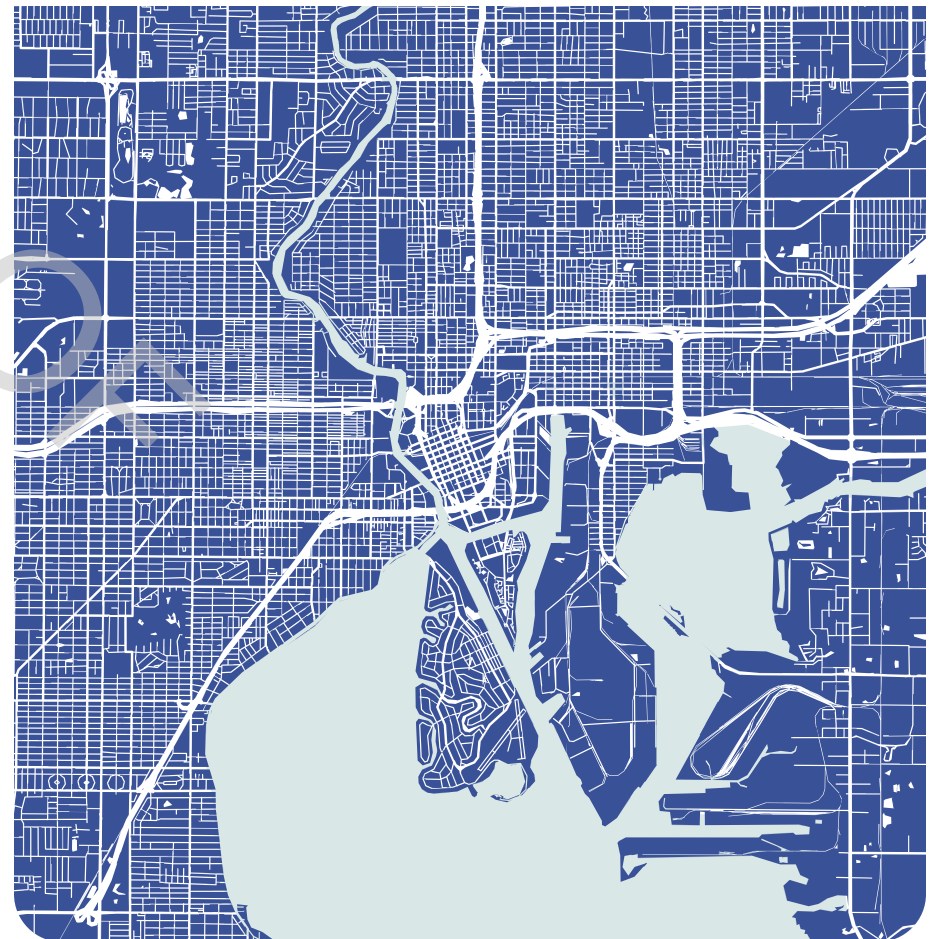




BEHAVIORAL HEALTH & COMMUNITY RESOURCE GUIDE



1 Tampa General Circle • Tampa, FL 33606
www.tgh.org • 813-844-7000

*Primary teaching hospital for the
USF Health Morsani College of Medicine*

OUR COMMUNITY PARTNERS



Together, We Are More Than Healthcare.



Hillsborough
County Florida

IDEA EXCHANGE
TAMPA



IDEA EXCHANGE TAMPA

SERVICES WE PROVIDE:

- Syringe Exchange Program
- Free HIV and Hepatitis C Testing
- Referral to drug treatment programs
- Basic Wound Care
- Linkage to care for those who received a positive HIV and Hepatitis C test
- Education and distribution of Narcan
- Community Engagement
- Disease prevention

PRIMARY CARE PROVIDED BY TAMPA BAY
STREET MEDICINE

Mobile Needle Exchange

REDUCING HIV & HCV IN
THE COMMUNITY

LOCATIONS

Monday and Friday - 11am - 4pm
First floor parking garage of
University Square Mall
2232 University Square Mall
Tampa, FL 33612

Tuesday - 6-9pm

Metro Inclusive Health - Ybor
1315 E 7th Ave Tampa, FL 33602

Every 1st & 3rd Saturday of the Month - 9-11am

Downtown Tampa outside of
Le Meridien Hotel

Contact Us:

Phone: 813-606-9378

Instagram: [ideaexchangetpa](#)

Twitter: [IDEATPA](#)

Facebook: [Idea Exchange Tampa](#)



DETOX/MEDICATION MAINTENANCE/ TREATMENT CENTERS

Accepting Medicaid and Sliding Scale Payment Based on Income

These treatment centers offer a variety of medication including Methadone, Suboxone, Vivitrol and Sublocade. Please ask your treatment Provider for more details.

DACCO

4422 E. Columbus Dr., Tampa, FL 33605
813-384-4000

Offers residential treatment, outpatient treatment, juvenile services, transitional housing and prevention services, along with robust services for pregnant and parenting women

- Accepts Medicaid and Sliding Scale Payments
- Se Habla Español

ACTS

4612 N. 56th Street, Tampa, FL 33610
813-246-4899

Offers medical detoxification and crisis care, youth and adult residential, outpatient services, transitional housing, along with robust services for pregnant and parenting women

- Accepts Medicaid and Sliding Scale Payments
- Se Habla Español

Phoenix House of Florida

5501 West Waters Avenue
Suite 404, Tampa, FL 33634
813-881-1000

Offers Residential Detox, included therapeutic assisted detox, and outpatient treatment

- Se Habla Español

Riverside Recovery of Tampa

4004 N. Riverside Dr., Tampa, FL 33603
813-847-0905

Offers in-patient therapeutic assisted detox, residential treatment, intensive outpatient treatment, and have a specialty in trauma

- Se Habla Español

St. Lawrence Church

5225 N. Himes Avenue, Tampa, FL 33614
2 - 4 p.m. • 813-875-4040

New Beginnings of Tampa

1402 Chilkoat Avenue E. • Before and after bible study on Wednesday night and three times on Sunday

Bible Truth Ministries

4902 N. 22nd Street • Daily after 3:30 p.m.

Purpose Driven

4202 N. Hubert, Tampa, FL 33614
813-466-2602 • Must go to service first at 9:30 a.m. and worship at 10:45 a.m. and then will be given a meal ticket
No one is turned away

Morningstar Church

5102 West Linebaugh Avenue
10:30 a.m. - 12 p.m. • 813-960-3030
Bring ID, can be anything with your name

Crossover Community Church

1235 E. Fowler Avenue
Any Sunday after services
10 - 10:30 a.m. • 12 - 2 p.m.
813-971-8887 • No ID necessary

OTHER LINKS AND RESOURCES

Planet Fitness: \$10 monthly membership provides locker and showers

Substance Abuse and Mental Health Services Administration Treatment Locator:

<https://findtreatments.samhsa.gov/locator>

Resource Guides for patients and families

<https://www.operationpar.org/resources>
211 Tampa Bay

Dial 211 from your phone or visit <http://www.211tampabay.org/>

Agency for Community Treatment Services Locations

<http://www.actsfl.or:g/crisis-care.html>





University Area Community Development Center
14013 N. 22nd Street, Tampa, FL 33613
9 - 10:30 a.m.

Bethel Temple
1510 W. Hillsborough Avenue, Tampa FL 33603 • 9 - 10:30 a.m.

Forest Hills Presbyterian Church
709 W. Linebaugh Avenue, Tampa, FL
Lunch at 10 a.m. • 813-932-6149

Deeper Life Church
3300 N. Nebraska, Avenue, Tampa, FL 33603 • 3 times per day: breakfast, lunch, dinner

St. Peter Claver
1203 N. Nebraska Avenue, Tampa, FL
Second and fourth Saturday of the month • 8 - 9:30 a.m.

Corpus Christi
9715 N. 56th Street, Tampa, FL • 9 a.m.

Faith Café
3702 W. Kennedy Boulevard, Tampa, FL 9 a.m. - 12 p.m.

Bible Truth Ministries
4902 N. 22nd Street • Every day after 3:30 p.m.

New Hope Missionary Baptist Church
3005 E. Ellicott Street • 813-236-3611
No pantry, you have to be on a list
Sign up 1 month in advance by the 4th Saturday • 1st come/1st serve

Manifestations Worldwide
3703 N. 30th Street • 813-241-6919
Saturday: 12 - 4 p.m. • Shelter service/shower/bed • No ID necessary

Faith and Truth Revealed
5012 E. Broadway Avenue • 8 - 9 a.m.
813-770-1138 • No ID necessary

SUNDAY

Deeper Life Church
3300 N. Nebraska A. Avenue, Tampa, FL 33603 • 3 times per day: breakfast, lunch, dinner

Village Presbyterian Church
13115 S. Village Drive, Tampa, FL
12 - 2 p.m.

Higher Hope International Ministry
5808 Lane Road, Tampa, FL 33624
Doors open at 10 a.m. and lunch is served until 1 p.m. • 813-908-0893 • Call number to make reservation for Fridays

Manifestations Worldwide
3703 N. 30th Street, Tampa, FL
Monday, Wednesday, Thursday, Friday from 10:30 a.m. - 4:30 p.m., Saturday: 12 - 4 p.m. • 813-241-6919
Shelter service/shower/bed, no ID required

Kaye Prox Food Bank
8401 West Hillsborough Avenue
Wednesday and Friday 3 - 4:30 p.m.
813-884-1232 • Bring photo and proof of local zip 33614 - 15 - 24 - 25 - 26 - 34 - 35

Household of Faith
2725 N. 46th Street, Tampa, FL
Tuesday and Friday: 9:30 - 11:30 a.m.
813-368-6453 • No ID required

Tampa Deliverance Ministry
2102 E. Columbus Drive, Tampa, FL
Friday: 1 - 4 p.m. • 813-389-1968
No ID required

SATURDAY

Food Not Bombs
263 E. Madison Street, Tampa, FL 33602
4 p.m.

George Bartholomew Center
8608 N. 12th Street, Tampa, FL 33604
9 - 10:30 a.m.

ISU at Baycare
New Port Richey, FL
727-841-6430

In-Patient therapeutic assisted detox

- Accepts Medicaid, and offers sliding scale fee based on income for patients with no insurance
- Se Habla Español

CRC at Baycare
727-841-4475

30-60 day residential treatment facility

- Accepts Medicaid, offers sliding scale based on income for patients with no insurance
- Se Habla Español

Addiction Recovery Care of Tampa
13719 N. Nebraska Avenue
Ste. 101, Tampa, FL 33613
813-978-1300

Offers substance abuse and mental health treatment and outpatient treatment, Sliding scale based on income

BoardPrep Recovery Center
Tampa, FL
813-600-7929

Offers in-patient, out-patient, and medical detox, along with youth services

- Private insurance is accepted, and cash pay is discounted--if cost is too high, the center will work with you
- Se Habla Español

Operation PAR
Multiple Locations/Counties Serviced
1-888-727-6398

Adolescent services, women/men specific services, residential treatment, medication services, detox

- Se Habla Español

Adult Addiction Receiving Facility (AARF)
2214 E. Henry Avenue, Tampa, FL 33610
813-367-2317

Physical assessment, HIV/AIDS risk and substance abuse assessments, medical examination, diagnostic services, counseling, AA meetings, and referral to individuals throughout the Suncoast Region

- Available 24/7
- Se Habla Español

Tampa Metro Treatment Center
7207 N. Nebraska Avenue
Tampa, FL 33604
813-236-1162

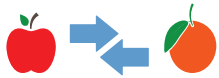
Methadone and Suboxone available

Lakeside Methadone Clinic
13700 58th Street, N. Building 2
Suite 209, Clearwater, FL
727-223-3545

Methadone

AnewU Recovery Clinic
Tampa Office: 813-443-5128, ext. # 2
Clearwater Office: 813-443-5128, ext. # 3
Suboxone

CHALLENGING THE MYTHS ABOUT MEDICATION ASSISTED TREATMENT (MAT) FOR OPIOID USE DISORDER (OUD)



MAT JUST TRADES ONE ADDICTION FOR ANOTHER: MAT bridges the biological and behavioral components of addiction. Research indicates that a combination of medication and behavioral therapies can successfully treat SUDs and help sustain recovery. (10)



MAT IS ONLY FOR THE SHORT TERM: Research shows that patients on MAT for at least 1-2 years have the greatest rates of long-term success. There is currently no evidence to support benefits from stopping MAT. (11)



MY PATIENT'S CONDITION IS NOT SEVERE ENOUGH TO REQUIRE MAT: MAT utilizes a multitude of different medication options (agonists, partial agonists and antagonists) that can be tailored to fit the unique needs of the patient (2).



MAT INCREASES THE RISK FOR OVERDOSE IN PATIENTS: MAT helps to prevent overdoses from occurring. Even a single use of opioids after detoxification can result in a life-threatening or fatal overdose. Following detoxification, tolerance to the euphoria brought on by opioid use remains higher than tolerance to respiratory depression. (14)



PROVIDING MAT WILL ONLY DISRUPT AND HINDER A PATIENT'S RECOVERY PROCESS: MAT has been shown to assist patients in recovery by improving quality of life, level of functioning and the ability to handle stress. Above all, MAT helps reduce mortality while patients begin recovery.



MOST INSURANCE PLANS DON'T COVER MAT: As of May 2013, 31 state Medicaid FFS programs covered methadone maintenance treatment provided in outpatient programs (4). State Medicaid agencies vary as to whether buprenorphine is listed on the Preferred Drug List (PDL), and whether prior authorization is required (a distinction often made based on the specific buprenorphine medication type). Extended-release naltrexone is listed on the Medicaid PDL in over 60 percent of states. (5)

FOR MORE INFORMATION, PLEASE CONTACT NICK SZUBIAK, DIRECTOR, CLINICAL EXCELLENCE IN ADDICTIONS, AT NICKS@THENATIONALCOUNCIL.ORG

THERE ISN'T ANY PROOF THAT MAT IS BETTER THAN ABSTINENCE: MAT is evidence-based and is the recommended course of treatment for opioid addiction. American Academy of Addiction Psychiatry, American Medical Association, The National Institute on Drug Abuse, Substance Abuse and Mental Health Services Administration, National Institute on Alcohol Abuse and Alcoholism, Centers for Disease Control and Prevention, and other agencies emphasize Mat as first line treatment. (8)

1) <http://www.shatterproof.org/blog/entry/medication-assisted-treatment-for-addiction> 2) <https://www.whitehouse.gov/sites/default/files/ondp/recovery/medication-assisted-treatment-9-21-20121.pdf> 3) <http://www.overdosefreepa.pitt.edu/education/toolbox/medication-assisted-treatment-mat-2#sthash=4> 4) http://www.asam.org/docs/default-source/advocacy/pain_management_for-opioid-addiction-treatment-final 5) <http://state.samhsa.gov/shin/content/5MA14-48545MA14-4854.pdf> 6) http://www.samhsa.gov/medication-assisted-treatment/legislation-regulations/policies#DATA_2000 7) <http://www.samhsa.gov/medication-assisted-treatment/treatment/naltrexone> 8) <http://www.samhsa.gov/medication-assisted-treatment/training-resources/support-organizations> 9) <https://www.federalregister.gov/articles/2016/03/30/2016-07128/medication-assisted-treatment-for-opioid-use-disorders> 10) <http://www.integration.samhsa.gov/clinical-practice/mat/mat-overview> 11) * 12) <https://www.congress.gov/bills/114th/congress/senate/bills/524/text> 13) <http://pcss.mat.org/waiver-elibility/training/> 14) "MAT Maintenance Treatment and Superior Outcomes" PowerPoint, Dr. Arthur Williams 15) <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions-how-long-does-drug-addiction-treatment>

Mission Tampa
5306 N. Nebraska Avenue
Monday: 10 - 11:30 a.m.
Thursday: 5 - 6:30 p.m.
813-236-6237 • Bring ID or SS#
25 people max

Morningstar Church Inc.
5102 West Linebaugh Avenue
Thursday: 2 - 4 p.m.
Sunday: 10:30 am. - 12 p.m.
813-960-3030
Bring ID, can be anything

Victory Baptist Church
6202 S. MacDill Avenue
Thursday: 3 - 4 p.m.
Gather at 2:30 p.m. • 813-837-5343
Gets busy fast, no ID necessary

FRIDAY

Feeding America
N. 40th and E. Osborne Avenue
Tampa, FL • 9 a.m. • 813-843-2736

Metropolitan Ministries
2002 N. Florida Avenue, Tampa, FL
33602 • 9 a.m. - 5 p.m. • 813-209-1000
Need photo ID, utility bill and proof of income

Abe Brown Ministries
2921 N. 29 Street, Tampa, FL 33605
9 a.m. • Last two Fridays of the month
813-247-3285

Covenant Family Church
8701 Progress Boulevard (Progress Village Park) Tampa, FL 33619
2 p.m. • 813-671-4673

St. Vincent De Paul Ministries
12310 N. Nebraska, Tampa, FL 33612
8 - 10 a.m.

Deeper Life Church
3300 N. Nebraska, Avenue, Tampa, FL
33603 • 3 times per day: breakfast, lunch, dinner

St. Stephen's
5049 Bell Shoals Road
Tampa, FL • 11 a.m. - 1 p.m.

San Jose Mission
3238 San Jose Mission Drive
Tampa, FL • 1 - 3 p.m.

Metropolitan Ministries
2310 N. Tampa Avenue, Tampa, FL
9 a.m. - 5 p.m.

Peninsular Christian Church
3600 W. Ballast Point, Tampa, FL
8 - 8:30 a.m.

Salvation Army
1603 N. Florida Avenue, Tampa, FL
9 a.m. - 3 p.m.

Faith Café
3702 W. Kennedy Boulevard, Tampa, FL
9 a.m. - 12 p.m.

Trinity Café
1603 N. Florida Avenue, Tampa, FL
11:30 a.m. - 12:30 p.m.

Amvets
1014 Skipper Road, Tampa, FL 33613
10:30 a.m. • 813-971-1881.

Most Holy Redeemer
10110 N. Central Avenue, Tampa, FL 33612
Arrive at 6 a.m. • distribution
at 9:30 a.m. • 813-933-2859

Bible Truth Ministries
4902 N. 22nd Street, Tampa, FL
Every day after 3:30 p.m.

Bible Based Fellowship
4811 Ehrlich Road, Tampa, FL
Monday-Friday until 3 p.m.
813-264-4050 • Bring ID and proof of address

From the Heart Outreach
10651 Anderson Road, Tampa, FL
11 a.m. • 813-964-8500
Bring ID and intake form





Morning Star Church
5102 W. Linebaugh Avenue, Tampa, FL
33624 • 2 - 4 p.m. • 813-960-3030

Deeper Life Church
3300 N. Nebraska, Avenue, Tampa,
FL 33603 • 3 times per day: breakfast,
lunch, dinner

St. Paul's Church
12708 N. Dale Mabry, Tampa, FL
9 a.m. - 12 p.m.

Nativity
705 E. Brandon Road, Tampa, FL
3 - 4 p.m.

Metropolitan Ministries
2310 N. Tampa Avenue, Tampa, FL
9 a.m. - 5 p.m.

The Garden of Eaten
12114 Boyette Road, Tampa, FL
10 a.m. - 11:30 p.m.

Salvation Army
1603 N. Florida Avenue, Tampa, FL
9 a.m. - 3 p.m.

Faith Café
3702 W. Kennedy Boulevard, Tampa, FL
9 a.m. - 12 p.m.

Trinity Cafe
1603 N. Florida Avenue, Tampa, FL
11:30 a.m. - 12:30 p.m.

Most Holy Redeemer
10110 N. Central Avenue, Tampa, FL
33612 • Arrive at 6 a.m. • distribution
at 9:30 a.m. • 813-933-2859

Bible Truth Ministries
4902 N. 22nd Street
Every day after 3:30 p.m.

Holy Trinity Presbyterian
350 S. Hyde Park Avenue
Meal - no pantry • Doors open at 5:30
p.m. and serve at 6 p.m. • 813-259-3500

Bible Based Fellowship
4811 Ehrlich Road
Monday - Friday until 3 p.m.
813-264-4050
Bring ID and proof of address

**Bible Based Fellowship
of Temple Terrace**
8718 N. 46th Street
Tuesday/Thursday from 10 a.m. - 12 p.m.
813-980-0559 • Bring current
"preferably local" ID

Manifestations Worldwide
3703 N. 30th Street
Monday, Wednesday, Thursday, Friday
10:30 a.m. - 4:30 p.m. • 813-241-6919
Shelter service/shower/bed,
no ID required

OPIATE OVERDOSE PREVENTION

NARCAN Nasal Spray Guide

What is NARCAN (also called Naloxone)?

- NARCAN is an FDA approved medication that is safe and effective for opioid/opiate overdose reversals.
- NARCAN is an opioid antagonist, which means it blocks the receptors in the brain from binding to opioid agonists found in oxycodone, hydrocodone, heroin, etc.
- NARCAN cannot be abused, does not cause overdose, and has no psychoactive properties.



Side Effects of NARCAN?

- After administering naloxone, the victim will be in a state of withdrawal.

Symptoms include:

- Fatigue • Fever, sweating • Pain/aches • Upset stomach, vomiting
- Confusion, disorientation, loss of bowel/bladder function
- Increased heart rate/breathing

Facts: Overdose and NARCAN

- The only viable option when someone is experiencing an opiate overdose is to initiate rescue breathing, administer NARCAN, and seek medical assistance.
- Attempts to revive something experiencing an overdose by other means may be unsuccessful.
- NARCAN is available without a doctor's prescription at some pharmacies around the state.
- A person revived by NARCAN can slip back into an overdose once the naloxone wears off after 30-90 minutes. Additional doses may be needed, seek medical attention immediately.



If you suspect or witness an overdose, CALL 911.

FREE AND DISCOUNTED MEDICAL SERVICES

Tampa Family Health Center

1514 North Florida Avenue, Suite 300
(3rd floor) Tampa, FL 33602
813-490-1957

Accepts Medicaid, sliding scale payment based on income, and offers some charity services, including prescriptions, checkups, and X-rays

- Se Habla Español

Center for Family Health

912 East Sligh Avenue
Tampa, FL 33604
813-237-6988

Low cost and free care based on income

Crosstown Health Center

4951 East Adamo Drive
Tampa, FL 33605
813-307-8058

Sliding scale healthcare based on income—patients with no income may receive free care

Family Care Medical Center

5802 North 30th Street
Tampa, FL 33610

Discount/Free physicals for students and children, lab work, specialist referrals, etc.

Hillsborough County Dental Research Clinic

2010 East Hillsborough Avenue
Tampa, FL 33610
813-238-7725

Free dental care offered

North Tampa Health & Dental Center

1502 East Fowler Avenue, Tampa, FL
33612 • 813-866-0950

Both primary care and dental services are offered on a sliding scale based on income

Community Health Centers of Pinellas - Multiple Locations

727-824-8181

Accepts Medicaid and sliding scale payments

- Se Habla Español

COUNSELING AND CRISIS

Crisis Center of Tampa Bay

1 Crisis Center Plaza, Tampa, FL 33613
813-964-1964

Counseling, Suicide Prevention, Community Outreach, Financial Assistance

Personal Enrichment through Mental Health Services (PEMHS)

Multiple Locations • 727-545-6477

24-hour suicide hotline, emergency screening and crisis intervention services, inpatient services for adults and children, residential services for children and community based programs

Accepts Medicaid and sliding scale payments

- Se Habla Español

Pinellas SHARP

313 18th Avenue South
St. Petersburg, FL 33705
727-280-7056

Free HIV/HEP C testing, free lunch, supports ages 13-24, substance abuse and suicide prevention services

- Se Habla Español

New Beginnings of Tampa

1402 Chilkoot Avenue E.
Before and after bible study on Wednesday night and three times on Sunday

Bible Truth Ministries

4902 N. 22nd Street
Every day after 3:30 p.m.

St. Luke AME Church

2709 North 25th Street • Monday and Wednesdays • 8 - 11 a.m.

Bible Based Fellowship

4811 Ehrlich Road
Monday - Friday until 3 p.m.
813-264-4050

Bring ID and proof of address

Manifestations Worldwide

3703 N. 30th Street • Monday, Wednesday, Thursday, Friday from 10:30 a.m. - 4:30 p.m., Sat. 12 - 4 p.m.
813-241-6919 • Shelter service/shower/bed, no ID necessary

Mount Olive AME Church

1745 W. Lasalle Street
Every 3rd Wednesday
10 a.m. - 12 p.m. • 813-254-6282
Bring current ID

Northeast United Methodist

6400 N. 15th Street
Every 3rd Wednesday
813-238-4359

Kaye Prox Food Bank

8401 West Hillsborough Avenue
Wednesday and Friday
3 - 4:30 p.m. • 813-884-1232
Bring photo and proof of local zip
33614 - 15 - 24 - 25 - 26 - 34 - 35

Metropolitan Community Church

408 East Cayuga Street
11:00 a.m. - 2 p.m. • 813-239-1951
Speak to Mia

Town Country SDA Church

4926 Webb Road
Wednesday • 3:30 - 5:30 p.m.
813-230-2176 • No ID necessary
need intake form

The House of God

2909 N. 29th Street
Every 3rd Wednesday at 4 p.m.
Can also call to schedule pick up
813-690-5895

THURSDAY

Jewish Family Services

3009 Community Campus Drive
Tampa, FL • First Thursday each month
10:30 a.m. - 12 p.m. and 4:30 - 6 p.m.
813-960-1848 • Call first

Metropolitan Ministries

2002 N. Florida Avenue, Tampa, FL 33602
9 a.m. - 5 p.m. • 813-209-1000
Need photo ID, utility bill and proof of income



Salvation Army

1603 N. Florida Avenue, Tampa, FL
9 a.m. - 3 p.m.

Faith Cafe

3702 W. Kennedy Boulevard, Tampa, FL
9 a.m. - 12 p.m.

Trinity Cafe

1603 N. Florida Avenue, Tampa, FL
11:30 a.m. - 12:30 p.m.

Amvets

1014 Skipper Road, Tampa, FL 33613
10:30 a.m. • 813-971-1881

Most Holy Redeemer

10110 N. Central Avenue, Tampa, FL
33612 • Arrive at 6 a.m. • distribution
at 9:30 a.m. • 813-933-2859

Bible Truth Ministries

4902 N. 22nd Street
Every day after 3:30 p.m.

Bible Based Fellowship

4811 Ehrlich Road
Monday - Friday until 3 p.m.
813-264-4050 • Bring ID and proof
of address

**Bible Based Fellowship
of Temple Terrace**

8718 N. 46th Street
Tuesday and Thursday 10 a.m. - 12 p.m.
813-980-0559 • Bring current and
“preferably local” ID

Household of Faith

2725 N. 46th Street
Tuesday and Friday • 9:30 - 11:30 a.m.
813-368-6453 • No ID necessary

WEDNESDAY**University Area Community
Development Center**

14013 N. 22nd Street, Tampa, FL 33613
9 - 10:30 a.m.

Forest Hills Presbyterian Church

709 W. Linebaugh Avenue,
Tampa, FL 33612
Dinner at 6 p.m. • 813-932-6149

Metropolitan Ministries

2002 N. Florida Avenue, Tampa, FL
33602 • 9 a.m. - 5 p.m. • 813-209-1000
Need photo ID, utility bill and proof
of income

**Metropolitan Community Church**

408 E. Cayuga Street, Tampa, FL 33603
11:00 a.m. - 2:00 p.m. • 813-239-1951

St. Vincent De Paul Ministries

12310 N. Nebraska, Tampa, FL 33612
8 - 10 a.m.

Deeper Life Church

3300 N. Nebraska, Avenue, Tampa, FL
33603 • 3 times per day: breakfast, lunch,
dinner

San Jose Mission

3238 San Jose Mission Dr., Tampa, FL
1 - 3 p.m.

Resurrection Church

6819 Krycul Avenue, Tampa, FL
8 a.m. - 12 p.m.

Metropolitan Ministries

2310 N. Tampa Avenue, Tampa, FL
9 a.m. - 5 p.m.

Salvation Army

1603 N. Florida Avenue, Tampa, FL
9 a.m. - 3 p.m.

Faith Café

3702 W. Kennedy Boulevard, Tampa, FL
9 a.m. - 12 p.m.

Trinity Cafe

1603 N. Florida Avenue, Tampa, FL
11:30 a.m. - 12:30 p.m.

22nd St Park

7801 N. 22nd Street, Tampa, FL
Every 3rd Wednesday

Most Holy Redeemer

10110 N. Central Avenue, Tampa, FL
33612 • Arrive at 6 a.m. • distribution
at 9:30 a.m. • 813-933-2859

NARCOTICS ANONYMOUS

<https://www.tampa-na.org/meetings/>

This website will provide a weekly
schedule of all narcotics anonymous
meetings available in Hillsborough
County along with location and time

- A smartphone app for iPhone and
Android is offered
- If you do not have internet access
there is a printable version available
in pdf format

**BILL PAYMENT
ASSISTANCE****St. Vincent DePaul of Tampa Bay**

Offers financial assistance in the form
of rent assistance, electric/heating/
water bill assistance, debt counseling,
free health checkups, charity assistance,
mortgage help, and more. Listed below
are contact locations for receiving aid:

Corpus Christi

9715 N. 56th Street 33617
Temple Terrace, Tampa, FL 33617
813-988-1593

St. Lawrence

Note, this particular church only
provides free food or groceries as
part of the Matthew 25 Outreach

The days of distribution are the second
and fourth Sundays of every month,
between the hours of 2 and 4 p.m.

5521 N. Himes Avenue, (West Tampa)
Tampa, FL 33607 • 813-879-5090

St. Mark

1924 Cross Creek Boulevard
New Tampa, FL 33647

St. Mary

15520 N. Boulevard
North Tampa, FL 33613

St. Patrick

4518 S. Manhattan
South Tampa, FL 33609

St. Paul

2708 N. Dale Mabry
North West Tampa, Tampa, FL 33618
813-961-3023

St. Peter Claver

1203 N. Nebraska • Downtown East
Tampa, FL 33602 • 813-223-7098

St. Anne

106 11th Avenue N. E. • Ruskin, FL 33570
813-645-1714

Our Lady of Guadalupe

16650 U.S. Hwy 301 South
Wimauma, FL 33598

**DOMESTIC VIOLENCE
SHELTERS****The Spring of Tampa Bay**

209 N. Willow Avenue, Tampa, FL
33606 • 813-247-7233

Accepts men and/or women (and
children) who are suffering from
domestic abuse

Assistance is offered for those in active
addiction, and men/women in opioid
maintenance programs are welcome

- Se Habla Español

Alpha House of Tampa

201 S. Tampania Avenue
Tampa, FL 33609 • 813-875-2024

Eligibility criteria: women, 18 years
of age or older, who are homeless
and pregnant or parenting

Women in opioid maintenance
programs welcome

- Se Habla Español

OUTPATIENT MENTAL HEALTH

2-1-1 Hotline Services/Crisis Center of Tampa Bay

One Crisis Center Plaza • Tampa, FL 33613 • 813-264-9955

Services Provided:

- 24 hour crisis intervention for anyone feeling hopeless or facing serious life challenges
- Specialized trauma counseling and therapy for children, adults and families who have experienced abuse, sexual assault, domestic violence, recent loss of a loved one or any type of emotional trauma

Gracepoint (formerly known as MHC)

2212-B E. Henry Avenue
Tampa, FL 33610 • 813-272-2244
www.mhcinc.org

Services Provided:

- Adult & Children Outpatient Services provide individual, group, and family therapy to children and their families in an office setting. Therapy focuses on crisis stabilization, enhancing quality of life, dealing with life's challenges and alleviating troubling symptoms. Psychiatric evaluation, monitoring and medical management are provided as needed

Accepted Payments:

- Most insurances accepted including Medicaid and Medicare

Catholic Charities

Plant City: 813-707-7463
Ruskin: 813-671-5250
Brandon: 813-671-5250

Services Provided:

- Confidential counseling services to individuals, couples, families and groups experiencing personal, relationship and family problems

Accepted Payments:

- Free if grant criteria is met. Sliding fee scale based on income and family size if income is above grant criteria

The Centre

305 S. Hyde Park Avenue • Tampa, FL 33606 • 407 N. Parsons Avenue • #104A
Brandon, FL 33510 • 813-251-8437
www.thecentre.org

Services Provided:

- Family Services - workshops and individual, marriage and family counseling by addressing depression, anxiety, parent/child issues, poor academic performance, marital/family communication, and work related issues for adults and children
- Project Recovery - substance abuse program for women providing confidential assessments, individual and group counseling, specifically designed to assist women and their families in their efforts to lead drug-free lives

Accepted Payments:

- Sliding fee scale, no one is denied treatment for inability to pay at time of service. Most insurance accepted

Northside Mental Health Center

813-977-8700 • 12512 Bruce B. Downs Boulevard • Tampa, FL 33612

Services Provided:

- Community mental health services for individuals residing north of the Hillsborough River. Counseling services provide diagnosis and evaluation, family, individual, and group psychotherapies, case management, and medication follow up services

Accepted Payments:

- Sliding scale; most insurances accepted including Medicaid and Medicare



Our Sisters, Our Friends

1709 E. Genesee Street
813-965-5117
Every Monday: 12 - 2 p.m.
Bring ID

Mission Tampa

5306 N. Nebraska Avenue
813-236-6237
Monday: 10:00 - 11:30 a.m.
Thursday: 5 - 6:30 p.m.
25 people max. (Bring ID or SS#)

New Mt. Zion Missionary Baptist Church

2511 E. Columbus Drive
813-248-8101 • 10 - 12 p.m. and 5 - 7 p.m.
Need intake form, call first

TUESDAY

Food Not Bombs

263 E. Madison Street, Tampa, FL 33602
8 a.m.

Feeding America

N 40th and E. Osborne Avenue
Tampa, FL • 9 a.m. • 813-843-2736

Forest Hills Presbyterian Church

709 W. Linebaugh Avenue
Tampa, FL 33612
10 a.m. and 2 p.m. • 813-932-6149

Metropolitan Ministries

2002 N. Florida Avenue, Tampa, FL 33602 • 813-209-1000 • 9 a.m. - 7:30 p.m.
Need photo ID, utility bill and proof of income

College Hill Mennonite Church

3506 Machado Street, Tampa, FL 813-247-2798 • Need a picture ID

Tampa Bay Community and Family

3101 N. 34 Street, Tampa, FL 813-248-8760 • Need an ID and proof of income • Must sign up on Wednesday, Thursday, or Friday the week before 11:00 a.m.

Deeper Life Church

3300 N. Nebraska, Avenue, Tampa, FL 33603 • 3 times per day: breakfast, lunch, dinner

St. Marks Church

1924 Cross Creek, Tampa, FL 3 - 6 p.m.

Santa Maria Mission

14004 N. 15th Street, Tampa, FL 10 a.m. - 12 p.m.

Most Holy Redeemer

10110 Central Avenue, Tampa, FL 10 a.m. - 12 p.m.

Forest Hills United Methodist

904 W. Linebaugh Avenue • Every other Tuesday • 7 a.m. - 10 a.m. and 2 - 5 p.m.

Metropolitan Ministries

2310 N. Tampa Avenue, Tampa, FL 9 a.m. - 5 p.m.

New Beginnings

4100 S. Manhattan Avenue, Tampa, FL 9 - 11 a.m.

FOOD BANKS AND FREE FOOD IN TAMPA

MONDAY

Metropolitan Ministries

2002 N. Florida Avenue, Tampa, FL 33602 • 813-209-1000 • 9 a.m. - 5 p.m.
Need photo ID, utility bill and proof of income

Metropolitan Ministries

2310 N. Tampa Avenue, Tampa, FL 9 a.m. - 5 p.m.

Morning Star Church

5102 W. Linebaugh Avenue
Tampa, FL 33624
813-960-3030 • 10 a.m. - 12 p.m.

St. Vincent De Paul Ministries

12310 N. Nebraska, Tampa, FL 33612
8 - 10 a.m.

Deeper Life Church

3300 N. Nebraska Avenue
Tampa, FL 33603 • 3 times per day:
breakfast, lunch, dinner

St. Paul's Church

12708 N. Dale Mabry, Tampa, FL
9 a.m. - 12 p.m.

San Jose Mission

3238 San Jose Mission Drive
Tampa, FL • 1 - 3 p.m.

Salvation Army

1603 N. Florida Avenue, Tampa, FL
9 a.m. - 3 p.m.

Faith Cafe

3702 W. Kennedy Boulevard, Tampa, FL
9 a.m. - 12 p.m.

Trinity Cafe

1603 N. Florida Avenue, Tampa, FL
11:30 a.m. - 12:30 p.m.

Most Holy Redeemer

10110 N. Central Avenue, Tampa, FL
33612 • 813-933-2859
Arrive at 6 a.m.; distribution at 9:30 a.m.

Bible Truth Ministries

4902 N. 22nd Street, Tampa, FL
Every day after 3:30 p.m.

St. Luke AME Church

2709 North 25th Street • Monday and
Wednesdays • 8 - 11 a.m.

Bible Based Fellowship

4811 Ehrlich Road • 813-264-4050
Monday - Friday until 3 p.m.
bring ID and proof of address

Manifestations Worldwide

3703 N. 30th Street • 813-241-6919
Monday, Wednesday, Thursday,
Friday, no Tuesday: 10:30 a.m. - 4:30 p.m.
Saturday: 12 - 4 p.m. • Shelter service/
shower/bed, do not need ID



Camelot Community Mental Health

1412 Tech Boulevard • Tampa, FL 33619
813-635-9765
www.camelotcommunitycare.org

Services Provided:

- Psychiatric evaluations/medication management, along with counseling to children, adolescents and adults in community-based setting

Accepted Payments:

- Medicaid from Magellan and ValuPass

Success 4 Kids and Families

2902 N. Armenia Avenue • #200
Tampa, FL 33607 • 813-490-5490

Services Provided:

- In home counseling and psychological support free of charge for lower and middle income families. Specific programs targeting anger management, substance abuse, depression, learning difficulties, and problems at school. Crisis Stabilization; domestic violence intervention

Tampa Jewish Family Services

13009 Community Campus Drive
Tampa, FL 33625 • 813-960-1848

Services Provided:

- Counsels individuals, families; couples and senior adults in a confidential and supportive setting, matching the unique needs of each client

Accepted Payments:

- Sliding fee scale based on family size and income. Fees range from \$36-\$125

Elder Helpline

813-272-5242 • General Information
for Seniors in Need

Ybor Youth Clinic

1315 E. 7th Avenue, Suite 104
Ybor City, FL 33604 • 813-396-9021

- Targeted health care and risk reduction services to youth (ages 13 to 24)
- No to low cost appointments for: HIV and STI treatment, prevention services, birth control and emergency contraception, etc

The Spring Domestic Violence Hotline

813-247-7233



MATERNAL CARE RESOURCES

Perinatal Depression

A mood disorder that affects women during pregnancy and after childbirth. Mothers with perinatal depression experience feelings of extreme sadness, anxiety, and fatigue that may make it difficult for them to carry out daily tasks, including caring for themselves or others.

What is the difference between “baby blues” and postpartum depression?

Many women have the baby blues in the days after childbirth. If you have the baby blues, you may:

Have mood swings • Feel sad, anxious, or overwhelmed • Have crying spells
Lose your appetite • Have trouble sleeping

The baby blues usually go away in 3 to 5 days after they start. The symptoms of postpartum depression last longer and are more severe.

Support Available

Postpartum Support International

- 1-800-944-4PPD (4773)
- www.postpartum.net
- Available anytime if you want to talk to someone about how you are feeling

National Suicide Prevention Lifeline

- 1-800-273-TALK (8255)
- deaf and hard of hearing contact via TTY: 1-800-799-4889
- Crisis text line by texting HELLO to 741741
- suicidepreventionlifeline.org
- 24 hours a day, 7 days a week
- All calls are confidential

Healthy Start Coalition of Hillsborough County, Inc.

- 813-233-2800
- 2806 North Armenia Avenue Suite 100, Tampa, Florida 33607
- 813-307-8016 (to self enroll)
- Healthystartcoalition.org

DACCO’s Family Focus Programming

Services the program provides:

- Assistance with applying for Medicaid
- Coordination of care with OBGYNs – transportation provided if needed or bus passes to and from treatment, medical appointments, etc.
- Coordination of care with local hospitals to provide the best information and support to mom and baby after delivery
- Assistance with needed baby items: diapers, wipes, car seats, strollers, pack-n-play, etc.
- Developmental screenings for children under the age of 5
- Education about pregnancy, postpartum and newborn related topics
- Support group called Kool Moms Club (KMC) - to engage with other women who are going through similar situations
- Eligible to receive psych services through DACCO
- Fast track options to our residential or outpatient programs

Antepartum and postpartum depression are temporary and treatable with professional help. If you feel you may be suffering from one of these illnesses, contact your provider right away.



PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



SYMPTOMS



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



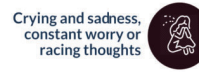
Lack of interest in the baby or difficulty bonding with baby



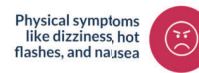
Loss of interest, joy or pleasure in things you used to enjoy



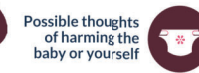
Disturbances of sleep and appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes, and nausea



Possible thoughts of harming the baby or yourself

TREATMENT OPTIONS

Counseling

Medication

Support from others

Exercise

Adequate sleep

Healthy diet
Bright light therapy

Yoga

Relaxation techniques

RISK FACTORS



History of depression, anxiety, OCD



Thyroid imbalance, diabetes, endocrine disorders



Lack of support from family and friends



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Premenstrual Syndrome (PMS)



Financial stress or poverty



Abrupt discontinuation of breastfeeding



History of Abuse



Unwanted or unplanned pregnancy

Postpartum Support International | www.postpartum.net | 800.944.4773 (call or text)