FREE MENTAL HEALTH COUNSELING

IF YOU NEED TO TALK, WE ARE HERE FOR YOU.

For adults age 60 and older.

When faced with uncertainty, it is important to take the time to check in with ourselves and our mental well being.

If you are experiencing difficult emotions, distress, or a crisis, we understand and can provide you with support.

Call us to schedule an appointment with a licensed mental health counselor.

For more information and to schedule a free appointment contact Northeast Florida AHEC at 904-482-0189 or 877-784-8486 Toll-Free

NORTHEAST FLORIDA AHEC
New Directions in Community Health
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ElderSource
start here for help

Department of ELDER AFFAIRS
STATE OF FLORIDA

Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs. Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. Programs are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.