

Health and Wellness

[Emotional Support Call Line](#)

For those finding it difficult to cope or adapt to the pandemic, there is a free emotional support call line operating 7 days/week from 8 AM to 8 PM. Call Line: 727-524-4464 (Ext. 1001)

[Understanding Trauma Webinar Series](#)

Three-part webinar series currently available for free to bring awareness to our current trauma epidemic and ways of building healthy, healing relationships through self-regulation.

[Building Resilience](#)

Strategies for adapting to life-changing situations and emerging stronger than before.

[Self-Care Strategies](#)

Six strategies from the National Child Welfare Workforce Institute including a variety of free and paid phone apps made for calming, mindfulness, and Zen. Here are a few apps that are free.

[Self-Care Music Playlists](#)

Listening to music can relax the body and mind. The National Child Welfare Workforce Institute has put together a playlist from Spotify and Apple Music.

[Crisis Text Line](#)

Free 24/7, confidential support from trained counselors to people in crisis. Text Option: HOME to 741-741

[National Alliance for Mental Illness \(NAMI\): Pinellas County](#)

Offers free information, referrals, and support to people living with mental health conditions, family members and caregivers, mental health providers and the public. Pinellas County Help Line: 727-791-3434; Peer Support Line: 727-600-5838

[National Domestic Violence and Teen Dating Violence Hotline](#)

Highly-trained expert advocates who are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Phone Option: 800-799-SAFE (7233); Text Option: Text "loveis" to 22522

[Suicide Prevention Lifeline](#)

Lifeline chat connects individuals with counselors for emotional support via web chat; are chat centers are available 24/7 nationwide and accredited by CONTACT USA. To speak to a counselor, call 800-273-TALK (8255). **Lifeline Crisis Chat**: <http://www.contact-usa.org/chat.html>

[Psychology Today](#)

Offers a national directory of therapists, psychiatrists, therapy groups and treatment facility options.



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[Substance Abuse & Mental Health Services Administration \(SAMHSA\) Treatment Referral Helpline](#)

A confidential 24/7 information and treatment referral service for those facing mental and/or substance use disorders (in English and Spanish). Phone Option: 800-662-HELP (4357)

[Trevor Project Lifeline](#)

Provides crisis intervention and suicide prevention services to LGBTQ youth.

Phone Option: 866-488-7386

RECOVERY RESOURCES

[12 Steps.org](#)

Listing of online 12-step meetings on various platforms.

[AI-Anon Electronic Meetings](#)

This forum and recovery chat room for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world.

[Alcoholics Anonymous Online Intergroup](#)

Listing of online meetings from AA Intergroup.

[Narcotics Anonymous](#)

Listing of online meetings provided by NA.

[Smart Recovery Calendar](#) and [Smart Recovery Toolbox](#)

Message board, chat room, online meetings, and online library.

[Adult Children of Alcoholics](#)

Phone and Online Meetings

[In The Rooms \(Online Meetings\)](#)

An online platform supporting a wide range of 12-step and non-12 step meetings

[Bridge Club Virtual Meetings](#)

Meetings are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.

[Families Anonymous Virtual Meetings](#)

Online meetings for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem.

[My Recovery](#)

Online 12-step meetings

