

Student Health and Wellness Resources

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.
- **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.
- **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 Bay-Care to provide students with addictions and mental health treatment and resources.
- **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.
- **Solutions Behavioral Healthcare** – Largo 727-586-6942, St.Petersburg 727-327-8833 www.solutionscounseling.org – Behavioral healthcare services.
- **Suncoast Center** – 727-388-1220 – www.suncoastcenter.org
Comprehensive emotional wellness and trauma services for adults, children, and families.
- **WestCare** – 727-490-6768 or www.westcare.com
Addictions treatment, domestic violence treatment, and mental health programs.
- **SAMHSA Mental Health Service Locator** – <https://findtreatment.samhsa.gov>
Online resource to find local assistance with mental health and/or substance abuse issues.

PROJECT HEAL

Healthy Emotions and Lives

SPC St. Petersburg
College

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

- **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

- **Bay Pines VA Healthcare System** – <https://www.baypines.va.gov/>
- **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.