



From CFBHN CEO

As the CEO of Central Florida Behavioral Health Network (CFBHN) and a licensed mental health therapist, I am passionate about recognizing May as Mental Health Awareness Month. This annual observance holds immense significance in raising awareness, combating stigma, and emphasizing the importance of mental wellness.

Having practiced as a mental health therapist, I fully understand the critical need for accessible and effective mental health services. CFBHN is dedicated to facilitating access to these services, and our online provider locator on the CFBHN website is a valuable tool in this effort. This feature allows individuals to easily find mental health providers in their area, empowering them to take charge of their mental well-being.

Mental Health Awareness Month encourages open dialogue around mental health, promoting understanding and early intervention. By fostering conversations, we can reduce stigma and encourage individuals to seek help when needed.

At CFBHN, we believe that mental health is fundamental to overall health and well-being. We work collaboratively with community partners and providers to ensure that quality mental health services are accessible to everyone who needs them. Our commitment extends beyond funding services; we also strive to educate the public about mental health resources and encourage proactive mental health practices.



a personal note from
Alan Davidson
President & CEO

*"What mental health needs is more sunlight,
more candor, and more unashamed
conversation."*

Glen Close

This May let's unite in prioritizing mental health awareness and support. Explore the resources available on CFBHN's website, including our provider locator, to discover mental health services in your area. By utilizing these resources, individuals can take important steps towards better mental health.

Together, we can create a more compassionate and supportive environment for mental health. Let's break down barriers, challenge misconceptions, and promote mental wellness for all. Join us this Mental Health Awareness Month as we advocate for understanding, acceptance, and access to quality mental health care. Your mental health matters, and together, we can make a difference.

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.