



From CFBHN CEO

As the CEO of Central Florida Behavioral Health Network, the oldest managing entity in Florida, and someone who has been a Licensed Mental Health Counselor for almost 20 years, I'm thrilled to shine a light in April for Counseling Awareness Month. Counseling Awareness Month is all about recognizing the importance of counseling and mental health support in our lives.

Counseling is like a guiding hand that helps people navigate through tough times. Whether you're feeling overwhelmed, anxious, sad, or confused, counselors are here to listen, understand, and support you. There are many providers across our 14-county region that provide a safe space to express thoughts and feelings without judgment.

For our stakeholders, staff, and clients, Counseling Awareness Month is an opportunity to celebrate the incredible work that counselors do every day. It's a chance to spread awareness about the benefits of counseling and break down any stigma surrounding mental health issues. I am beyond awed at the talent of the many licensed therapists and social workers who work with CFBHN.

For stakeholders, it's crucial to understand the impact that counseling services can have on individuals and communities. By investing in mental health resources like Florida legislators did this past legislative session, we're not only improving the lives of our clients but also creating a healthier and more resilient Florida.



a personal note from
Alan Davidson
President & CEO

"The experiences I have had is that once you start talking about it, you realize that actually you are part of quite a big club."

Prince Harry

Counseling Awareness Month is a time to reflect on the meaningful work that providers do and the difference they make in people's lives. It's a reminder of the importance of self-care and seeking support when needed, even for those who dedicate their lives to helping others.

It is also an invitation to those seeking counseling or already in counseling to explore the possibility of counseling as a tool for personal growth and healing. It's a reminder that it's okay to ask for help and that support is available whenever they need it.

So, let's join together this April to celebrate Counseling Awareness Month and continue spreading the message that mental health matters. Together, we can create a world where everyone has access to the support they need to thrive.

To find a CFBHN provider please use this link for our [Service Locator](#).

If you need further assistance, please phone 813-740-4811. After business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the 2-1-1 line of the Crisis Center of Tampa Bay.