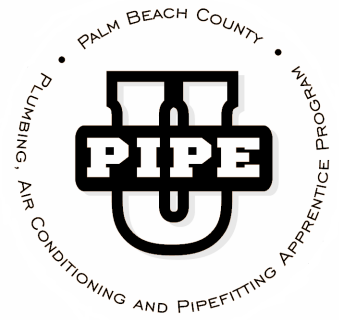


PIPE U

1800 Longwood Road
West Palm Beach, FL 33409-6424
P. 561.686.4233 F. 561.683.3198
www.pipeu.com



Confidential Mental Health Resources

Crisis Resources

Suicide Prevention Line Call **988**

988lifeline.org/get-help

Crisis Text Line Text **988**

Just need to vent? Call or Text **988**



Services Offered: support for suicide and crisis, resources for mental health, substance abuse, shelters, food pantries, depression, anxiety (also have a mobile unit team)

What to Expect: When calling 988, you will select an option if Spanish speaking, veteran or LGBTQ+. For all others, just stay on the line or press 0. The wait time is approximately 2 minutes to be connected with a live crisis specialist. When texting 988, you will receive an immediate text reply for you to state your crisis. You are then connected with a live crisis specialist. The wait time is approximately 2 minutes to be connected.

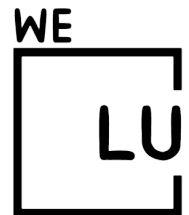
Mental Health Services and Substance Use & Addiction Recovery

We Level Up Treatment Centers

welevelup.com

Lori Ginsburg, Regional Director

Call **561-860-6399**



Services Offered: medical detox, addiction rehab, mental health treatment, mental health disorders, therapy programs, interventionalists, licensed therapists, registered nurses 24/7 (same day admins, transportation provided)

What to Expect: Lori will collect your info and connect you with the admissions team. The admissions team will acquire insurance info, verify insurance and perform an assessment. This process usually takes 1 hour. Upon completion of their programs, they have an alumni program where they will keep in touch for a year and offer activities.

Bereavement Support

Lilypad Counseling & Wellness Center

lilypadcounselingandwellnesscenter.com

Ivana Ayala-Esslinger, Licensed Mental Health Counselor

Call **561-203-5377**

Service Offered: grief and loss counseling, holistic integrative mental health

What to Expect: Upon calling, you will be given a 15 minute consultation to see if you and the therapist are a good fit to work together. Once your comfort is confirmed, an appointment can be made. You can also schedule appointments online (in-person and telehealth options available).