



MERIDIAN
HEALTHCARE

Press Release

For Immediate Release | May 8, 2026

For more information, contact advancement@mbhci.org

Breaking Stigma, Building Community: Meridian Healthcare Recognizes Mental Health Awareness Month

Meridian is More than a Crisis Center

Gainesville, Fla. – Friday, May 1, 2026, marked the first day of Mental Health Awareness Month, an initiative that began in 1949 as [Mental Health Awareness Week](#) to educate the public, reduce stigma, and promote resources for mental health well-being. [Meridian Healthcare](#) has been proudly serving communities throughout North Central Florida with compassionate care since 1971. Meridian is a regional wellness provider, specializing in behavioral health services and community resources.

Mental health is part of everyday life. Factors such as life events, relationships at work or school, stress, and unforeseen hardships impact everyone. Meridian is more than a crisis center. Meridian Healthcare is a nonprofit organization that provides [services](#) and programs to restore and build community with life-changing care. Last year, Meridian served residents in 64 out of 67 counties in Florida, and over 500,000 outpatient services were provided. Meridian Healthcare services include counseling, therapy, recovery, community treatment and primary care in over 11 [locations](#) in Florida.

Thousands of clients are served on an annual basis, most notably in 2025, the scope of services expanded from 534,000 to 638,000 services provided, underscoring our mission and commitment to providing wraparound care for every individual served. Meridian practices whole-person care, to support the health of our community where anyone seeking help is viewed as a sign of strength, not a source of shame. For over 50 years, Meridian has pioneered behavioral health services, working to remove stigma and improve access to care.

To learn more about how to access resources or services provided by Meridian Healthcare, call Meridian directly at (352) 374-5600. All services are completely confidential with licensed clinicians. Visit www.MyMeridianHealthcare.org to learn more about services, locations, and [donation opportunities](#).



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[Meridian Healthcare](#) is a comprehensive community behavioral healthcare organization located in North Central Florida. With services available throughout the North Central Florida, Meridian maintains [12 patient service](#) centers including: Alachua, Baker, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Putnam, Marion, Levy, Suwannee, and Union. Meridian is [CARE](#) accredited and licensed by the Florida Department of Children and Families and the Agency For Healthcare Administration. It is our mission that together we'll transform communities from the inside out, by providing life-changing behavioral healthcare. For more information, please visit mymeridianhealthcare.org/ and follow us on social media.

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