

Virtual Talk Tele-Health Therapy - FACT SHEET

About the Project: The mission and goal of Virtual Talk Tele-Health Therapy, 800-354-9308, is to provide enhanced virtual access (i.e., via phone, smartphone, laptop, or desktop) to serve the urgent mental health needs of individuals living in Northwest Florida.

Virtual Talk Tele-Health Therapy is NOT a crisis hotline. It serves as a backup behavioral healthcare provider to non-profit service providers in the NWFHealth network so that if mental health services are not available from the brick-and-mortar provider, it can fill that void and provide FREE services in a timelier manner.

Who It Serves: Any individual, age 10 or older, who is uninsured or underinsured and meets the financial qualifications. Individuals must live in one of the following counties: Bay, Calhoun, Escambia, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Madison, Okaloosa, Santa Rosa, Taylor, Wakulla, Walton, Washington.

Mental health conditions treated include Depression, Anxiety and Stress, Trauma and Grief, Anger, Sleep, Chronic Illness, Job-Related Stress, Motivation Issues, and more.

Why It Matters:

- Over 6 million Floridians live in a community that does not have enough mental health professionals - [NAMI](#)
- Florida is currently only meeting 21% of the need for mental health professionals, compared to the national percent of need, at 27.7%. - [KFF](#)
- Of the 796,000 adults in Florida who did not receive needed mental health care in the last year, 49.7% did not because of cost. - [NAMI](#)
- Florida has the sixth-highest percentage of adults with a mental illness who are uninsured (17.8%). ([Forbes](#))
- 28.3% of adults in Florida reported symptoms of anxiety and depression. Of that group, nearly a quarter of adults reported needing mental counseling but not receiving it. - [KFF](#)
- 1 in 6 U.S. youth aged 6–17 experience a mental health disorder each year. - [NAMI](#)
- 180,000 Floridians ages 12–17 have depression. 64.2% did not receive any care in the last year. - [NAMI](#)
- According to the National Advisory Mental Health Council, the treatment/recovery rates are as follows:
 - 80% for bipolar disorder
 - 65%-85% for depression
 - 70% for addiction
 - 70-75% for anxiety

How It Works: Anyone seeking care through Virtual Talk Tele-Health Therapy can get started by calling the toll-free number 800-354-9308 at any time. Care coordinators will ask simple screening questions to ensure eligibility and the condition they're seeking mental health counseling for. Virtual Talk Tele-Health Therapy is uniquely qualified to provide a personal experience by providing FREE help from a virtual health care provider licensed in Florida. For more information visit, <https://adhctherapy.com/>