



TRAUMA-INFORMED MENTAL HEALTH

40 YEARS OF EXPERTISE

We provide case management, therapy, and psychiatry services to adults and children experiencing mental health and/or substance use challenges.

[Learn More](#)



YOUR VISIT

Download forms, get questions answered, find the right location, and feel your most confident before your visit.

[READ MORE](#)



DONATE NOW

100% of every tax deductible donation goes to the life-saving services we provide to vulnerable people in our community.

[DONATE NOW](#)



NO SHAME CAMPAIGN™

Learn more about our nationally recognized self-acceptance, anti-stigma initiative, the No Shame Campaign.

[LEARN MORE](#)

WELCOME

Thriving Children. Empowered Adults. Strong Families.

Since 1982 we've been caring for the most vulnerable populations in our community. By integrating our services, we are able to wrap our clients in the care they need and put an end to the cycle of trauma. We are pioneering treatments and services that are shaping the future of trauma-informed care and providing the best possible support to the ones who need it the most.

A SNAPSHOT OF WHAT WE DO



Provide Trauma-Informed, Therapeutic Solutions

We treat acute, mild to severe, and/or chronic emotional or mental illness through therapy, psychiatry, and group services.



Wrap Support Around Families

We provide intensive wraparound services to children and families who have been involved with two or more systems of care.



Help Teens Who are Struggling

We provide intensive services to youth who have been identified by their school system as being a threat to themselves or others.



Lead Important Trainings

From Crisis Intervention Training with local Law Enforcement Officers to Compassion Fatigue with Social Workers, we take pride in our nationally recognized trainings.



Link Homeless Families with Stable Housing

We help adults and families living without homes, or who are at-risk of homelessness, by linking them to housing and a variety of resources.



Teach Parents the Skills They Need

We provide in-home parenting skills training for parents who need additional help and on-site training for child care personnel.

YOU GOOD?

We have been dedicated to our community for more than **39 years**, working every day to keep children safe and families together.

[OUR IMPACT](#)



LOCATIONS (PLUS DOZENS OF CO-LOCATIONS)



STAFF DEDICATED TO OUR MISSION



CLIENTS SERVED LAST YEAR

Testimonials



"Because of Directions for Living, my daughter is where she belongs, back home with me, and we couldn't be happier."

STEPH



"For the first time in a long time, I was hopeful. For that, it is difficult to find enough words of thanks."

ELIJAH



"When I walked through the door 13 years ago, I had no idea that Directions for Living would literally save my life."

LISA

READY TO JOIN US?

Join a growing, mission-driven organization that has a strong culture, opportunities for growth, and a big heart.

[APPLY](#)



SIGN UP FOR OUR DFL NEWSLETTER!

Your email address

[SIGN UP](#)

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(800) 962-2873

PEMHS CRISIS HOTLINE

(727) 791-3131

988 SUICIDE & CRISIS LIFELINE

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