



Announcing New Virtual Community Support Groups



We are here for you

The Coronavirus (COVID-19) is impacting us all in varying ways. Many of us are struggling and some of us are even having increased anxiety and depression.

At Palm Point Behavioral Health, we believe during this time when a lot is uncertain and many of us are more isolated, it is important to find ways to connect with others.

We are pleased to offer free virtual support groups beginning Wednesday, April 29, 2020

Community Support Group - Wednesdays at 6:00 pm
Essential Worker Support Group - Wednesdays at 7:00 pm

Our groups are hosted by a Licensed Therapist and topics will vary each week

Community Support Group for Adults Register Here

How do we survive social distancing?
COVID-19 is affecting the mental health of millions of Americans. Together we will heal.

Essential Worker Support Group for Adults Register Here

Distanced, not alone
If you're an essential worker, the stresses of life during the COVID-19 virus pandemic are far different from those quarantined at home.

For information of how to join our support groups email us at jennifer.schmitz@uhsinc.com - or call 321-603-6565