Multicultural Health Institute

Relationship Issues across the Ages – February 12, 2015

Becoming Mentally Healthy: A Guide for Older Adults
http://bit.ly/1DCURja

HIV/AIDS among Persons Aged 50 Years and Older
http://slidesha.re/1DiKR11

Isolation Precautions
http://bit.ly/1ufs58G

Bayside Center for Behavioral Health-Sarasota Memorial Hospital
http://bit.ly/1DiRb8L
941-917-7760

Comprehensive Care Center
www.cccsrq.org
SRQ Clinic: 941-366-0134

Depression and Bipolar Support Alliance
www.dbsalliance.org
941-745-3518

Elder Abuse Hotline for Florida
1-800-96-ABUSE (1-800-962-2873)

Jewish Family & Children's Services, Sarasota
http://jfcs-cares.org/web
941-366-2224

Planned Parenthood- Condom
http://bit.ly/1qnvSOn

Senior Friendship Centers
Sarasota: 941-955-2122
Bradenton: 941-751-6430

The Anderson Method
theandersonmethod.com
941-952-0401

The Personal Safety Net
www.ThePersonalSafetyNet.com

Mobile Apps

ReliefLink
A supplemental tool to help the user manage his/her daily mental health, monitor suicidal feelings and thoughts, and offer options for seeking help.

A-CHESS
Active support for recovering alcoholics.
http://bit.ly/16lnzKr

Happy Habits
Uses the principles of cognitive behavioral therapy (CBT) to improve your mood.
http://bit.ly/1D2LNGp

Speaker's Link
Infectious Disease Services- Florida Department of Health in Sarasota County
http://bit.ly/1DD4r5F
941-861-2900

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