

## 9. Mental Health

If you suffer from psychopathological distress or psychic discomfort (for example, if you suffer from anxiety, depression or eating disorders), you can avail yourself of local mental health services.

A. **What are Adult Mental Health Services?** Adult Mental Health Services are situated and divided in Simple Functional Units “Unità Funzionali Semplici” (U.F.S.) – Florence has 4 U.F.S. (“Quartiere 1-3”, “Quartiere 2”, “Quartiere 4” and “Quartiere 5”). They offer care to people aged at least 18 years who suffer from psychic disorders. Based on the category, the seriousness and the urgency of clinical pictures, patients can be treated in Mental Health Centres (“Centro di Salute Mentale”), in rehabilitation facilities (“Strutture Riabilitative Psichiatriche”) or in hospitals (“Servizi Psichiatrici di Diagnosi e Cura”). Mental health services have multi professional teams of doctors, psychologists, nurses, educators and social workers. Together with patients and their families, the staff offers a therapeutic and rehabilitative programme, guaranteeing integrated and customized care.

### B. Addresses of Adult Mental Health Centres in Florence

For the first psychiatric consultation, you need a medical prescription. The first time, you can call the Mental Health Centre or you can come in person in the opening hours. Then, you will schedule an orientation meeting with the nurses. On that occasion, you will schedule the specialized consultation. First psychological consultation: medical prescription, appointment fixed via phone call and/or in person.

Addresses at the following link:

<https://www.uslcentro.toscana.it/index.php/diagnosi-e-cura/620-i-servizi-per-la-salute-mentale/10698-salute-mentale-adulti>

Click on “Zona Firenze”.

### C. Documents required to access Adult Mental Health Services:

- ID document and European Health Insurance Card.

## **Child and Adolescent Mental Health Services**

If a child or a kid (up to 18 years) has a mental health problem (anxiety, depression, eating disorders, phobias, etc.), his parents or guardians can avail themselves of specific child and adolescent mental health services.

### **A. What are Child and Adolescent Mental Health Services?**

USL Toscana Centro Child and Adolescent Mental Health Services are local organizational facilities subject to the Department of Mental Health and Addictions. They operate in Child and Adolescent Psychiatry, Psychology and Rehabilitation in order to prevent, diagnose, treat and rehabilitate children between 0-17 years of age.

### **B. Access – Florence area**

#### **Addresses and contacts of Child and Adolescent Mental Health Centres**

Addresses and contacts at the following link:

<https://www.uslcentro.toscana.it/index.php/diagnosi-e-cura/620-i-servizi-per-la-salute-mentale/10710-neuropsichiatria-infantile>

Click on “Zona Firenze”.

If you want to schedule the first appointment to assess learning disorders in children between 7-14 years of age, you have to go to CUP with a medical prescription for “visita neuropsicologica” (neuropsychological consultation), aim of diagnose: “disturbo dell'apprendimento” (learning disorder).

For the other direct-access neuropsychiatric, psychological or neuropsychological consultations, you can:

- Call the number 055 6934438 on Monday, Wednesday and Friday, from 9.00 am to 12.00 pm;
- Send an e-mail with the request and your phone number to receive communications at [salutementaleinfanzia.firenze@uslcentro.toscana.it](mailto:salutementaleinfanzia.firenze@uslcentro.toscana.it)
- Go in person to D'Annunzio facility, via D'Annunzio 29 (front office, first floor), from Monday to Friday, from 9.00 am to 12.00 pm

### **C. Documents required to access Child and Adolescent Mental Health Services:**

- For the first access, it is recommended to bring a medical prescription
- Given that this service involves minors, it is compulsory that both parents give their consent