# TRAUMA COUNSELING

The recent Marjory Stonemen Douglas High School tragedy has profoundly impacted our community. If you have been affected and are experiencing depression, anxiety, anger, grief, or are having difficulty communicating, focusing or feeling stressed, please know that free help is available.

### Youth

Kids In Distress Rachel Hord 954-390-7654 ext 1039

### Memorial Healthcare System Joshua Plantz

954-276-0920



### Adult

Memorial Healthcare System Tracy Klein

954-276-3402

## Youth -or- Adult

#### Henderson Behavioral Health

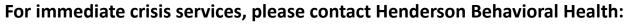
Smith Community Mental Health

#### Banyan Health Systems

### **Chrysalis Health**

Lani Fandino 954-677-3113 opt 3 Michael Houghtaling 954-321-2296 ext 219 Shirley Gramajo 954-587-1417 Kenjenique Johnson 954-587-1008 ext 1051

Counseling provides the opportunity for individuals to begin the healing process with trauma trained professionals. The counseling relationship is objective, non-judgmental, and understanding. Most importantly, services are strictly confidential, available at no cost and provided by an organization of your choice. Daytime, evening and weekend appointments are available.





Adult Mobile Crisis Response Team 954.463.0911 Youth Emergency Services 954.677.3113 opt 3