Emergency/ Hotline Resources

- **911** – For all emergency situations
- **National Suicide Prevention Lifeline** – 1-800-273-TALK (8255) or suicidepreventionlifeline.org
  Available to anyone who feels suicidal or who is experiencing emotional distress.
- **Crisis Text Line** – Text HOME to 741741
  24/7 texting for people in emotional distress or who are having suicidal thoughts.
- **The Trevor Project** – 1-866-488-7386 or www.thetrevorproject.org – For LBGTQ in crisis.
- **2-1-1 Tampa Bay Cares** – dial 211 or text your zip code to 898211 or www.211tampabay.org
  Crisis intervention and connections to local providers of health and human service programs.
- **Veterans Crisis Line** – 1-800-273-8255 press 1 or send a text to 838255
- **Domestic Abuse Hotline** – 1-800-799-7233 / 1-800-787-3224 (TTY)
- **Rape/ Sexual Assault** – 727-530-7273 or www.suncoastcenter.org/sexual-assault-services

Behavioral Health/ Counseling/ Alcohol and Substance Abuse Treatment.

- **Student Assistance Program through BayCare** – 1-800-878-5470 – Provides SPC students with addictions and mental health treatment and resources.
- **Community Health Centers of Pinellas, INC.** - 727-824-8181 or www.CHCPinellas.org -
  Affordable medical and behavioral health care for Pinellas County residents.
- **Central Florida Behavioral Health Network** – www.cfbhn.org
  Resources for mental health and substance abuse.
- **Directions for Living** – 727-524-4464 or https://directionsforliving.org
  Adult and child psychiatry, therapy, peer recovery, and support, homeless services.
- **NAMI of Pinellas County** – 727-791-3434 or nami-pinellas.org
  Mental health helpline for people, family members, caregivers, and the public.
- **Operation PAR** 888-727-6398 – www.operationpar.org
  Addiction and mental health services.
- **Peace4Tarpon** – www.Peace4Tarpon.org
  Resources for trauma-informed and mental health care.
- **Suncoast Center** – 727-388-1220 – www.suncoastcenter.org
  Comprehensive emotional wellness and trauma services for adults, children, and families.
- **SAMHSA Mental Health Service Locator** – https://findtreatment.samhsa.gov
  Online resource to find local assistance with mental health and/or substance abuse issues.
Student Health and Wellness Resources

Domestic Violence
- CASA – 727-895-4912 or www.casa-st.pete.org
  Domestic Violence Center providing shelter, treatment, legal, educational, and other services.
- The HAVEN of RCS – 727-442-4128 or www.RCSpinellas.org
  Domestic violence, homelessness, hunger, and basic needs.
- Heels to Heal – 727-895-5885 or heelstoheal.org
  Counseling and resources for victims of domestic violence and sexual assault.

Housing and Homeless Services
- 2-1-1 Tampa Bay Cares – dial 211 or text your zip code to 898211 or www.211tampabay.org
  Provides crisis intervention and connects people to local providers of health and human service programs.
- Homeless Shelter and Services Directory
  https://homelessshelterdirectory.org
  Online shelter directory.

LGBTQ
- Metro Wellness – 727-321-3854 or www.metrotampabay.org
  – HIV testing and treatment, medical care, social activities, classes, support groups, substance abuse, and behavioral health services.

Veterans
- VA General Information Hotline – 800-827-1000
- SPC Veterans Services 727-341-7990 or https://go.spcollege.edu/veterans
  GI Bill and other veteran’s resources.

Other
- SPC Food Pantry – http://stpe.co/foodpantry
- Transportation – SPC has an agreement with PSTA to allow all SPC students, faculty and staff a free, any time, all routes, universal UPASS.