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 LGBTQ in crisis.
- 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 – SPC has contracted with BayCare to provide students with addictions and mental health treatment and resources.
- 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
- Solutions Behavioral Healthcare – St. Petersburg 727-333-2222
- 2-1-1 Tampa Bay Care – dial 211 or text your zip code to 898211 or www.211tampabay.org
- WestCare – 727-490-6768 or www.westcare.com Online resource to find local assistance with mental health and/or substance abuse issues.
- Regional Mental Health Service Locator – https://findtreatment.samhsa.gov
- SAMHSA Mental Health Service Locator – https://findtreatment.samhsa.gov
- Behavioral Health Counseling and Substance Abuse Treatment. Resources for trauma-informed and mental health care.
- 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.
**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://homelesshelterdirectory.org- Online shelter directory.

**LGBTQ**
- PFLAG – www.pflag.org
  Provides peer support, education and advocacy services within the community.
- 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
- SEDNET – 727-873-4661 or http://sednetf.info/
  For high school students with or at-risk of emotional/ and or behavioral challenges.
- Transportation – SPC has an agreement with PSTA to allow all SPC students, faculty and staff a free, any time, all routes, universal UPASS.