

# HELPFUL COMMUNITY RESOURCES

## TAMPA, FL

### COMPREHENSIVE RESOURCES

#### United Way Suncoast

- ▶ **Scope of services:** This group provides a wide variety of assistance such as social services resources for education, financial stability, and health
- ▶ **Address:** 4925 Independence Pkwy #120, Tampa, FL 33634
- ▶ **Phone:** 813-274-0900
- ▶ **Days/Times:** Monday – Friday 8:00am – 5:00pm
- ▶ **Cost:** Varies
- ▶ **Website:** <https://unitedwaysuncoast.org/>

#### Community Resource Center

- ▶ **Scope of services:** This group provides a wide variety of assistance such as social services resources, for basic living needs, housing, education and training
- ▶ **Address:** County Center, 24th Fl; 601 E. Kennedy Blvd, Tampa, FL 33602
- ▶ **Phone:** 813-272-5220
- ▶ **Days/Times:** Monday – Friday 8:00am – 5:00pm
- ▶ **Cost:** Free
- ▶ **Website:** <https://www.hillsboroughcounty.org/en/residents/social-services>

### WORK PROGRAMS

#### Hillsborough Community College

- ▶ **Scope of services:** Program provided by Florida Department of Education to assist with employment
- ▶ **Address:** 4115 N. Lois Ave, Tampa, FL 33606
- ▶ **Phone:** 813-259-6010
- ▶ **Days/Times:** Monday – Friday 8:30am – 4:30pm
- ▶ **Cost:** Varies
- ▶ **Website:** <https://www.tampatraining.com/financial-assistance/>

#### Career Source Tampa Bay

- ▶ **Scope of services:** This group provides a wide variety of assistance resources for employment, education, and more
- ▶ **Address:** 4 locations throughout the city of Tampa
- ▶ **Phone:** 813-930-7400
- ▶ **Days/Times:** Monday – Friday 8:30am – 4:30pm
- ▶ **Cost:** Free
- ▶ **Website:** <https://careersourcetampabay.com/support-services/>

### FOOD PANTRIES & SERVICES

#### Society of St. Vincent de Paul

- ▶ **Scope of services:** Agency provides emergency food to those in need through its food pantries located throughout Hillsborough County
- ▶ **Address:** 12310 N. Nebraska Ave, Tampa, FL 33612
- ▶ **Phone:** 813-977-7057
- ▶ **Days/Times:** Mon-Wed-Fri 8:00am - 10:00am
- ▶ **Cost:** Free
- ▶ **Website:** [http://www.svdptampa.org/f\\_pantries.htm](http://www.svdptampa.org/f_pantries.htm)

#### Bay Chapel Food Pantry

- ▶ **Scope of services:** Agency provides emergency food to those in need
- ▶ **Address:** 19911 Bruce B. Downs Blvd, Tampa, FL 33647
- ▶ **Phone:** 813-618-3872
- ▶ **Days/Times:** Saturdays 9:30am – 11:30am
- ▶ **Cost:** Free
- ▶ **Website:** <https://baychapel.churchcenter.com/registrations/events/782092>

#### Feeding Tampa Bay

- ▶ **Scope of services:** Agency provides a variety of food assistance, such as mobile grocery locations, food pantries, benefits assistance, and job training
- ▶ **Address:** 4702 Transport Dr, Building 6, Tampa, FL 33605
- ▶ **Phone:** 813-254-1190
- ▶ **Days/Times:** Monday – Friday 8:00am – 4:00pm
- ▶ **Cost:** Free
- ▶ **Website:** <https://www.feedingtampabay.org>

### RENTAL, HOUSING & SHELTER SERVICES

#### Homeless Helping Homeless

- ▶ **Scope of services:** Agency provides housing and supportive services for those experiencing homelessness
- ▶ **Address:** 3008 N. Nebraska Ave, Tampa, FL 33603
- ▶ **Phone:** 813-415-3586
- ▶ **Days/Times:** Monday-Friday 9:00am – 6:00pm
- ▶ **Cost:** Free
- ▶ **Website:** <https://www.homelesshh.org/>

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### Tampa Hope

- ▶ **Scope of services:** Agency provides housing, meals, and services to help people achieve permanent housing and self-sufficiency
- ▶ **Address:** 3704 E. 3rd Ave, Tampa, FL 33605
- ▶ **Phone:** 813-333-7269
- ▶ **Days/Times:** Daily 8:00am - 5:00pm
- ▶ **Cost:** Must meet eligibility requirements based on program
- ▶ **Website:** <https://www.ccdosp.org/tampa-hope/>

### Hillsborough County Social Services

- ▶ **Scope of services:** Agency provides people with resources such as health care, childcare, and housing
- ▶ **Address:** 601 E. Kennedy Blvd, Tampa, FL 33602
- ▶ **Phone:** 813-301-7341
- ▶ **Days/Times:** Monday-Friday 8:00am – 5:00pm
- ▶ **Cost:** Eligibility requirements
- ▶ **Website:** <https://www.hillsboroughcounty.org/en/residents/social-services>

## LEGAL AID SERVICES

### Bay Area Legal Services

- ▶ **Scope of services:** Free legal assistance for low-income clients in the Tampa area
- ▶ **Address:** 1302 N. 19th St, Ste 400, Tampa, FL 33605
- ▶ **Phone:** 800-625-2257
- ▶ **Days/Times:** Monday-Friday 9:00am-4:30 pm
- ▶ **Cost:** Free, if eligible
- ▶ **Website:** <https://bals.org/>

### Faith Legal Aid

- ▶ **Scope of services:** Agency provides affordable legal aid to low-income people in the community of Tampa
- ▶ **Address:** 412 E. Madison St, Ste 1109, Tampa, FL 33602
- ▶ **Phone:** 813-755-6600
- ▶ **Days/Times:** Monday-Friday 8:00 am-4:00 pm
- ▶ **Cost:** Varies
- ▶ **Website:** <https://faithlegalaid.com/>

## SUBSTANCE ABUSE & MENTAL HEALTH

### WhiteSands Alcohol & Drug Rehab Tampa

- ▶ **Scope of services:** Agency provides assistance to those pursuing substance use recovery in outpatient and residential locations throughout Tampa
- ▶ **Address:** 215 W. Verne St, Ste A, Tampa, FL 33606
- ▶ **Phone:** 813-213-0442
- ▶ **Days/Times:** Daily, times vary
- ▶ **Cost:** Varies based on eligibility
- ▶ **Website:** <https://whitesandstreatment.com/>

### Affordable Counseling Center Florida

- ▶ **Scope of services:** Agency provides low-cost services to people struggling with mental health and substance use disorders
- ▶ **Address:** 419 W. Platt St, Tampa, FL 33606
- ▶ **Phone:** 813-244-1251
- ▶ **Days/Times:** Monday – Friday 12:00am – 8:00pm
- ▶ **Cost:** Low-cost services available
- ▶ **Website:** <https://www.affordablecounselingbrandon.com/>

## TRANSPORTATION SERVICES

### The Sunshine Line - TBARTA

- ▶ **Scope of services:** Agency provides door-to-door transportation for low-income residents
- ▶ **Address:** 4902 Eisenhower Blvd, Ste 207, Tampa, FL 33634
- ▶ **Phone:** 813-272-7272
- ▶ **Days/Times:** Monday – Friday 8:00am – 5:00pm
- ▶ **Cost:** Low cost based on eligibility
- ▶ **Website:** <https://www.tbarta.com/en/>

### OnBikes

- ▶ **Scope of services:** Provides no-cost bicycle transportation with accountability to people in need
- ▶ **Address:** 2023 W. Platt St, Ste 209, Tampa, FL 33606
- ▶ **Phone:** 914-960-3088
- ▶ **Days/Times:** Varies
- ▶ **Cost:** Free
- ▶ **Website:** <https://onbikes.org/>

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### WOMEN'S SERVICES

#### Hillsborough House of Hope

- ▶ **Scope of services:** This group provides temporary services and resources to women transitioning out of correctional institutions. It provides assistance with employment and parenting
- ▶ **Address:** 213 W. Curtis St, Tampa, FL 33603
- ▶ **Phone:** 813-231-5122
- ▶ **Days/Times:** Monday – Thursday 10:00am – 5:00pm
- ▶ **Cost:** Eligibility requirements
- ▶ **Website:** <https://www.hhhopefl.org/>

#### The Spring

- ▶ **Scope of services:** Agency provides safe spaces and services to survivors of domestic violence and their children
- ▶ **Address:** 211 N. Willow Ave, Tampa, FL 33606
- ▶ **Phone:** 813-247-7233
- ▶ **Days/Times:** 24 hours
- ▶ **Cost:** Eligibility requirements
- ▶ **Website:** <https://thespring.org/>

### LGBTQI+ SERVICES

#### Metro Inclusive Health

- ▶ **Scope of services:** Agency provides services for those living with HIV, trans health, behavioral health, sexual health and advocacy, housing support, and pregnancy support
- ▶ **Address:** 2105 N. Nebraska Ave, Tampa, FL 33602
- ▶ **Phone:** 813-232-3808
- ▶ **Days/Times:** Monday – Friday 8:00am – 5:00pm
- ▶ **Cost:** Varies
- ▶ **Website:** <https://www.metrotampabay.org/about/locations/tampa-ybor>

#### Empath EPIC

- ▶ **Scope of services:** Agency provides services for those living with HIV, trans health, behavioral health, sexual health and advocacy, housing support, and testing
- ▶ **Address:** Multiple locations in Pinellas and Hillsborough counties
- ▶ **Phone:** 727-328-3260/813-237-3066
- ▶ **Days/Times:** Varies based on location
- ▶ **Cost:** Varies
- ▶ **Website:** <https://myepic.org/>

#### Institute for LGBT Health and Wellbeing

- ▶ **Scope of services:** A nonprofit focused on training, education, research, and wellness
- ▶ **Address:** 2109 E. Palm Ave, Ste 201, Tampa, FL 33605
- ▶ **Phone:** 813-609-3699
- ▶ **Days/Times:** Varies
- ▶ **Cost:** Varies
- ▶ **Website:** <https://www.instituteforglbthealth.org/>

### HIV TREATMENT CENTERS

#### Metro Inclusive Health

- ▶ **Scope of services:** Agency provides services for those living with HIV, trans health, behavioral health, sexual health and advocacy, housing support, and pregnancy support
- ▶ **Address:** 2105 N. Nebraska Ave, Tampa, FL 33602
- ▶ **Phone:** 813-232-3808
- ▶ **Days/Times:** Monday – Friday 8:00am – 5:00pm
- ▶ **Cost:** Varies
- ▶ **Website:** <https://www.metrotampabay.org/about/locations/tampa-ybor>

#### Empath Health: EPIC Sexual Health Center

- ▶ **Scope of services:** HIV treatment: testing, prevention, and education
- ▶ **Address:** 4703 N. Florida Ave, Tampa, FL 33603
- ▶ **Phone:** 813-237-3066
- ▶ **Days/Times:** Appointment only
- ▶ **Cost:** Varies
- ▶ **Website:** <https://myepic.org/>