801 N. Alafaya Trail, Orlando, FL 32826 | 407-992-4452 | 3 free crisis counseling sessions for anyone impacted |
| Esperanza Behavioral Health Services | 7350 Futures Drive Ste 16 Orlando 32819 | 407-226-3733 | Free |
| Family Life Counseling Center, LLC | 13806 S.R. 33, Groveland, FL 32736 | 352-536-4158 | 2 Therapists available. Free sessions as needed for first responders, victims, and anyone who was impacted. Sliding scale will be discussed after 3 sessions. |
| First Unitarian Church (official Center Location) | 1901 East Robinson St Orlando 32803 | 407-898-3621 | Free Crisis Services |
| Gilstrap & Associates | 7601 Conroy Rd. STE 202 Orlando, FL 32835 | 407-522-9919 | 10+ Therapists available. 3 free sessions, will assist in locating follow up care if necessary. |
| Healing with Time, LLC | 540 E. Horatio Ave. Suite 200, | 407-252-3087 | Free |
| Hispanic Family Counseling | 6900 S OBT Orlando 32809 | 407-382-9079 | Free |
| JM Counseling | 7651B Ashley Park ste404 Orlando-Metro 32835 | 407-230-4582 | 5 free sessions for those affected |
| Karen Bogart | 235. S. Maitland Ave Suite 215 | 407-629-1775 | Limited Pro Bono then reduced fee |
| Lauren Pearlman LMHC LMFT, EMDR trained | 100 E. Sybelia Ave #380, Maitland, FL 32751 | 407-625-8786 | 6 free sessions for victims, loved ones and first responders, sliding scale offered after 6 free sessions |
| Life Counseling Solutions | 670 N. Orlando Ave, Suite 103, Maitland, Florida 32751 | 407-622-1770 | Free sessions as needed for anyone directly impacted, including first responders. Multiple therapists available. |
| Life Enhancement Counseling Services | 2295 S Hiawassee Rd Ste 301 Orlando, Fl 32835 | 407-443-8862 | BILINGUAL, FREE SESSIONS |
| Life Psychiatric Associates | 670 N. Orlando Ave. Suite 103, Maitland, Florida 32751 | 407-622-1770 | Free |
| Life Skills Resource Group | 6068 South Apopka Vineland Road, Suite 11, Orlando, FL 32819 | 407-355-7378 | Free sessions as needed for anyone directly impacted, their family members and friends, first responders, and medical professionals, as well as anyone struggling to process the event. Multiple therapists available. |
| Lynda Ruf, EdS, LMFT, LMHC | 366 E Graves Ave, Suite D, Orange City | 386-738-7787 | pro bono services |
| Magellan Heath Helpline |  | 800-327-7451 | Free 24 Hour Hotline |
| Meaningful Life Center | 2006 Town Plaza Ct Winter Springs 32708 | 407-534-0186 | Free services |
| Mental Health Association of Central FL | 1525 E Robinson St, Orlando, FL 32801 | 407-898-0110 | Free Services or information |
| Orlando Recovery Center | 100 E. Sybelia Ave Ste 250 Maitland, FL 32751 | 407-636-6184 | Free group sessions nightly at 7 pm. Tuesday-Friday. |
| Orlando VA Mobile Medical Unit | Beardall Center 800 Delaney Ave, Orlando, 32801 | 321-277-6672. | Free |
| Pittington Counseling Services | 142 W. Lakeview Ave #2010 Lake Mary, FL 32746 Orlando,FL 32835 | 407-330-5060 | 3 free sessions or longer for those affected. One free EMDR slot available for first responders or witnesses. Spanish speaking counselors available. |
| Positive Behavioral Solutions | 7635 Ashley Park Ct.Ste 503-H Orlando, L 32835 | (321) 299-9415 | Free services |
| Regina Boyd, LMHC | 165 N 4th Street, Lake Mary, FL 32746 | 321-345-9129 | Free crisis intervention this week. 4 free grief counseling sessions for survivors, witnesses, first responders, family members, those impacted etc. Limited conversational Spanish. |
| Reveille Counseling | 3074 W. Lake Mary Blvd., Ste 140 | 407-333-04004 | 3 free sessions for anyone impacted |
| ROSARIO ORTIGAO, LMHC | 1850 LEE RD, STE 313, WP 32789 | 407-628-1009 | FREE SPANISH, PORTUGUESE OR FRENCH GROUP (90"/WK) AND/OR FAMILY (ONE HOUR/WEEK) |
| Saffrone Emerson, LMHC | via Phone | 321-501-8006 |  |
| SAMHSA's Disaster Distress Helpline |  | 800-985-5990 | Call or Text 'TalkWithUs' to 66746 |
| Sunshine Therapy & Health Center, LLC | 112 West New York Avenue, Suite 216, DeLand, FL 32720 | 386-451-6343 | Free |
| Total Health Guidance | 5401 S Kirkman Dr. #760, Orlando 32819 | 321-332-6984 | Free individual sessions for crisis, Free groups this week, scholarship to cover costs for ongoing services if needed for victims, families and loved ones, and those experiencing related PTSD symptoms |
| UCF CAPS (UCF STUDENTS) |  | 407-823-2811 x5 | Free for Students |
| UCF Counseling and Psychological Services ASPIRE | 1800 Mercy Drive, Orlando, FL 32808 | 407-228-1446 | Free |
| United Way Crisis and resources Hotline |  | 211 |  |
| Victim Service Center | 2111 E Michigan St, Orlando, FL 32806 | 407-246-4357 |  |
| We are Everyone's Counseling Center, | Offices throughout Central FL | (407) 423-3327 | Free |
| Zebra Coalition Hotline | 911 N. Mills Ave, Orlando, FL | 407-822-5036 | crisis support and information distribution |