



Mental Health Care Resource List

**Health Plans**

<b>Health Plans</b>			
<b>Agency or Organization</b>	<b>Slide #</b>	<b>Phone Number</b>	<b>Notes or websites</b>
<b>Humana</b>	5	<p><b>Customer Service:</b> 1-800-477-6931</p> <p><b>Behavioral Health:</b> 1-844-265-7590 (TTY: 711)</p> <p><b>Pregnancy services:</b> 1-800-322-2758 ext. 1500290</p>	<p><b>Additional Phone Numbers:</b> <a href="https://www.humana.com/medicaid/florida-medicaid/member-support/contact-us">https://www.humana.com/medicaid/florida-medicaid/member-support/contact-us</a></p> <p><b>Pregnancy Services:</b> <a href="https://www.humana.com/medicaid/florida-medicaid/member-support/moms-first">https://www.humana.com/medicaid/florida-medicaid/member-support/moms-first</a></p>
<b>Sunshine Health</b>	6	<p><b>Customer Service:</b> 1-866-796-0530 (TTY 1-800-955-8770)</p> <p><b>Behavioral Health:</b> 1-844-477-8313 (opt 1, op 5, opt 5 for BH)</p> <p>1-866-796-0530 (afterhours or weekends)</p> <p><b>Pregnancy Services:</b> 1-844-477-8313 (opt3, press 1, and extension 603-3883)</p>	<p><b>Additional Phone Numbers:</b> <a href="https://www.sunshinehealth.com/members/medicaid/resources/key-contacts.html">https://www.sunshinehealth.com/members/medicaid/resources/key-contacts.html</a></p> <p><b>Handbook:</b> <a href="https://www.sunshinehealth.com/members/medicaid/resources/handbooks-forms.html">https://www.sunshinehealth.com/members/medicaid/resources/handbooks-forms.html</a></p> <p>Pregnancy Services: <a href="https://www.sunshinehealth.com/members/medicaid/benefits-services/pregnancy-and-newborn-services.html">https://www.sunshinehealth.com/members/medicaid/benefits-services/pregnancy-and-newborn-services.html</a></p>
<b>Simply Health Care</b>	7	<p><b>Customer Service &amp; Behavioral Health:</b> 1-844-406-2396 (TTY:771)</p> <p>1-844-375-7215 (afterhours or weekends)</p>	<p><b>Medicaid Benefits:</b> <a href="https://www.simplyhealthcareplans.com/florida-medicaid/benefits/medicaid-benefits.html">https://www.simplyhealthcareplans.com/florida-medicaid/benefits/medicaid-benefits.html</a></p>



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		<b>Pregnancy Services</b> 1-844-405-4296 (Enter NPI number, press 4)	
<b>Aetna</b>	8	<b>Customer Service:</b> 1-800-441-5501 (TTY:771) (option 5 for perinatal care support)  <b>Behavioral Health Options:</b> 1-844-513-4954 (option 9 for crisis, 2 for Providers)	Medicaid Benefits: <a href="https://www.aetnabetterhealth.com/florida/members/handbook">https://www.aetnabetterhealth.com/florida/members/handbook</a>
<b>United Health Care</b>	9	<b>Customer Service:</b> 1-855-356-6098 (TTY:771)  <b>Behavioral Health:</b> 1-855-780-5955  <b>Pregnancy Services:</b> 1-800-599-5985	<b>Additional Phone Numbers:</b> <a href="https://www.uhc.com/member-resources/health-care-programs">https://www.uhc.com/member-resources/health-care-programs</a>  <b>Pregnancy Services:</b> <a href="https://www.uhcprovider.com/en/resource-library/maternity-support.html">https://www.uhcprovider.com/en/resource-library/maternity-support.html</a>
<b>Florida Department of Children and Families' ACCESS Florida</b>	10	1-866-762-2237	<a href="http://www.myflorida.com/accessflorida">www.myflorida.com/accessflorida</a> <b>Recommendation: Obtain confirmation of pregnancy at first OB appointment</b>
<b>Family Healthcare Foundation</b>	11-12	813-995-7005	<a href="http://www.familyhealthcarefdn.org">www.familyhealthcarefdn.org</a>



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<b>Directory Searches</b>			
<b>Postpartum Support International</b>	15-16,	Call and Text Line: 1-800-944-4773	<b>Get Help Website:</b> <a href="https://www.postpartum.net/get-help/">https://www.postpartum.net/get-help/</a>  <b>Provider Directory:</b> <a href="https://psidirectory.com/">https://psidirectory.com/</a>
<b>Florida Behavioral Health Impact</b>	17-19	1-833-951-0296	<a href="https://flbhimpact.org/">https://flbhimpact.org/</a>
<b>Florida Department of Health</b>			
<b>Let's Talk Tampa Bay by Tampa Bay Thrives</b>	20-21,	1-833-342-5111	<a href="https://letstalktampabay.org/">https://letstalktampabay.org/</a>
<b>Direct Services</b>			
<b>BayCare Perinatal Support Program</b>	23	813-872-3925  Email: <a href="mailto:perinatalsupportservices@BayCare.org">perinatalsupportservices@BayCare.org</a>	<a href="https://baycare.org/hospitals/st-josephs-womens-hospital/services/maternity/postpartum-support">https://baycare.org/hospitals/st-josephs-womens-hospital/services/maternity/postpartum-support</a>  Support group registration: <a href="https://baycare.org/events">https://baycare.org/events</a>
<b>Postpartum Support International</b>	24-25	Call and Text Line: 1-800-944-4773	<b>Get Help Website:</b> <a href="https://www.postpartum.net/get-help/">https://www.postpartum.net/get-help/</a>  <b>Online Support Meetings:</b> <a href="https://www.postpartum.net/get-help/psi-online-support-meetings/">https://www.postpartum.net/get-help/psi-online-support-meetings/</a>  <b>Monthly Just for Dads Chat:</b> <a href="https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/">https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/</a>



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<b>Cove Behavioral Health</b>	26	813-384-4000	<a href="https://www.covebh.org/mental-health/">https://www.covebh.org/mental-health/</a> Note: ID, proof of insurance and income are required
<b>Brave Health</b>	27	305-902-6347	<a href="https://bebravehealth.com/">https://bebravehealth.com/</a> Note: Accepts Insurance and Medicaid Plans
<b>Chrysalis Health</b>	28	813-443-4827 option 1 for intake	<a href="https://www.chrysalishealth.com/mental-health">https://www.chrysalishealth.com/mental-health</a>
<b>IMPOWER</b>	29-31	407-215-0095 option 2	<a href="https://www.impowerfl.org/programs-and-services/telehealth/">https://www.impowerfl.org/programs-and-services/telehealth/</a> Email address for referrals: <a href="mailto:referrals@impowerfl.org">referrals@impowerfl.org</a> Note: Only accepts Medicaid
<b>Mental Health Resources</b>			
<b>Postpartum Support International</b>	33	Call and Text Line: 1-800-944-4773	<b>Get Help Website:</b> <a href="https://www.postpartum.net/get-help/">https://www.postpartum.net/get-help/</a> PSI Mental Health Discussion Tool
<b>Let's Talk Tampa Bay by Tampa Bay Thrives</b>	34	1-833-342-5111	<a href="HTTPS://LETSTALKTAMPABAY.ORG/LETS-TALK-ACTION-TOOLBOX/">HTTPS://LETSTALKTAMPABAY.ORG/LETS-TALK-ACTION-TOOLBOX/</a>
<b>2020 Mom</b>	35		<b>Resource Flyers:</b> <a href="https://www.2020mom.org/materials">https://www.2020mom.org/materials</a>
<b>The Community Foundation of Tampa Bay</b>	36		<b>Mental Health First Aid Training for Employees:</b> <a href="HTTPS://CFTAMPABAY.ORG/MENTALHEALTH">HTTPS://CFTAMPABAY.ORG/MENTALHEALTH</a>



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<b>Perinatal Loss Direct Services</b>			
<b>Healthy Start Perinatal Loss Flyer</b>	39		List of Community Resources
<b>Empath Health</b>	40	727-523-3451	Referrals can be emailed to: <a href="mailto:Sandramurray@empathhealth.org">Sandramurray@empathhealth.org</a>
<b>Hospice: Chapters Health System</b>	41	813-877-2200	<a href="http://WWW.CHAPTERSHEALT.ORG">WWW.CHAPTERSHEALT.ORG</a>
<b>Bereaved Parents USA Tampa Chapter</b>	42	813-501-9567	<a href="http://www.bpusatampabay.com/">http://www.bpusatampabay.com/</a> <a href="http://www.bereavedparentsusa.org/chapters/find-a-chapter/">www.bereavedparentsusa.org/chapters/find-a-chapter/</a>
<b>High Risk Hope</b>	43	813-242-0450	<a href="https://www.highriskhope.org/">https://www.highriskhope.org/</a>

In an emergency, call 9-1-1.

If a mom/client has shared they are having suicidal thoughts, or has attempted to harm themselves, please call the National Suicide Prevention Lifeline at 1-800-273-8255.