

# Therapy/Counseling Referral List

Dr. Robert Ben Mitchell, D.O., 16375 NE 18<sup>th</sup> Ave, Suite 310, North Miami Beach, FL 33162, 786-262-5750, [www.Trafn.com](http://www.Trafn.com)

**Dr. Mitchell recommends that you receive therapeutic counseling for your drug dependency at least 3 to 4 times per week.**

## Alcoholics Anonymous (12 Step)

Miami-Dade County	305 - 461 - 2425	<a href="http://www.AAMiami.Org">www.AAMiami.Org</a>
Broward County	954 - 462 - 0265	<a href="http://www.AABroward.Org">www.AABroward.Org</a>
North Palm Beach County	561 - 655 - 5700	<a href="http://www.AA-PalmBeachCounty.Org">www.AA-PalmBeachCounty.Org</a>
South Palm Beach County	561 - 276 - 4581	<a href="http://www.AAinPalmBeach.Org">www.AAinPalmBeach.Org</a>

## Narcotics Anonymous (12 Step)

North Miami-Dade County	305 - 620 - 3875	<a href="http://www.NA.Org">www.NA.Org</a> (search by zip)
South Miami-Dade County	305 - 265 - 9555	<a href="http://www.NA.Org">www.NA.Org</a> (search by zip)
North Broward County	888 - 524 - 1777	<a href="http://www.GoldCoastNA.Org">www.GoldCoastNA.Org</a>
South Broward County	954 - 967 - 6755	<a href="http://www.SouthBrowardNA.Org">www.SouthBrowardNA.Org</a>
Boca Raton / Delray	561 - 393 - 0303	<a href="http://www.NA.Org">www.NA.Org</a> (search by zip)
Palm Beach County	561 - 848 - 6262	<a href="http://www.PalmCoastNA.Org">www.PalmCoastNA.Org</a>

**Note 1: Both of these programs offer excellent counseling and support opportunities for individuals dealing with addiction issues. However, you may wish to be discreet about your use of medication as these organizations generally support abstinence instead of the use of medication for the treatment of dependency. IT IS NOT MANDATORY FOR YOU TO DISCLOSE YOUR USE OF MEDICATION FOR DEPENDENCY TREATMENT IN ORDER TO PARTICIPATE IN THESE GROUPS.**

**Note 2: Some of the above contact numbers require you to leave your name and phone number, in order for someone to call you back. Some of the websites have up to date meeting times and locations listed.**

## **IN-PATIENT TREATMENT & OUT-PATIENT COUNSELING**

To find out what in-patient treatments (detox centers) and/or out-patient counseling services (group, one-on-one, private) may be available in your county, dial 211 or one of the numbers listed below. Many of these services are FREE or are available on a sliding-scale.

Miami-Dade Help-Line:	211 or 305-358-4357
Broward Help-Line:	211 or 954-537-0211
Palm Beach Help-Line:	211 or 561-383-1111