

**POSSIBLE PSYCHOTHERAPISTS IN THE AREA TO CONTACT FOR YOU OR  
YOUR CHILD'S THERAPY NEEDS:**

<b>Therapist</b>	<b>Location</b>	<b>Contact Number</b>
Rhaina Smeds, PsyD	Ft. Pierce	772-485-4008
Desirae Thomas, LCSW	Ft. Pierce	772-247-0510
Doris Riggs, LMFT	Jensen Beach	772-288-5060
Elisa Horton, LMHC	Palm City	772-426-9955
Ruthie Steinberg, LMHC	Palm City	772-675-1507
Joe West, LMHC	Palm City	772-287-6042
Bunny Berman, LCSW	Port St. Lucie/St. Lucie West	772-732-3638
Kirstin Anastasia, APRN	Port St. Lucie/St. Lucie West	772-878-7216
<b>Kristina Browner, LCSW</b>	Port St. Lucie/St. Lucie West	772-238-8144
Ashley Bryant, LMHC	Port St. Lucie/St. Lucie West	772-812-3460
Francine Harper, LMHC	Port St. Lucie/St. Lucie West	772-758-7147
iMind Mental Health Solutions	Port St. Lucie/St. Lucie West	772-303-1987
Susana Lopez-Sierra, LCSW	Port St. Lucie/St. Lucie West	772-758-2179
Colleen McGuirl, LCSW	Port St. Lucie/St. Lucie West	850-753-9639
Change of Mind ( <b>Bettie Girard, LCSW</b> )	Port St. Lucie/St. Lucie West	772-284-6030
Kris Parker, LMHC	Port St. Lucie/St. Lucie West	775-200-2869
Karina Priest, LMHC	Port St. Lucie/St. Lucie West	561-404-5376
Kate Priest, LCSW	Port St. Lucie/St. Lucie West	772-291-5978
<b>Tiffany Rodgers, LCSW</b>	Port St. Lucie/St. Lucie West	772-248-4349
Justine Sommers, LMHC	Port St. Lucie/St. Lucie West	772-210-3661
Alexandria Sones, LCSW	Port St. Lucie/St. Lucie West	772-932-8994
Andrea Tang, LMHC	Port St. Lucie/St. Lucie West	772-675-3288
Kevin Braley, LMHC	Stuart	772-286-4613
Michelle Byers, LCSW	Stuart	772-286-8826
Sarah Coleman, Ph.D.	Stuart	772-245-6951
Gina Eaton, LCSW	Stuart	772-337-4116
Caroline Edwards, LMFT	Stuart	772-219-9566
Stacey Hellow, LCSW	Stuart	772-242-9706
Judith Horvath, Ph.D.	Stuart	772-672-7089
Alison Palombi, LMHC	Stuart	772-410-4641
Sherri Radcliffe, LCSW	Stuart	772-475-5702
Leslie Soulek, LCSW	Stuart	772-247-0729
Shawn Sorensen, Ph.D.	Stuart	772-692-4410
Jessica Singh, LMHC	Vero Beach	407-890-0262
<b>Kim Marcil-Wieleba, LCSW</b>	<b>Vero Beach</b>	<b>772-299-3655</b>

**Bolded names accept Medicare patients (as well as other insurances)**

For more good psychotherapists in Vero Beach go to: [psychologytoday.com](http://psychologytoday.com)

Last updated 12.23.2023

**Mobile Apps:**

**mytherapy:** helps you keep reminders of when to take your meds and also reminds you of when you are running low on your supply!

## LIST OF LOCAL COMMUNITY RESOURCES

### **Local psychiatric inpatient units:**

Coral Shores Behavioral Health, 5995 SE Community Dr., Stuart, FL, 772-403-4000

Lawnwood Regional Medical Center, 1700 SE 23<sup>rd</sup> St., Fort Pierce, FL 772-461-4000

New Horizons, 4500 West Midway Road, Fort Pierce, FL, 772-468-3909

Port St. Lucie Hospital, 2550 SE Walton Rd., Port St. Lucie, FL 772-238-7734

**Parents of Estranged Adult Children (PEACInternational):** SafeSpace, 612 NE Dixie Highway, Stuart, FL 34994 24 hour crisis hotline 772-288-7023, [www.PEACInternational.org](http://www.PEACInternational.org) (online support group for parents of estranged adult children)

### **For Help Paying for Meds:**

**Patient Assistance Programs (PAPs):** PAPs are sponsored by pharmaceutical companies and provide free or discounted prescriptions to low-to-moderate income, uninsured and under-insured patients who meet certain guidelines. For more info, please visit the respective websites.

**NeedyMeds:** Helps people of all ages, with and without insurance, locate Patient Assistance Programs, free/low cost clinics, state programs and offer a free NeedyMeds Drug Discount Card. Phone 978-865-4115. [www.needy meds.org](http://www.needy meds.org)

**RxAssist Website:** Helps you find information about free and low cost medicine programs and other ways to manage your medication costs in their online Patient Assistance Program Center. [www.rxassist.org](http://www.rxassist.org)

**Ardie R. Copas State Veteran's Nursing Home, Tradition Florida** is open and taking applications. Contact Admissions Coordinator Ms. Devin Calvin Joyner 772-241-6132 or for more information email [JoynerD@FDVA.STATE.FL.US](mailto:JoynerD@FDVA.STATE.FL.US)

### **Below is a list of professional associations, crisis hotlines and other helpful resources when you are in crisis or on the verge of a crisis:**

**988 Suicide Prevention & Crisis Lifeline:** If you or someone you know is in crisis and whether they are considering suicide or not, call the toll-free lifeline number to speak with a trained counselor 24/7, and they will connect you with a crisis center in the Lifeline network closest to your location. Call or text 988 or chat [www.988lifeline.org](http://www.988lifeline.org)

**National Alliance on Mental Illness (NAMI) Crisis Text Line:** By texting NAMI to 741-741 you will be directly connected with a trained crisis counselor for free.

**National Domestic Violence Hotline:** Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish as well as other languages. Call 800-799-SAFE.

**National Sexual Assault Hotline:** Connect with trained staff from a local sexual assault service provider who can offer access to a range of free services. Crisis chat support is available at <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>. Call 800-656-HOPE.

**211 Helpline:** 24-hour comprehensive helpline providing support and connecting people with crisis, health and human services needs to resources in your community: housing / food / financial assistance / human services / relief from abuse / family issues / depression / childcare and suicide prevention. Call 211 or text your zip code to 898-211