

## Student Resource Guide Fall 2021

### Emergency/ Hotline Resources

- **911** – For all emergency situations
- **National Suicide Prevention Lifeline** – 1-800-273-TALK (8255) or <https://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 zip code to 898211.  
[www.211tampabay.org](http://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](http://www.suncoastcenter.org/sexual-assault-services)
- **Mobile Crisis Response Team** – 727-362-4424 or <https://pemhs.org/mobile-crisis-response-team-mcrt/> – crisis mental health services for individuals 25 and younger.

### Behavioral Health/ Counseling/ Alcohol and Substance Abuse Treatment

- **Pinellas Wellness Connection** – 727-791-3131 or [pinellaswellnessconnection.org](http://pinellaswellnessconnection.org)  
Connects you to an alliance of organizations ready to help.
- **Community Health Centers of Pinellas, INC.** - 727-824-8181 or [www.CHCPinellas.org](http://www.CHCPinellas.org)  
Affordable medical health and behavioral health care for Pinellas County residents.
- **MANTRA Health** – [www.mantrahealth.com](http://www.mantrahealth.com)  
Online mental health services for SPC students.
- **Windmoor Health** – 727-541-2646 or <https://windmoor.com>  
No cost mental health assessments, full service mental health care.
- **Psychology Today** – <https://psychologytoday.com> Private therapist finder by zip code or city. Provides therapist's bio and lists treatment information.
- **Central Florida Behavioral Health Network** – [www.cfbhn.org](http://www.cfbhn.org)  
Resource finder for mental health and substance abuse treatment.
- **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](http://nami-pinellas.org)  
Mental health helpline for people, family members, caregivers, and the public.
- **Operation PAR 888-727-6398** – [www.operationpar.org](http://www.operationpar.org)  
Addiction and mental health services.
- **Suncoast Center** – 727-388-1220 – [www.suncoastcenter.org](http://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 <https://www.casapinellas.org/>  
Domestic Violence Center providing shelter, treatment, legal, educational, and other services.
- **Hope Villages of America– 727-584-3528** or <http://hopevillagesofamerica.org>  
Domestic violence, homelessness, hunger, and basic needs.

### Housing and Homeless Services

- **2-1-1 Tampa Bay Cares – dial 211 or text your zip code to 898211** or [www.211tampabay.org](http://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 locator.

### LGBTQ

- **Metro Wellness – 727-321-3854** or [www.metrotampabay.org/](http://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](http://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**

### 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.