

# RESOURCES

The following list of social service agencies and resources is being provided by the Human Services Department to assist SPC students, faculty and staff with career and academic development, professional networking and referrals. Please be advised that inclusion on this list does not necessarily constitute an endorsement of such agency by St. Petersburg College and that agencies are not listed according to a particular preference within each category.

The St. Petersburg College Human Services department maintains this document as a service to the SPC community. It is intended to inform and to educate. Included are direct links to internet sites that we believe may be helpful. However, this does not imply that SPC endorses all of the information at each site. Furthermore, while we attempt to monitor and update our listings on a regular basis, the Human Services department cannot make any claims or assume any responsibility as to the reliability or functionality of the Internet addresses provided or the information provided at the sites.

Readers are encouraged to evaluate the materials and to use what they find to be helpful. Information provided in our web pages and at other web sites is not intended as a substitute for assistance from a licensed mental health professional.

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## **RESOURCES: GENERAL**

### **AGING:**

- [Alzheimer's Family Organization](#)
- [Area Agency on Aging](#)
- [Area Agency on Aging Community Resource Directory \(search the online database\)](#)
- [C.A.R.E.S. \(Comprehensive Assessment and Review for Long-Term Care Services\)](#)
- [Consumer Resource Guide – Pinellas County](#)
- [DART \(Demand Response Transportation\) PSTA](#)
- [Disability Achievement Center](#)
- [Florida Department of Children & Families – Adult Protective Services](#)
- [Florida Department of Elder Affairs – Aging & Disability Resource Centers \(ADRCs\)](#)
- [Florida Healthfinder.gov-Assisted Living Facilities](#)
- [Florida Healthfinder.gov-Nursing Homes](#)
- [Gulf Coast Legal Services - Help for Seniors](#)
- [Neighborhood Care Network](#)
- [Older Adults Support Team \(GCJFCS\)](#)
- [Senior Care Connect](#)
- [Senior Helpline \(1-800-96-ELDER\)](#)
- [Sunshine Senior Center \(St. Petersburg\)](#)
- [Transportation Disadvantaged Program \(PSTA\)](#)
- [Transportation Options in Pinellas County](#)

## **ALCOHOL & SUBSTANCE ABUSE (ADDICTION & RECOVERY):**

- [SPC Student Assistance Program \(Through BayCare\)](#)
- [AA/NA Meetings – In the Rooms – Global Online Meeting List](#)
- [Alcoholics Anonymous \(A.A. Pinellas County Intergroup, Inc.\)](#)
- [ACTS \(Agency for Community Treatment Services, Inc.\)](#)
- [Addiction Center](#)
- [Adult Children of Alcoholics](#)
- [Alternative Treatment International, Inc.](#)
- [Bay Area Treatment Center](#)
- [Dr. Paul's at the Bay](#)
- [Drug Abuse Comprehensive Coordinating Office \(DACCO\)](#)
- [DrugAlert.org](#)
- [Drug Courts - Florida](#)
- [Drug Court – Pinellas County](#)
- [Drug Watch](#)
- [Faith House \(Christian Recovery Centers, Inc.\)](#)
- [Fairwinds Treatment Center \(Clearwater\)](#)
- [Florida Recovery Center- UF](#)
- [Florida Certification Board](#)
- [Florida Healthfinder.gov-Addiction Medicine](#)
- [Florida Healthy Transitions \(Age 16-25\)](#)
- [Florida Recovery Center \(UF & Shand's\)](#)
- [Footprints Beachside Recovery](#)
- [Forensic Focused Outreach](#)
- [Goodwill Industries, Suncoast](#)
- [Grace Bay Residence \(Women\)](#)
- [Hazelden](#)
- [JARF – Juvenile Addictions Receiving Facility \(Pinellas County\)](#)
- [Koala House- Sober Living](#)
- [Lakeside Clinic](#)
- [Learn to Fish Recovery for Women \(Bradenton, Florida\)](#)
- [Live Free! Substance Abuse Prevention Coalition of Pinellas County](#)
- [Medline Plus \(Substance Abuse Problems\)](#)
- [M.E.T.R.O. 2 \(Minority Empowerment Through Risk-Reduction & Outreach\)](#)
- [Metro Wellness & Community Centers](#)
- [Moyer Foundation](#)
- [My Place in Recovery \(St. Petersburg\)](#)
- [Narcotics Anonymous \(N.A. – Bay Area Narcotics Anonymous\)](#)
- [National Institutes of Health on Substance Abuse Problems](#)
- [New Found Family Recover Center](#)
- [NIDA \(National Institute on Drug Abuse\)](#)
- [NOPE of Pinellas County \(Narcotics Overdose Prevention & Education Task Force\)](#)
- [Operation PAR Inc.](#)
- [PAT + Program \(Parents as Teachers Plus\)](#)
- [Psychology Today's Treatment Center Directory – Pinellas County](#)
- [SAMHSA \(Substance Abuse and Mental Health Services Administration\)](#)
- [Salvation Army Adult Rehabilitation Center \(ARC\) St. Petersburg](#)
- [7 Summit Pathways Treatment & Recovery Center \(Tampa\)](#)
- [Solutions Behavioral Healthcare Consultants](#)
- [Spencer Recovery Center](#)
- [S.T.A.N.D. \(Students Taking Action Not Drugs\)](#)
- [St. Petersburg City Refuge](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Substance Abuse on E-Medicine Health](#)
- [Tampa Crossroads](#)
- [The Centre for Women \(Tampa\)](#)
- [The Jennifer Act](#)
- [The Next 24](#)

- [Tranquil Shores](#)
- [Turning Point \(Pinellas\) - West Care](#)
- [Turning Point \(Tampa\)](#)
- [NAMI Pinellas County Florida, Inc.](#)
- [West Care, Inc.](#)
- [Windmoor Healthcare](#)
- [A Women's Guide to Alcohol and Drug Rehabilitation](#)
- [World Health Organization: Management of Substance Abuse](#)

### **ONLINE SELF-ASSESSMENTS**

- [Alcohol Self-test \(NCADD\)](#)
- [Drug Abuse Screening Test](#)
- [How to Recognize Problem Drinking](#)
- [Other Online Self-Assessments](#)

### **CHILDREN & YOUTH:**

- [About Pinellas Kids](#)
- [Autism Center at John's Hopkins All Children's Hospital](#)
- [Autism Speaks](#)
- [Big Brothers/Big Sisters of Pinellas County](#)
- [Brain Balance Center of Westchase](#)
- [Brookwood Florida-Central, Inc](#)
- [Butterfly Effects \(Counseling & Tutoring\)](#)
- [Camelot Community Care](#)
- [Camp Redbird, St. Pete, FL](#)
- [Central Florida Behavioral Health Network, Inc.](#)
- [Central Florida Parent Center - Pinellas County](#)
- [Center for Autism and Related Disabilities \(CARD\)](#)
- [Children's Home Society of Fla.](#)
- [Children's Medical Services Managed Care Plan](#)
- [Children's Movement of Florida](#)
- [City of Clearwater parks and Recreations](#)
- [City of Largo Parks and recreation](#)
- [City of St. Petersburg Parks and recreation](#)
- [Coordinated Child Care of Pinellas, Inc.](#)
- [Creative Clay Cultural Arts Center](#)
- [Directions for Living](#)
- [Early Childhood Mental Health Committee of Pinellas/Pasco Counties](#)
- [Early Learning Coalition](#)
- [Eckerd Youth Alternatives](#)
- [Family Center on Deafness](#)
- [Family Resources](#)
- [FDLRS \(Florida Diagnostic Learning Resources System\)](#)
- [Florida Association for Infant Mental Health](#)
- [Florida Family Development](#)
- [Florida Dept. of Health in Pinellas](#)
- [Florida Healthy Transitions \(Age 16-25\)](#)
- [F.R.I.E.N.D.S. Support, Inc](#)
- [Head Start](#)
- [Healing the Generations](#)
- [Healthy Families Pinellas](#)
- [Healthy Start Coalition of Pinellas](#)
- [Here We Grow Foundation, Inc.](#)
- [High Point Neighborhood Family Center \(Clearwater\)](#)
- [House of Mercy and Encouragement](#)
- [JWB \(Juvenile Welfare Board of Pinellas County\)](#)

- [James B. Sanderlin Neighborhood Family Center \(St. Petersburg\)](#)
- [Lighthouse of Pinellas](#)
- [Moyer Foundation](#)
- [Clearwater Neighborhood Family Center](#)
- [Nurse Core's Pediatric Home Care Services](#)
- [PACE Center for Girls](#)
- [Pinellas Safe Place Locations](#)
- [R' Club Child Care](#)
- [RCS Grace House](#)
- [Reclaiming Youth International](#)
- [Saddle Up Riding Club](#)
- [SafePlace2B \(Family Resources Short Term Crisis Center\)](#)
- [Seminole Family Aquatic Center](#)
- [TASCO Teen Programs](#)
- [The Arc of Tampa Bay \(formally UPARC\)](#)
- [The Children's Home, Inc.](#)
- [The Florida Network of Youth & Family Services](#)
- [United Way Suncoast](#)
- [USFSP Infant-Family Mental Health Center](#)
- [West Central Early Steps – Johns Hopkins All Children's Hospital \(727\) 767-4403](#)
- [Year Up](#)
- [YMCA of the Suncoast](#)
- [YWCA of Tampa Bay](#)

#### **CHILD WELFARE:**

- [Angels against abuse](#)
- [Camelot Community Care](#)
- [Children's Best Interest First, Inc.](#)
- [Eckerd Community Alternatives \(Lead Agency for Child Welfare\)](#)
- [Family Resources Transitional Living Program](#)
- [Florida Department of Children & Families](#)
- [Guardian ad Litem Program](#)
- [Heart Gallery \(Pinellas/Pasco\)](#)
- [JWB \(Juvenile Welfare Board of Pinellas County\)](#)
- [Nehemiah's Village](#)
- [Prevent Child Abuse America](#)
- [Ready for Life Pinellas](#)
- [The Salvation Army – Children's Services \(St. Petersburg\)](#)
- [Suncoast Voices for Children](#)

#### **CLOTHING:**

- [Pinellas County Clothing Closets](#)
- [Clothes to Kids, Inc.](#)
- [Open Arms Ministry \(St. Paul United Methodist Church\)](#)

#### **COUNSELING & MENTAL HEALTH CARE:**

- [College Guide for Students with Psychiatric Disabilities](#)
- [Warning Signs of Mental Illness \(American Psychiatric Association\)](#)
- [Let's Talk Facts Brochures \(from the APA\)](#)
- [Critical Mental Health Resources for College Students](#)
- [Active Minds – Changing the Conversation About Mental Health](#)
- [African American Mental Health](#)
- [American Counseling Association Counseling Corner](#)
- [American Psychological Association Help Center](#)

- [Assertive Communication](#)
- [Assertiveness](#)
- [Authentic Happiness/Positive Psychology](#)
- [Bay Care Health- Behavioral Health Services](#)
- [Benedict Haven](#)
- [Be Vocal – Speak Up for Mental Health](#)
- [Boley Centers for Behavioral Health Care](#)
- [Bring Change 2 Mind – Let’s Talk About Mental Health](#)
- [Browse the Online College Mental Health Fair](#)
- [Campus Life Magazine – Web MD](#)
- [Costello Center for Counseling and Academic Excellence](#)
- [Depression and College Students - Healthline](#)
- [Department of Veterans Affairs – Mental Health](#)
- [Department of Veterans Affairs – Mental Health Suicide Prevention](#)
- [Directions for Living](#)
- [Early Childhood Mental Health Committee of Pinellas/Pasco Counties](#)
- [Experiencing and Expressing Emotions](#)
- [Family Emergency Treatment Center \(PEMHS\)](#)
- [Florida Mental Health Institute](#)
- [Florida Health Finder.gov-Behavioral Health](#)
- [Florida Healthy Transitions \(Age 16-25\)](#)
- [Go Ask Alice! The health resource produced by Columbia University](#)
- [Gulf Coast Behavioral Health \(Clearwater, FL\)](#)
- [Gulf Coast Community Care](#)
- [Half of Us.com \(online Campus Resources & Programs\)](#)
- [Healthier You: Mental Health Articles](#)
- [Healthy Minds Network \(Research on Adolescent & Young Adult Mental Health\)](#)
- [Helpguide.org – Non-Profit Guide to Mental Health & Well-Being](#)
- [Hispanic and Latino Mental Health](#)
- [Holistic Coaching](#)
- [Hospice of Florida Suncoast](#)
- [Keeping Your Emotional Health](#)
- [Love is Louder](#)
- [Mayo Clinic Mental Health Center](#)
- [Medline Plus Mental Health Topics](#)
- [Mental Health 101](#)
- [Mental Health America](#)
- [NAMI Pinellas County, Florida](#)
- [Personal Enrichment through Mental Health Services \(PEMHS\)](#)
- [Psych Central](#)
- [Safety Harbor Behavioral Health & Counseling Center](#)
- [Self-Help Group Clearinghouse](#)
- [Self Help Magazine](#)
- [Set to Go \(A Guide to the Transition from High School to College to Adulthood\)](#)
- [SPC Student Assistance Program \(through BayCare\)](#)
- [Hispanic and Latino Mental Health](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Suncoast Center for Community Health](#)
- [Sustainable Family Services](#)
- [Tampa Bay Thrives \(Adult Survivors of Child Abuse\)](#)
- [The Mighty](#)
- [The Unabridged Student Counseling Virtual Pamphlet Collection](#)
- [The Whitford-Thomas Group \(WTG\)](#)
- [ULifeline: Your online resource for college mental health](#)
- [Vincent House](#)
- [Virtual Pamphlet Collection](#)
- [West Care Florida](#)
- [Windmoor Healthcare](#)

## **CRIMINAL BACKGROUND / ARREST HISTORY**

- [Ex-offender Resources in Florida](#)
- [Drug Courts - Florida](#)
- [Drug Court – Pinellas County](#)
- [Florida VA Re-Entry Guide \(HCVR\)](#)
- [Forensic Focused Outreach](#)
- [Juvenile Diversion Services \(6<sup>th</sup> Circuit\)](#)
- [Office of Executive Clemency - Florida Parole Commission](#)
- [Overcoming a Criminal History](#)
- [PERC \(Pinellas Ex-Offender Reentry Coalition\)](#)
- [PRIDE Enterprises \(Prison Rehabilitative Industries and Diversified Enterprises\)](#)
- [Project on Accountable Justice](#)
- [The Red Tent Women's Initiative, Inc. \(Pinellas County, FL\)](#)
- [Restorative Justice](#)
- [St. Petersburg City Refuge](#)
- [Suncoast Center- Forensic Focused Outreach](#)

## **CRISIS RESOURCES:**

- [SPC Emergency Response Guide \(Online\)](#)
- [Crisis Text Line](#)
- [American Red Cross \(Florida's West Coast Region\)](#)
- [Crisis Center of Tampa Bay](#)
- [Military OneSource – Crisis Prevention](#)
- [National Alcoholism and Substance abuse Information Center](#) **1-800-784-6776**
- [National Child Abuse Hotline](#) **1-800-4 A CHILD (422-4453)**
- [National Domestic Violence Hotline](#) **1-800-799-SAFE (7233)** or **1-800-787-3224 (TTY)**
- [National Drug and Alcohol Treatment Hotline](#) **1-800-662-HELP (4357)**
- [National Runaway Switchboard](#) **1-800-RUNAWAY (786-2929)**
- [National Suicide Prevention Lifeline](#) **1-800-273-TALK (8255)**
- [Project Inform HIV/AIDS Treatment Hotline](#) **1-800- 822-7422**
- [Rape Crisis Center of Pinellas County](#)
- [School Safety and Crisis Resources](#)
- [US National Suicide and Crisis Resources Hotline](#)

## **SUICIDE PREVENTION:**

- [Florida Suicide and Crisis Hotline](#)
- [American Foundation for Suicide Prevention](#)
- [Suicide Prevention Information \(PEMHS\)](#)
- [The Jed Foundation](#)
- [National Suicide Prevention Lifeline](#)
- [Suicide Prevention Services of America](#)
- [Suicide Warning Signs & Symptoms](#)
- [The Trevor Project](#)

## **DENTAL SERVICES & RESOURCES:**

- [Johnnie Ruth Clarke Community Health Center](#)
- [Pinellas County Health Department Dental Health Clinic](#)
- [Homeless Emergency Project Dental Office](#)
- [St. Petersburg College Dental Hygiene Clinic](#)
- [University of Florida College of Dentistry \(SPC Seminole Campus\)](#)
- [Smile Florida](#)

- [Are You Mouth Wise?](#)
- [Pinellas County Resource Guide for Dental Services](#)
- [Tampa Bay Oral Health](#)

## **DISABILITY SERVICES:**

- [The Able Trust – Disability Links & Resources \(Gulf Coast Area of Florida\)](#)
- [All's House Supported Living Services, Inc.](#)
- [Autism Speaks](#)
- [CARD \(Center for Autism & Related Disorders\)](#)
- [CARD \(Center for Autism & Related Disabilities at USF\)](#)
- [CARF \(Commission on Accreditation of Rehabilitation Facilities\)](#)
- [Creative Clay, Inc.](#)
- [DART \(Demand Response Transportation\) PSTA](#)
- [Deaf and Hearing Connection for Tampa Bay](#)
- [FACES Project \(Community Care for Disabled Adults\)](#)
- [Family Network on Disabilities](#)
- [Florida Agency for Persons with Disabilities](#)
- [Florida Developmental Disabilities Council, Inc.](#)
- [Friends and Families Support Center, Inc.](#)
- [Lighthouse of Pinellas at John B. & Muriel Watson Center](#)
- [PARC, Inc.](#)
- [Tampa Lighthouse for the Blind](#)
- [The ARC of Florida](#)
- [The Human Development Center \(Hillsborough County\)](#)
- [The Mighty](#)
- [Transportation Disadvantaged Program \(PSTA\)](#)
- [UPARC \(A Spirit of Hope for the Developmentally Challenged\)](#)

## **DOMESTIC VIOLENCE: (See Also "SEXUAL VIOLENCE / ASSAULT / HARASSMENT")**

- [Domestic Violence Awareness Month](#)
- [White House Proclamation – Domestic Violence Awareness Month](#)
- [Power and Control Wheel of Violence](#)
- [Factsheet: Links Between Violence & Chronic Diseases, Mental Illness & Poor Learning](#)
- [Domestic Violence Screening Test](#)
- [CASA – Community Action Stops Abuse](#)
- [Clerk of the Circuit Court – Pinellas County](#)
- [Domestic Abuse Helpline for Men & Women](#)
- [Domestic Violence Fact Sheet \(State & National\)](#)
- [Domestic Violence Website of the 6<sup>th</sup> Judicial Circuit \(Pasco & Pinellas Counties\)](#)
- [Florida Coalition Against Domestic Violence](#)
- [Florida's Legal Rights for Victims](#)
- [Futures without Violence](#)
- [Injunctions for Protection/Restraining Orders \(Pinellas County\)](#)
- [International Directory of Domestic Violence Agencies](#)
- [Local Centers Directory – Tampa Bay Area](#)
- [National Center on Domestic and Sexual Violence](#)
- [National Coalition Against Domestic Violence](#)
- [National Domestic Violence Hotline](#)
- [No More](#)
- [Pinellas County Domestic Violence Task Force](#)
- [Pinellas County Sheriff Victim's Services](#)
- [Pinellas County Victim Rights Coalition-Domestic Violence](#)
- [Relationship Violence](#)
- [State Attorney's Office – Pinellas & Pasco Counties](#)
- [Taking Action Against Domestic Violence – ABC Action News](#)
- [The Springs of Tampa](#)

- [The Haven \(RCS\)](#)

## **EMPLOYMENT / JOB TRAINING:**

- [SPC Career Services](#)
- [SPC Career Preparation & Resume Tools](#)
- [SPC Internship Program](#)
- [CareerSource Pinellas \(formerly Work Net Pinellas\)](#)
- [CareerBuilder](#)
- [Career Info Net](#)
- [Career Path](#)
- [Career Test](#)
- [College Career Life Planning](#)
- [Employ Florida Marketplace](#)
- [JOB CHOICES](#)
- [National Career Development Association \(NCDA\)](#)
- [Occupational Outlook Handbook](#)
- [O NET Resource Center](#)
- [Pinellas County Job Corps Center](#)
- [Vocational Rehabilitation \(Florida Department of Education\)](#)
- [Year Up](#)

## **FOOD ASSISTANCE:**

- [H.E.L.P. Ministries \(Largo, FL\)](#)
- [Beaming Hope](#)
- [Florida Dream Center](#)
- [St. Petersburg Free Clinic Food Bank](#)
- [Somebody Cares Tampa Bay](#)
- [Food Assistance and SUNCAP \(ACCESS Florida\)](#)
- [St. Vincent de Paul Soup Kitchens](#)
- [Get Help Florida \(Meals\)](#)
- [St. Timothy Lutheran Church Soup Kitchen \(Tarpon Springs\)](#)
- [People That Love](#)
- [Abundant Life Ministries – Bread of Life Food Pantry](#)
- [F.E.A.S.T. Inc. \(FEAST Food Pantry – Palm Harbor\)](#)

## **HEALTH / NUTRITION / MEDICAL/ WELLNESS:**

- [Florida Health Finder \(ACHA\)](#)
- [ACCESS Florida \(Automated Community Connection to Economic Self Sufficiency\)](#)
- [Achieve Tampa Bay](#)
- [ADAP \(The AIDS Drug Assistance Program\)](#)
- [ASAP \(Aids Service Association of Pinellas\)](#)
- [All Children's Hospital](#)
- [Centers for Disease Control & Prevention](#)
- [Centers for Medicare & Medicaid Services](#)
- [Community Health Centers of Pinellas](#)
- [Florida Department of Children & Families – Prevent Obesity Program](#)
- [Florida Kid Care](#)
- [Florida Medicaid](#)
- [Healthcare.gov \(Health Insurance Marketplace, Affordable Care Act\)](#)
- [Insure Kids Now](#)
- [Medicaid Eligibility Information](#)
- [Medicare.gov](#)



- [M.E.T.R.O. 2 \(Minority Empowerment Through Risk-Reduction & Outreach\)](#)
- [Pinellas County Dept. of Health & Human Services](#)
- [Pinellas County Health Department](#)
- [St. Petersburg Free Clinic](#)
- [Stop Smoking. Start Living!](#)
- [This Is Quitting \(Smoking Cessation\)](#)
- [Tobacco Free Florida Quit Your Way](#)
- [The Mighty](#)
- [U.S. Department of Health & Human Services](#)
- [WIC \(Florida WIC – Good Nutrition for Women, Infants & Children\)](#)

## **HOUSING & HOMELESS SERVICES:**

- [Emergency & Transitional Housing List \(Provided by PCSB\)](#)
- [Affordable Housing in Florida](#)
- [Beacon House](#)
- [Boley Centers Homeless Services/](#)
- [Breaking Free by Faith](#)
- [CHIP \(Clearwater Homeless Intervention Project\)](#)
- [Emergency & Transportation Housing List](#)
- [Family Promise of Pinellas County](#)
- [Homeless Assistance Resources in Florida](#)
- [Florida Dream Center](#)
- [Florida Homeless Shelter Directory](#)
- [Grace House \(RCS\)](#)
- [Hannah's Homeless](#)
- [Holistic Coaching](#)
- [Homeless Assistance Resources in Florida](#)
- [Homeless Emergency Project, Inc.](#)
- [Impact Family Ministries \(Pasco County\)](#)
- [Joining Hands Community Mission](#)
- [Liberty Manor](#)
- [My Place in Recovery \(St. Petersburg\)](#)
- [National Alliance to End Homelessness](#)
- [Pinellas Homeless Leadership Board](#)
- [Pinellas Hope](#)
- [Pinellas Park Homeless Outreach](#)
- [Pinellas Safe Harbor](#)
- [Restored Hope \(Dade City\)](#)
- [Resurrection House](#)
- [St. Petersburg Homeless Shelters & Services for the Needy](#)
- [St. Petersburg Free Clinic Family Residence](#)
- [The Salvation Army: Clearwater](#)
- [The Salvation Army Red Shield Shelter Services – St. Petersburg](#)
- [St. Petersburg City Refuge](#)
- [St. Vincent de Paul Society](#)
- [Suncoast Haven of Rest Mission](#)
- [US Department of Housing and Urban Development](#)
- [VA's Homeless Services – 1-877-424-3838](#)
- [VA's Homeless Services](#)
- [YWCA Tampa Bay Family Village Housing & Support Services](#)

## **HUMAN TRAFFICKING:**

- [Center for Human Trafficking & Awareness \(St. Petersburg College\)](#)
- [Florida Coalition Against Human Trafficking](#)
- [Florida Dream Center](#)

- [Florida Human Trafficking Coalition Hotline: 1-866-630-3350](#)
- [Task Force on Human Trafficking \(Clearwater/Tampa Bay Area\)](#)
- [Shared Hope International](#)
- [Pathways Community Church](#)
- [National Human Trafficking Resource Center](#)

### **LEGAL AID:**

- [Bay Area Legal Services](#)
- [Community Law Program](#)
- [FDLE Seal & Expunge Process](#)
- [Florida Legal Assistance to the Poor Program](#)
- [Guide to the State of Florida Legislature](#)
- [Gulf Coast Legal Services](#)
- [Pinellas County Clerk's Self-Help Centers](#)
- [Public Defenders Office](#)

### **LGBTQ**

- [ACLU LGBT Project](#)
- [American Institute of Bisexuality](#)
- [AYP – Alternative Yellow Pages](#)
- [Front Runners of Tampa Bay](#)
- [Gay, Lesbian & Straight Education Network-Tampa Bay Chapter](#)
- [National Center for Lesbian Rights \(NCLR\)](#)
- [National Center for Transgender Equality \(NCTE\)](#)
- [Parents and Friends of Lesbians and Gays \(PFLAG\)](#)
- [Metro Wellness & Community Centers](#)
- [St. Pete Pride](#)
- [Tampa International Gay & Lesbian Film Festival](#)
- [Equality Florida](#)
- [CampusPride.net](#)

### **FAITH & RELIGION - LGBT**

- [Christ the Cornerstone Church – Pinellas Park](#)
- [King of Peace MCC-St. Petersburg](#)
- [Faith Family UCC – Tampa](#)
- [St. Paul's Lutheran Church - Clearwater](#)

### **LOCAL LAW ENFORCEMENT CONTACT INFORMATION:**

- [Clearwater Police Department](#)
- [Belleair Police Department](#)
- [FDLE \(Florida Department of Law Enforcement\)](#)
- [Gulfport Police Department](#)
- [Hillsborough County Sheriff](#)
- [Kenneth City Police Department](#)
- [Pinellas County Sheriff](#)
- [Pinellas Park Police Department](#)
- [St. Petersburg Police Department](#)
- [Tampa Police Department](#)
- [Tarpon Springs Police Department](#)

### **MILITARY / VETERANS:**

- [ACTS-VA Residential Rehabilitation Facility](#)
- [Bay Pines VA Healthcare](#)
- [Department of Veterans Affairs – Mental Health](#)
- [Department of Veterans Affairs - PTSD](#)
- [Department of Veterans Affairs – Veteran Training](#)
- [Florida VA Re-Entry Guide \(HCVR\)](#)
- [GI Bill \(U.S. Department of Veterans Affairs\)](#)
- [Healthcare for Homeless Veterans – Programs by State](#)
- [James A. Haley Veteran’s Hospital \(Tampa\)](#)
- [Liberty Manor](#)
- [Make the Connection \(Shared Experiences & Support for Veterans\)](#)
- [Military Connection](#)
- [Military OneSource – Crisis Prevention](#)
- [Saving Our Homeless Veterans and Comrades, INC.](#)
- [SPC Student Veterans Association](#)
- [VA’s Caregiver Support Line – 1-855-260-3274](#)
- [Vet Centers Supporting Combat Veterans – 1-877-927-8387](#)
- [Vet Coaching Service 1-888-823-7458](#)
- [Veteran's Crisis Line](#)
- [Veterans Services at St. Petersburg College](#)

### **MISCELLANEOUS SOCIAL SERVICES/RESOURCES:**

- [2-1-1 Tampa Bay Cares](#)
- [ACCESS Florida \(Automated Community Connection to Economic Self Sufficiency\)](#)
- [African People's Education and Defense Fund](#)
- [Daystar Life Center, Inc.](#)
- [Impact Family Ministries \(Pasco County\)](#)
- [Pinellas County Urban League](#)
- [Safe Link Wireless](#)
- [Salvation Army](#)
- [The Salvation Army – Social Services \(Clearwater\)](#)
- [The Salvation Army – Emergency Social Services \(St. Petersburg\)](#)
- [The United Way of Tampa](#)

### **PREGNANCY CARE:**

- [Alpha "A Beginning", Inc](#)
- [Bay Area Pregnancy Centers](#)
- [Depression During & After Pregnancy \(Resource from the HRSA-Maternal & Child Health\)](#)
- [Healthy Start Coalition of Pinellas](#)
- [Florida Healthy Start](#)
- [Kimberly Home Pregnancy Resource Center](#)
- [New Life Solutions](#)
- [The Next STEPP Center](#)
- [Pregnancy Care](#)
- [Pregnancy Zone](#)
- [Right from the Start \(Healthy Start\)](#)
- [A Haven for Newborns](#)
- [YWCA Tampa Bay Adolescent Pregnancy & Parenting Services](#)

### **SEXUAL VIOLENCE / ASSAULT / HARASSMENT: (See Also “DOMESTIC VIOLENCE”)**

- [SPC Link re: Sexual Harassment](#)
- [Date Rape](#)
- [Domestic Abuse Empowerment Program](#)

- [8 Ways Men and Boys are Helping to End Gender-Based Violence](#)
- [Facts Everyone Should Know About Intimate Partner Violence, Sexual Violence & Stalking \(CDC\)](#)
- [Florida's 8-Year Strategic Plan – Building Florida's Capacity to Prevent Intimate Partner Violence](#)
- [Men Can Stop Rape: Creating Cultures Free from Violence](#)
- [Myths & Facts Quiz](#)
- [National Center on Domestic and Sexual Violence](#)
- [No More](#)
- [Office for Victims of Crime](#)
- [Office of Violence Against Women \(U.S. Dept. of Justice\)](#)
- [Pinellas County Victim Rights Coalition](#)
- [Power and Control Wheel of Violence](#)
- [Prevent Connect Wiki](#)
- [RAINN - Rape, Abuse & Incest National Network](#)
- [Rape Crisis Center of Pinellas County](#)
- [SACC - Sexual Assault Care Centre](#)
- [Sexual Violence: Risk & Protective Factors](#)
- [Sexual Violence Task Force of Tampa Bay](#)
- [Suncoast Center Trauma Services](#)
- [Surviving Childhood Sexual Abuse](#)

## **SEXUAL VIOLENCE ON COLLEGE CAMPUSES- AWARENESS, PREVENTION & SUPPORT**

- [SPC Campus Safety – Reporting Procedures](#)
- [SPC Link re: Sexual Misconduct](#)
- [September: National Campus Safety Awareness Month](#)
- [Not Alone \(Together Against Sexual Assault\)](#)
- [White House Fact Sheet: Not Alone: Protecting Students from Sexual Assault](#)
- [Campus Answers – Help Stop Campus Sexual Assault](#)
- [Campus SaVE Act Training Video](#)
- [Free Course – Principles of Prevention](#)
- [VETO- Violence Education Tools Online](#)
- [Clery Center for Security on Campus \(website\)](#)
- [The Clery Center for Security on Campus \(Facebook Page\)](#)
- [Florida Council Against Sexual Violence](#)
- [Know Your IX – Empowering Students to Stop Sexual Violence](#)
- [Position Statement on Preventing Sexual Violence on College & University Campuses \(ACHA\)](#)
- [Rape Prevention and Education: Transforming Communities to Prevent Sexual Violence](#)
- [Safe, Supportive Learning \(U.S. Dept. of Education\)](#)
- [Sexual Harassment: It's Not Academic \(U.S. Dept. of Education – Office of Civil Rights\)](#)
- [Sexual Violence: Facts at a Glance \(factsheet\)](#)
- [Shifting the Paradigm – Primary Prevention of Sexual Violence Toolkit \(ACHA\)](#)
- [Student Empowerment: Campus Safety Guide](#)
- [Technical Assistance Guide & Resource Kit for Primary Prevention and Evaluation](#)
- [Violence Prevention Through Bystander Intervention \(web-based program\)](#)

## **STUDENT SUCCESS:**

- [College Success Plans and Tips](#)
- [Khan Academy](#)
- [SPC's FREE ONLINE "MOOC" COURSE \(PREPARATION FOR COLLEGE MATH\)](#)
- [MindTools: Essential Skills for an Exceptional Career](#)
- [MOOC List \(Massive Open Online Courses\)](#)
- [SPC College Success Programs](#)
- [The 21 Things Every First-Year College Student Should Do](#)
- [Time Management](#)
- [Your First Year of College: 25 Tips to Help You Survive and Thrive](#)

## **WOMEN:**

- [Learn to Fish Recovery for Women \(Bradenton, FL\)](#)
- [New Found Family Recovery Center \(Sober Living for Women\)](#)
- [Menopause Information \(Healthline\)](#)
- [Pinellas Village](#)
- [The Red Tent Women's Initiative, Inc. \(Pinellas County, FL\)](#)
- [Resource Center for Women](#)
- [A Women's Guide to Alcohol and Drug Rehabilitation](#)
- [Women's Health Topics from Women's Health](#)
- [Women's Health from MEDLINE Plus](#)
- [Women's Health from CDC](#)
- [Women's Health Center from WebMD](#)
- [Women's Health from Medicine Net](#)
- [Women's Health from Healthy Women](#)
- [Women's Health Zone](#)

## **RESOURCES: PERSONAL DEVELOPMENT**

### **ANGER MANAGEMENT:**

- [Controlling Anger Before It Controls You](#)
- [Anger Management Tips: 10 Ways to Tame Your Temper](#)
- [Anger Management: Expert Answers to Common Questions](#)
- [Florida Anger Management Courses \(Court Accepted\)](#)

### **ANXIETY:**

- [SPC Student Assistance Program \(through BayCare\)](#)
- [Anxiety Disorders Association of America](#)
- [Anxiety Disorders - What are they?](#)
- [Generalized Anxiety Disorder National Institute of Mental Health on Anxiety Disorders](#)
- [Obsessive-Compulsive Disorder](#)
- [Panic Disorder](#)
- [Post-Traumatic Stress Disorder](#)
- [Social Anxiety](#)

### **ONLINE SELF-ASSESSMENTS**

- <http://www.mentalhealth.com/home/dx/generalizedanxiety.html> Generalized Anxiety Disorder
- [Generalized Anxiety Test](#)
- [Obsessive-Compulsive Disorder](#)
- [Obsessive-Compulsive Disorder Screening Test](#)
- [Panic Disorder](#)
- [Post-Traumatic Stress Disorder](#)
- [Screening for Level of Anxiety](#)
- [Social Anxiety Disorder](#)
- [Social Anxiety Test](#)
- [Specific Phobia](#)
- [Other Online Self-Assessments](#)

## **ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD):**

- [Are you Living with Adult ADHD?](#)
- [ADHD in Adults](#)
- [Adult Attention Deficit Hyperactivity Disorder \(ADHD\) - Online Self-Assessment](#)

## **DEPRESSION:**

- [SPC Student Assistance Program \(through BayCare\)](#)
- [Depression is Real. Hope is Real, Too](#)
- [Depression - Men](#)
- [Depression - Women](#)
- [Depression During & After Pregnancy \(Resource from the HRSA-Maternal & Child Health\)](#)
- [Mayo Clinic Depression Center](#)
- [National Institute of Mental Health on Depression](#)

### **ONLINE SELF-ASSESSMENTS**

- [Are You Depressed?](#)
- [Depression Screening](#)
- [Screening for Level of Depression](#)
- [Bipolar Disorder](#)

## **EATING DISORDERS:**

- [Eating Disorder Online Self-Assessment](#)
- [Body Positive® Boosting Body Image at Any Weight](#)
- [National Institute of Mental Health on Eating Disorders](#)
- [National Mental Health Information Center on Eating Disorders](#)
- [What is an Eating Disorder?](#)

## **FAMILY DIFFICULTIES:**

- [Understanding Dysfunctional Relationship Patterns in Your Family](#)
- [Coping with Mental Illness in the Family](#)
- [Your Parents' Divorce](#)

## **GRIEF AND LOSS:**

- [Bereavement and Grief](#)
- [Coping with Grief and Loss](#)
- [Hospice of Florida Suncoast](#)
- [Coping with Grief and Loss \(Understanding the Grieving Process\)](#)
- [Surviving Psychological Trauma](#)
- [The Process of Grief](#)

## **PERSONALITY STYLE:**

- [Keirsey Temperament Sorter](#)
- [16 Personalities](#)
- [Profiles of the 16 Personality Types](#)
- [Jung Typology Test](#)
- [Quistic](#)
- [SPC Focus2 Assessments \(in MYSPC\)](#)

## **RELATIONSHIPS:**

- [Addictive Relationships](#)
- [Building a Healthy Relationship from the Start](#)
- [Committed Relationships and School](#)
- [Emotional Abuse](#)
- [Building Healthy Relationships](#)
- [Loneliness](#)
- [Relationship Violence](#)

## **SELF-ESTEEM:**

- [10 Ways to Feel Better About Yourself \(Psychology Today\)](#)
- [Changing Negative Thoughts About Yourself to Positive Ones](#)
- [Feeling Good About Yourself](#)
- [Self-Confidence](#)
- [Building Self-Esteem: A Self-Help Guide](#)
- [What Can I do to Feel Good About Myself? \(Strenghofus.org\)](#)
- [Self-Esteem Information – UT CMHC](#)

## **SLEEP:**

- [10 Tips for Better Sleep](#)
- [How to Sleep Well Every Night](#)
- [National Sleep Foundation](#)
- [Understanding Sleep](#)

## **STRESS:**

- [Preventing and Managing Stress](#)
- [Psychological Stress](#)
- [Stress Management Tips](#)
- [The Road to Resilience](#)
- [Improving Emotional Health \(Strategies & Tips\)](#)

## **ONLINE SELF-ASSESSMENTS**

- [Online Stress Test](#)

## **PROFESSIONAL ORGANIZATIONS**

- [ATTD \(Addiction Technology Transfer Center\)](#)
- [American Counseling Association](#)
- [American Psychiatric Association](#)
- [American Psychological Association](#)
- [ASAM \(American Society of Addiction Medicine\)](#)
- [Criminal Thinking Therapy Resource Site](#)
- [Florida Alcohol & Drug Abuse Association](#)
- [Florida Certification Board \(FCB\)](#)
- [Florida Community Health Worker Coalition, Inc.](#)
- [Florida Department of Health](#)
- [GLBT National Help Center](#)
- [JED Campus](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Association of Community Health Centers](#)
- [National Association of Social Workers](#)
- [National Council on Alcoholism and Drug Dependence](#)
- [National Institute of Corrections](#)
- [National Institute on Drug Abuse](#)
- [National Institute of Mental Health](#)
- [National Organization for Human Services](#)
- [SAMHSA Substance Abuse and Mental Health Services Administration](#)
- [Suncoast Mental Health Counselors Association](#)
- [S.T.A.N.D. \(Students Taking Action Not Drugs\)](#)
- [The Network of Christian Counselors](#)