Central Florida Behavioral Health Network, Inc.
Your Managing Entity

Central Florida Behavioral Health Network is a Managing Entity contracted with the Department of Children and Families

From CFBHN CEO

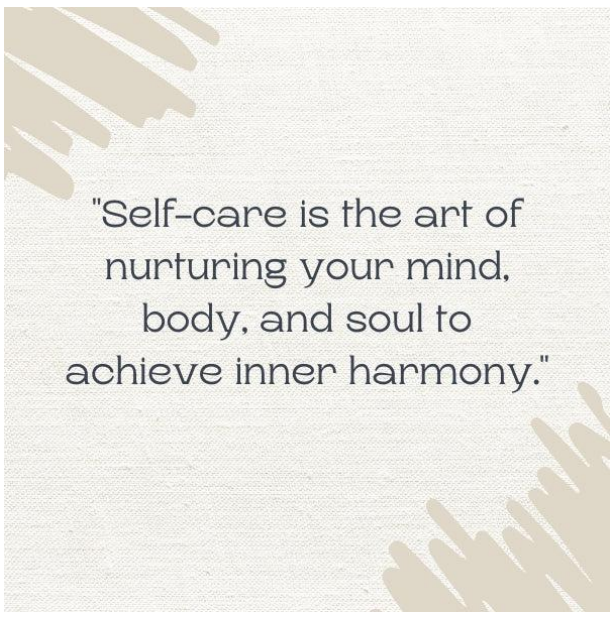
Greetings!

Expanding Access to Care and Recovery

July often marks the midpoint of our year—a time when the pace of life seems to slow just enough for us to catch our breath. With longer days, holiday weekends, and summer routines, it gives us a natural opportunity to pause and reflect. It's also the perfect time to remind ourselves of something that often gets overlooked in our busy lives: **the importance of self-care**.

a personal note from
Alan Davidson
President & CEO

Self-care is not a luxury. It's not something you earn after checking everything off your to-do list. It is a vital part of maintaining our emotional, physical, and mental health—especially in a world that is constantly demanding more of our time and energy.



At CFBHN, we believe that wellness begins with intentional moments of care—both for ourselves and for others. Many people think of self-care as pampering or indulgence, but it's much more than that. It's making time to rest. It's setting boundaries. It's asking for help. And sometimes, it's having the courage to seek professional support.

We know that life can be overwhelming. Between work, caregiving, financial pressures, and the lingering stress from the past few years, it's easy to lose sight of our own needs. That's why CFBHN partners with over 65 behavioral health providers across Central Florida who are dedicated to helping individuals and families navigate stress, anxiety, depression, substance use, trauma, and more.

Our providers are here to offer guidance,

tools, and support—not just during a crisis, but for building a healthier, more balanced life. Whether it's counseling, wellness planning, peer support, or simply learning new ways to cope, help is available.

This July, I encourage you to make space for self-care. That might mean taking a walk in nature, journaling, turning off your phone for an hour, talking to a therapist, or simply breathing deeply. Listen to what your mind and body need—and honor that.

You are not alone in your journey. Our network is here to support you, wherever you are on the path.

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*CFBHN is proud of its service provider network which includes **Charlotte Behavioral Health Care, Directions for Living** and **David Lawrence Center** to name only a few. Explore our network and find a provider near you.*

Our highly trained and certified providers of behavioral health can meet your needs. No one should have to face challenges alone, and there is always help available.

*To find the right CFBHN provider for you, 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.*

*If you are experiencing a medical emergency, please hang up and dial **911**.*

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Phone: 813-740-4811