

# Community Resources: Wellness and Support

Practical tips you can use today. Share this with your family and bring questions to your visit.

Last updated: January 05, 2026 | Phone: (407) 686-5593

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## Community support ideas

These are general options many patients find helpful. Availability depends on your area.

- County health departments: immunizations, screenings, and health education programs.
- Community clinics / FQHCs: affordable primary care and referrals.
- Local hospitals: free classes (diabetes education, nutrition, cardiac rehab, childbirth education).
- Libraries and community centers: walking groups, yoga, wellness workshops.

## Mental health and counseling

- If you are in crisis, call or text 988 (Suicide & Crisis Lifeline in the U.S.).
- For non-urgent support, ask your provider about therapy options and local referrals.
- Support groups can help with grief, stress, chronic illness, or caregiver fatigue.

## Healthy food access

- Farmers markets: look for SNAP/EBT acceptance and produce incentives when available.
- Food banks/pantries: a short-term bridge if you are stretching groceries.
- Nutrition assistance programs: ask about eligibility for WIC or SNAP.

## Movement and prevention

- Parks and recreation programs: low-cost classes and walking trails.
- Worksite wellness: check if your employer offers coaching or gym discounts.
- Preventive care: stay current on routine screenings based on your age and risk factors.

**Disclaimer:** This guide is educational and does not replace personalized medical advice. If you have chest pain, trouble breathing, severe symptoms, or feel unsafe, call 911 or go to the nearest emergency room.