



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.
- **2-1-1 Tampa Bay Cares** – dial **211** or text your zip code to **898211** or www.211tampabay.org
Crisis intervention and connection 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
- **The Mobile Crisis Response Team** – **727-362-4424** – 24/7 On demand crisis services

Behavioral Health/ Counseling/ Alcohol and Substance Abuse Treatment.

- **Emotional Support Call Line** - 727-524-4462 Extension 1001. Monday – Sunday 8AM – 8PM.
- **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, support and homeless services.
- **NAMI of Pinellas County** – **727-791-3434** or nami-pinellas.org
Mental health helpline for people, family members, caregivers, and the public.
- **BayCare** – **877-850-9613** – Addictions and mental health treatments.
- **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.



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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/ – Behavioral, medical, and support services including classes, groups, individual counseling, HIV testing and treatment.
- **The Trevor Project** – 1-866-488-7386 or www.thetrevorproject.org – For LGBTQ who are experiencing crisis and/or emotional distress.

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>

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.