



# The HUB

## A Recovery Community Center

### Other Community Resources – Downloadable Resource List

- GED information, college enrollment assistance. Grants information
- SAMSHA Community information for medication and psychiatric resources
- OAF
- Suicide Prevention Suicide Prevention Lifeline - 1-800 273-8255
- Local Resource for Showers 954-529-6089
- General Sober Publication
- Community resources for housing options;. Florida Association of Recovery Residences
- Medical Assistance - Health Care District
- GRASP - Grief Recovery After Substance Passing
- Mecca Farms \$10 Food boxes
- Restoration Bridge
- Palm Beach County Food Bank - Food Recovery and Distribution Agencies
- Feeding Florida
- Meals for Kids Or text FLKIDSMEALS to 211 to find closest participating summer break spot location with meals available.
- Free Mental Health online apts. -Whole Health Psychological Center 561-721-6400
- Connections by CHESS Health App - free evidence based mobile app proven to provide ongoing support and relapse prevention to people recovering from substance use disorders
- National Council for Behavioral Health
- Mental Health First Aid - advice on helping others. as well as ourselves with depression, anxiety and other mental health disorders.
- Rebel recovery

**Disclaimer - The Palm Beach County HUB does not endorse or affiliate with any substance use treatment center or mental healthcare provider or facility. At the time of this publication all of the associated links were current and working.**