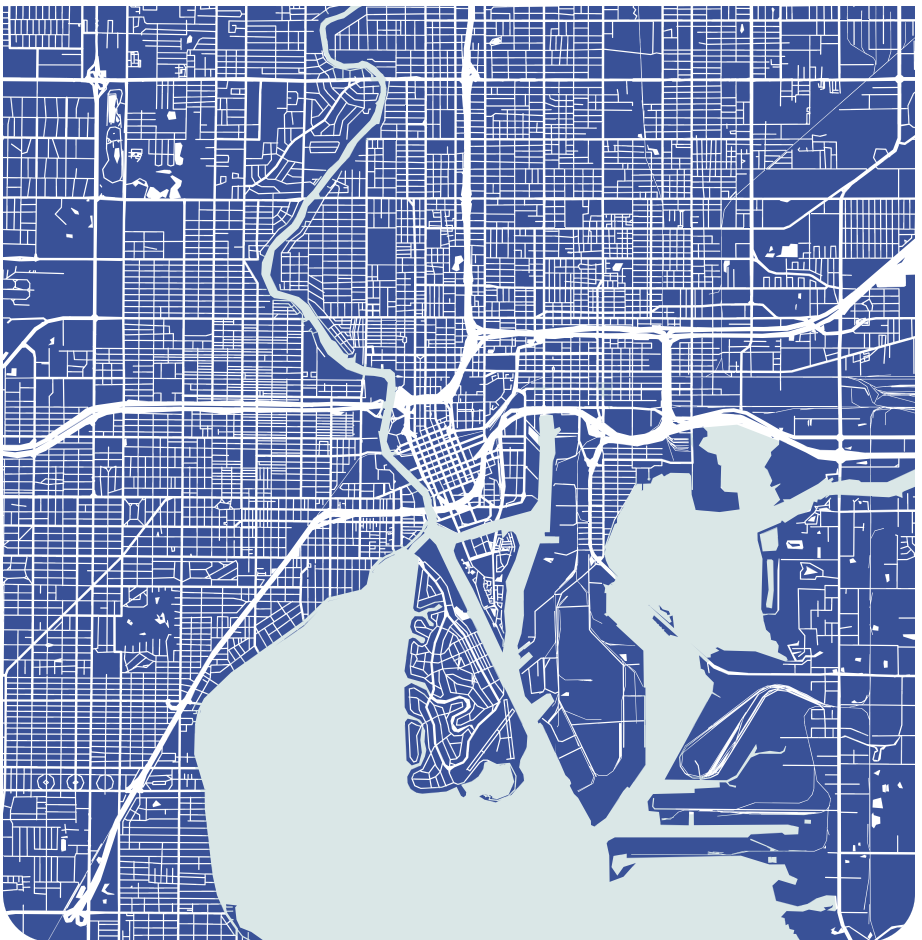




# BEHAVIORAL HEALTH & COMMUNITY RESOURCE GUIDE



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# DRUGS AND THE BRAIN



- Addiction is a brain disease
- Drugs change the structure of the brain and how it works
  - These brain changes can be long-lasting and can lead to harmful behaviors
  - They can also create and spark triggers that bring on drug cravings. This makes it hard to be around your triggers even if you've been drug-free for a long time

## Triggers

A **Trigger** is anything that makes you feel the urge to go back to using drugs because it reminds you of taking a drug and getting high. **Learn your triggers and stay away from them:**

Place	Person	Thing	Smell
Feeling	Picture	Memory	Something stressful

My Triggers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Resources in my area: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Treatment

Treatment is effective in helping people achieve recovery. It can include medication and/or counseling.

## Overdose

Your risk of overdose is very high if you go back to using. Your body can't handle the same amount of drug you used before. If you overdose and don't get treatment immediately, you could die.

## Resources

Find treatment in your area:  
1-800-HELP (4357) or

- [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

In an emergency, call 911 or get to an emergency room. Emergency opioid overdose reversal info:

- [drugabuse.gov/naloxone](http://drugabuse.gov/naloxone)

## For more resources

- [drugabuse.gov/recovery](http://drugabuse.gov/recovery)
- [drugabuse.gov/criminaljustice](http://drugabuse.gov/criminaljustice)
- [drugabuse.gov/treatment](http://drugabuse.gov/treatment)

# HARM REDUCTION: Safer Injecting – ways to reduce risk

## Am I a bad person for using drugs?

You are not a bad person for using drugs, but it is a serious problem that needs to be addressed. Addiction is not a character flaw, but a disease with both physical and mental symptoms. Abused substances cause physical changes to the brain, resulting in cravings, depression and other symptoms. Addiction is a disease that can affect anyone.

## If I am not ready to stop using heroin/opioids, how can I make the process safer?

- Only smoke, snort or inject with others around who can monitor you and give the antidote Naloxone (Narcan), if needed.
- Only use distilled, sterile water to dissolve heroin. Any other water source may cause **serious infection**.
- After sucking the solution into the syringe through the filter, make sure no air bubbles are present in the syringe barrel before the plunger is released. **Injecting air bubbles into the bloodstream can easily result in fatal injury.**
- Inject into the vein in the direction of the heart. If you hit a pulse/artery blood will be bright red and you may feel pressure against the plunger. Apply pressure for 15 minutes, raise the affected limb and go to your local health center.
- AVOID High Risk Areas: neck, legs, feet and groin.

## Remember before you inject

- Use only new, sterile needles and syringes. Get your own works from your local needle exchange.
- Ask your needle exchange for syringe markers/ID's.
- Never share needles or works with another drug user, not even your partner, boyfriend or girlfriend.

## Remember when injecting

- Wash your hands first.
- Don't lick the needle. There are bacteria in your mouth which can get on the needle.
- Use alcohol swabs to sterilize the injection site before and after injection.
- Always inject yourself.
- Take your time. Rushing can mean you make a mistake.
- If sore take the needle out and start again, always using a clean needle.
- Do not swab the area after injecting, just apply pressure.
- Front or back loading is only ok if all equipment is known to be previously unused.
- If there is clotted blood in syringe, consider using the 'up your bum' method.
- Learn to inject with both hands.

**Get regular STD, Hepatitis and HIV testing.**

**If your injection site becomes red or tender, get it checked immediately.**

**\*If you are ready to quit using opioids, please ask your healthcare provider (doctor/nurse) about Tampa General Hospital's Medication Assisted Treatment Pathway.**

# IDEA EXCHANGE TAMPA

THE MOBILE UNIT  
IS OUT  
MONDAY  
THROUGH FRIDAY

## Mobile Syringe Services Program

### LOCATIONS:

**Parking Lot of University Mall near  
Grands Department Store**  
2232 University Square Mall  
Tampa, FL 33612  
Monday and Friday • 12 - 4 p.m.

**Metro Inclusive Health - Ybor**  
2105 N. Nebraska Avenue  
Tampa, FL 33602  
Tuesdays • 6 - 9 p.m.



### PROVIDING:

- Sterile syringes
- HIV/HCV testing and linkage to care
- Wound care
- Education and Information
- Narcan

CONNECT WITH US: (813) 606-9378

[ideaexchangetampa@gmail.com](mailto:ideaexchangetampa@gmail.com)

@ideatpa

#harmreductionworks



## 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.**

### **COVE Behavioral Health**

4422 E. Columbus Dr., Tampa, FL 33605  
813-384-4000 • M-F 8 a.m.-5 p.m.  
855-322-2600 • M-F after 5 p.m.

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

We are your safe harbor. Our mission is to support our community's overall wellness by providing accessible and compassionate behavioral health care [www.covebh.org](http://www.covebh.org)

- Accepts Medicaid and Sliding Scale Payments
- Se Habla Español

### **ACTS**

4612 N. 56th Street, Tampa, FL 33610  
813-367-2565

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

**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**

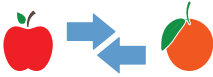
13700 58th Street, N. Building 2  
Suite 209, Clearwater, FL  
727-223-3545

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 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)

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



## 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)



## 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)



## 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).

$$c \leq \frac{1.2}{h}; k = \frac{4}{4EJ} \sqrt{\frac{a_0 b}{4EJ}}$$

## 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=7m> 4) [http://www.asam.org/docs/default-source/abuse/abam\\_imlications\\_for-opioid-addiction-treatment\\_final](http://www.asam.org/docs/default-source/abuse/abam_imlications_for-opioid-addiction-treatment_final) 5) <http://www.samhsa.gov/shin/content/SMA14-4854/SMA14-4854.pdf> 6) [http://www.samhsa.gov/medication-assisted-treatment/legislation-regulations/publines#DATA\\_2000](http://www.samhsa.gov/medication-assisted-treatment/legislation-regulations/publines#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-eligibility-training/> 14) "MAT Maintenance, Treatment, and Superior Outcomes" PowerPoint, Dr. Arthur Williams 15) <http://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/how-long-does-drug-addiction-treatment>



# 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

## 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



### **Camelot Community Mental Health**

1412 Tech Boulevard • Tampa, FL 33619  
813-635-9765  
[www.camelotcommunitycare.org](http://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

### **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

### **The Spring Domestic Violence Hotline**

813-247-7233

### **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

### **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

# 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](http://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](http://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](http://Healthystartcoalition.org)

### The Cove’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 The Cove
- 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



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



Premenstrual Syndrome (PMS)



History of Abuse



Lack of support from family and friends



Financial stress or poverty



Unwanted or unplanned pregnancy

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773 (call or text)

# 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







**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.

**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

**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





**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

**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







**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.

**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.

**St. Lawrence Church**

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

**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 • 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>



## OUR COMMUNITY PARTNERS

**USF Health**  
Morsani College of Medicine

**Tampa General Medical Group** 

**gracepoint**  
THE SOURCE FOR WELLNESS



*Together, We Are More Than Healthcare.*



**Hillsborough County Florida**

**IDEA** EXCHANGE  
TAMPA



**COVE**  
BEHAVIORAL HEALTH



  
**Central Florida**  
Behavioral Health  
Network, Inc.  
*Your Managing Entity*

**METRO**  
INCLUSIVE HEALTH







## NOTES TO ASK MY PROVIDER

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1 Tampa General Circle • Tampa, FL 33606  
**[www.tgh.org](http://www.tgh.org) • 813-844-7000**

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