

# Business United Connection Series: Mental Health Resources

Thank you to those who joined us at the first session of our **Business United Connection Series**, proudly sponsored by **Bank of America**! We were thrilled to have you there as we explored vital topics surrounding **mental health** and how we can come together to help our neighbors right here in the heart of Florida!

Our first session included a panel of thought leaders from the 211 Information & Referral Line, Mental Health Association, AdventHealth, Nemours, and our very own **Kelly Astro**, Senior Vice President of Community Engagement. We are committed to continuing these important conversations and providing resources for our business community!

As a helpful reference for those who want to explore these topics further, we've compiled a list of resources from our partners:

- **AdventHealth - Be A Mindleader**
  - [www.BeAMindleader.com](http://www.BeAMindleader.com)
- **AdventHealth for Children's Mental Health Navigation**
  - [Contact a Mental Health Navigator | AdventHealth for Children](#)
  - Phone: 407-517-7593
- **Nemours Central Florida Behavioral Health Hub**
  - <https://www.nemours.org/services/central-florida-behavioral-health-hub.html>
- **Nemours PATH program**
  - <https://www.nemours.org/services/path-telemental-health-program.html>
- **Nemours Kids Health**
  - <https://kidshealth.org/>
- **Mental Health Association of Central Florida**
  - [www.mhacf.org](http://www.mhacf.org)
  - Phone: 407-898-0110
- **Heart of Florida United Way**
  - [www.hfuw.org](http://www.hfuw.org)
  - Dial 211 for Information and Referral Line
  - Dial 988 for Suicide and Crisis Lifeline