

Available Resources for Parents and Students



Your Ruckel school counselors are still available! Please email us if we can help in any way.

Mrs. Long (A-K) longl@okaloosaschools.com

Mrs. Perry (L-Z) jamie.perry@okaloosaschools.com

Conscious Discipline: Growing Stronger Together

Free Resources available at <https://consciousdiscipline.com/covid19>

Ascension Online Care: \$20 only for telehealth care by Ascension Sacred Heart

Visit ascension.org/onlinecare to learn more.

Counseling Resource	Phone number	Taking new clients?	ages	Location
<i>many are doing Tele-therapy</i>		Y or N		
Mental Health Association	850-244-1040	directs you to help		all
Crosspoint Counseling Center	850-279-4576	Y	most	Niceville
True Joy	850-389-8489	Y	most	Niceville
Bay Area Psychological Cons.	850-729-0303	N	most	Niceville
GHP Counseling	850-659-3550	Y	most	Niceville
Lighthouse Therapy	850-396-2795	N		Niceville
Carpenter House Inc.	850-897-7810	Y	most	Niceville
Lutheran Services FWB	850-664-0145	Y	6 and up	FWB
Lutheran Services Crestview	850-682-2374	Y	6 and up	Crestview
Bridgeway Center	850-833-7500	Y	most	FWB
Turning Point Center	850-243-8086		most	Mary Esther
Stepping Stones Counseling	850-226-6430	N	most	Mary Esther
Destin Counseling Center	850-837-9100	N	most	Destin
Masino Mental Health Services	850-424-5210	Y	6 and up	Destin
Covenant Care- Grief services	850-202-0809			
Free referral & resources NWFL	Dial 2-1-1	Resources are available	most	n/a
Pattison Professional Counseling	850-682-1234	Y	5 and up	Crestview