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**(321) 842-1622**

To our Patients and their Families and Friends,

Here at Scripts Specialty Pharmacy, we realize that sometimes feelings of anxiety, anger, frustration, fear, and sadness come along with disruptions in our health and our life. However, we want you to know that there are many specialized professionals in our Central Florida area to help. They are specially trained to assist in addressing the emotional, social, financial, and spiritual difficulties you may be experiencing. We recommend that you reach out to your health insurance company, your faith leadership, and local city, county, and state government to learn about these and many other resources available to help you.

If feelings of sadness or worry feel overwhelming, keep in mind that there are national help lines available, such as [verywellmind.com/national-helpline-database-4799696](https://www.verywellmind.com/national-helpline-database-4799696) . Please see more resources on the back of this page.

Your health and well-being, both physical and mental, are very important to us. We encourage you to take advantage of everything available to help you through any difficult times you may be experiencing.

From your Scripts Specialty Pharmacy Team

- Psychology Today  
[psychologytoday.com/us/therapists](https://psychologytoday.com/us/therapists)  
[psychologytoday.com/us/psychiatrists](https://psychologytoday.com/us/psychiatrists)
- National Alliance on Mental Illness Greater Orlando  
[namigo.org/resources](https://namigo.org/resources)
- Central Florida Cares  
[centralfloridacares.org/programs/mental-health-providers](https://centralfloridacares.org/programs/mental-health-providers)
- United Way  
[hfuw.org/gethelp](https://hfuw.org/gethelp)
- Aspire  
[aspirehealthpartners.com](https://aspirehealthpartners.com)
- 988 Suicide and Crisis Lifeline  
**Need Support Now?** If you or a loved one are struggling or in crisis, help is available. Call or text **988** or chat at [988lifeline.org](https://988lifeline.org)