

Tampa Bay Area

Mental Health Resources

Crisis Hotlines & Immediate Support

- **Crisis Center of Tampa Bay (Dial 2-1-1)** – 24/7 free, confidential crisis counseling and referrals for suicide, substance abuse, trauma, domestic violence, financial distress, and more. (813) 964-1964 - www.crisiscenter.com
- **988 Suicide & Crisis Lifeline** – Call or text 988 anytime - www.988lifeline.org
- **Tampa Bay Thrives** – “Let’s Talk” Hotline (844-YOU-OKAY) – Free, confidential emotional support, 24/7 www.tampabaythrives.org
- **SAMHSA Helpline** (1-800-662-HELP / TEXT HELP4U) – Nationwide free helpline in English & Spanish - samhsa.gov/find-help/national-helpline
- **Veterans Crisis Line** (via 988, press 1) – Dedicated support for veterans - www.veteranscrisisline.net

Walk-In & Community-Based Centers

- **Metropolitan Ministries Counseling & Resiliency Center** – Free individual, family, and group therapy for adults and children - (813) 209-1200
- **ACTS (Agency for Community Treatment Services)** – Services for substance use and behavioral health, with outreach across Tampa Bay counties - (813) 246-4899
- **James A. Haley Veterans’ Hospital** – VA mental health, substance use, and homeless services, including free options for veterans - (813) 2000
- **Hillsborough County Children's Services (CINS/FINS)** – Free counseling, respite care, and shelter for youth ages 6-17 - www.hillsboroughcounty.gov

Nonprofits & Peer Support

- **NAMI Hillsborough** – Free support groups, educational programs, and resources, both in-person and online - namihillsborough.org.
- **Tampa Bay Thrives** – Coalition offering free support line, screenings, advocacy, and early-intervention tools - www.tampathrives.org
- **TeenConnect Tampa Bay** – Youth-focused crisis counseling and referrals, linked with 2-1-1 - www.teenconnecttampabay.com
- **Cope Notes** – Free daily mental wellness texts with affirmations and coping prompts www.copenotes.com

University & Educational Resources

- **USF Student Outreach & Support** – Free, confidential emotional support and 24/7 hotlines (for students, but often community-accessible) usf.edu.
- **Hillsborough County Public Library System** – Free internet, meeting spaces, mental health programming, maker-spaces (including Town 'N Country branch) – www.hcplc.org
- **Tampa-Hillsborough County Public Libraries** – Free resources, classes, workshops, maker events to support wellbeing – www.hcplc.org

School & Youth-Based Supports

- Hillsborough County Public Schools Mental Health Resources – Free support initiatives for student
- Temple Terrace & Plant City Public Libraries – Free programming, quiet spaces, literacy and wellness
- New Port Richey Public Library – Offers community events such as guided meditation, yoga, and health check-ins – www.norlibrary.org
- St. Petersburg Library System – Free classes, support groups, and health/literacy events – www.splibraries.org

County & Government Health Services

- Florida Dept. of Health in Hillsborough County – 988 lifeline plus wellness programs and referrals – hillsborough.floridahealth.gov. – (813) 307-8000
- City of Tampa Mental Health Services – Access to veteran, substance use, and homeless services; call (813) 631-7100 – www.tampa.gov.

Other Community Programs & Supports

- Library Maker-spaces (“The Hive”) – Creative centers offering classes and social connection to support mental wellbeing .
- HAAL Pass via HCPLC – Access to online databases, eBooks, and literacy programs that support mental stimulation en.wikipedia.org.
- Transit, tech, & health resources via libraries – Free Wi-Fi, public computers, health check kiosks – all supporting overall wellness across branches .
- How to Pick the Right Resource

Tips & Next Steps

- Save these numbers: 2-1-1, 988, 844-YOU-OKAY.
- Check library calendars weekly for free workshops, meditation classes, story-times, and support groups.
- Use online tools like Cope Notes to receive daily mental health prompts.
- Explore nonprofit options for ongoing counseling if short-term support isn’t enough.