



## A Comprehensive List of Resources for Anyone Struggling with Mental Health During COVID-19 and Beyond

Compiled by Members of Saint Leo University's Collaborative Community Committee, 2021-2022

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We hope that this list of resources can be used and shared by Counseling Services, Student Affairs, the Center for Teaching and Learning, all academic departments and programs, Athletics, and anyone else in the greater Saint Leo community, including undergraduate and graduate students, faculty, staff, administration, and our friends and family.

Florida- or Tampa Bay-specific resources are in yellow.

Saint Leo University-specific resources are in green.

Free or very low-cost therapeutic resources are in purple.

### ● General Mental Health Resources

- [7 cups: Free Online Therapist & Counseling](#)
- [Amwell: Online Therapy](#)
- [Anxiety & Depression Association of America \(ADAA\)](#)
- [ADAA: Support Groups](#)
- [BetterHelp: Online Therapy](#)
- [BlahTherapy: Online Therapy with Free Peer-based Option](#)
- [Body Politic: COVID-19 Support Group](#)
- [CDC: Mental Health](#)
- [Centre for Interactive Mental Health Solutions](#)
- [Crisis Center of Tampa Bay](#)

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*Excellence | Community | Respect | Personal Development | Responsible Stewardship | Integrity*

- [Crisis Text Line](#)
- [Crisis Text Line: Anxiety](#)
- [Crisis Text Line: Coping with Coronavirus](#)
- [Crisis Text Line: Depression](#)
- [Crisis Text Line: Eating Disorders](#)
- [Crisis Text Line: Self-Harm](#)
- [Crisis Text Line: Suicide](#)
- [Depression Bipolar Support Alliance of Tampa Bay](#)
- [The Dinner Party: Online Grief Support Group for 20- and 30-Somethings](#)
- [Dr on Demand: Round-the-clock Therapy and Healthcare](#)
- [Gracepoint: Tampa Crisis Center](#)
- [GriefShare: Online Grief Support Group](#)
- [Headspace: Meditation App](#)
- [Hillsborough County Mindful Mondays Mental Health Resources](#)
- [Huddle: App to Connect People around the World in Shared Safe Spaces](#)
- [iPrevail: Peer-to-peer Online Therapy](#)
- [The LIFE Center of Suncoast, Inc.: Tampa PTSD and Grief Support](#)
- [Made of Millions: Mental Health Advocacy & Education](#)
- [Maven Clinic: Online Therapy for Women and Families](#)
- [MDLive: Psychiatric Telemedicine](#)
- [Mental Health America](#)
- [Mental Health America: COVID-19](#)
- [Mental Health America: Wellness Coping Skills](#)
- [Moodfit: Fitness For Your Mental Health](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [NAMI Hillsborough County](#)
- [NAMI Pasco County](#)
- [Online-Therapy.com](#)
- [Open Path Psychotherapy Collective](#)
- [ReGain: Couples Online Therapy](#)
- [reMind: Depression and Bipolar Support](#)
- [Saint Leo Employee Mental and Behavioral Health Benefits](#)
- [Self: Find an Affordable Therapist](#)
- [Self: Mental Health Books](#)
- [Sleepwell: Sleep Advice During the COVID-19 Pandemic](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Talkspace: Online Therapy](#)
- [Therapy Den: Comprehensive List of Therapists](#)
- [Virus Anxiety: Care for Your Coronavirus Anxiety](#)
- [Wisdo: Online Human Connection](#)

- [ZenCare: Virtual Groups for Support & Connection During Coronavirus](#)

## **Mental Health Resources for Specific Communities and Demographics:**

- **Active-Duty Service Members and Veterans**
  - [Coming Home Project: Reintegration Program for Veterans](#)
  - [eBenefits: Veterans Affairs and Department of Defense Benefits](#)
  - [Florida Department of Veterans Affairs](#)
  - [Grace After Fire: Support for Women Veterans](#)
  - [Health.mil: Military Health Center](#)
  - [Help For Our Heroes: Support for Veterans and First Responders with PTSD](#)
  - [Hillsborough County Veterans Services](#)
  - [Homecoming for Veterans: Support for Veterans Suffering from PTSD](#)
  - [Make the Connection: Veterans' Experiences](#)
  - [Mental Health America: Military Mental Health](#)
  - [Mental Health Resources for Veterans](#)
  - [Military One Source: Support for Military Personnel & Families](#)
  - [Military Tuition Assistance](#)
  - [National Alliance on Mental Illness: Veterans & Active Duty](#)
  - [National Resource Directory: Connects Veterans to Support Services](#)
  - [Safe Helpline: For Department of Defense Community Members Affected by Sexual Assault](#)
  - [Saint Leo University Military Benefits FAQs](#)
  - [Saint Leo University Military Student Resources](#)
  - [Suicide Prevention Lifeline: Veterans](#)
  - [Too Much to Lose: Defense Department Education Campaign](#)
  - [TRICARE: Defense Health Agency](#)
  - [US Department of Veterans Affairs: VA Benefits and Health Care](#)
  - [US Department of Veterans Affairs: Caregiver Support Program](#)
  - [US Department of Veterans Affairs: GI Bill Benefits Information](#)
  - [US Department of Veterans Affairs: Mental Health](#)
  - [US Department of Veterans Affairs: National Call Center for Homeless Veterans](#)
  - [US Department of Veterans Affairs: National Center for PTSD for Older Adults](#)
  - [US Department of Veterans Affairs: Tampa Vet Center](#)
  - [US Department of Veterans Affairs: Vet Centers](#)
  - [Valor 4 Vet: Medical Experts for Veteran Disability Claims](#)
  - [Vehicles for Veterans: Mental Health Resources for Veterans](#)

- [Veterans Crisis Line](#)
- [Veteran Business Ideas: Veteran Guide to Starting and Owning a Business](#)
- [Veterans Families United: Empowering Veterans and their Families](#)
- [Warriors Heart: Addiction and PTSD Treatment](#)
- [Wounded Warrior Project: Helping those Living with PTSD](#)
  
- **BIPOC Community Members and/or Ethnic Minorities**
  - [African American Mental Health Providers](#)
  - [AfricanAmericanTherapists.com](#)
  - [All My Relations Podcast: Native Representations](#)
  - [American Psychological Association: Multicultural Aging](#)
  - [American Psychological Association: Native American Indian & Alaska Native Heritage](#)
  - [Anxiety & Depression Association of America: Asian Americans/Pacific Islanders](#)
  - [Anxiety & Depression Association of America: Black Community](#)
  - [Anxiety & Depression Association of America: Latinx/Hispanic Communities](#)
  - [Asian American Psychological Association](#)
  - [Asians Do Therapy](#)
  - [Asians Do Therapy Podcast](#)
  - [Asian Mental Health Collective](#)
  - [BEAM: Black Emotional and Mental Health](#)
  - [Behavioral Health: Indian Health Service](#)
  - [Blackline: Crisis Call Center](#)
  - [Black Mental Health Alliance](#)
  - [Black Mental Matters Podcast](#)
  - [Black Therapist Podcast](#)
  - [Black Therapists Rock](#)
  - [Casa de Esperanza: Mobilizes Latinas and Latin@ Communities to End Gender-Based Violence](#)
  - [Cambodian Association of America](#)
  - [Center for Native American Youth](#)
  - [DEQH: Desi LGBTQ+ Helpline for South Asians](#)
  - [Ethel's Club: Healing and Joy for People of Color](#)
  - [Ethnic Counselors](#)
  - [Incite! Women of Color Against Violence](#)
  - [Inclusive Therapists](#)
  - [Korean American Perspectives Podcast](#)
  - [Latinx Therapy](#)
  - [Latinx Therapy Podcast](#)

- [LGBTQ Psychotherapists of Color](#)
- [Manavi: South Asian Women Anti-Violence Collective](#)
- [Melanin Mental Health Therapy](#)
- [Mental Health 4 Muslims](#)
- [Mental Health America: Asian American/Pacific Islander Communities and Mental Health](#)
- [Mental Health America: BIPOC and LGBTQ COVID-19 Resources](#)
- [Mental Health America: Black and African American Communities and Mental Health](#)
- [Mental Health America: Latinx/Hispanic Communities and Mental Health](#)
- [Mental Health America: Native and Indigenous Communities and Mental Health](#)
- [Minding My Black Business Podcast](#)
- [Minority Health Resource Center](#)
- [Muslim Mental Health](#)
- [Muslim Wellness Foundation](#)
- [National Alliance for Hispanic Health](#)
- [National Alliance on Mental Illness: Asian American and Pacific Islander](#)
- [National Alliance on Mental Illness: Black/African American](#)
- [National Alliance on Mental Illness: Hispanic/Latinx](#)
- [National Alliance on Mental Illness: Indigenous](#)
- [National Asian American Pacific Islander Mental Health Association](#)
- [National Association of the Deaf](#)
- [National Indian Health Board](#)
- [National Jewish Health](#)
- [The Society of Indian Psychologists](#)
- [Suicide Prevention Lifeline: Ayuda en Espanol](#)
- [Suicide Prevention Lifeline: Native Americans and Alaskan Natives](#)
- [Native Americans for Community Action](#)
- [Open Path Psychotherapy Collective](#)
- [Ourselves Black Directory](#)
- [Psychology Today Directory of African American Therapists](#)
- [Psychology Today Directory of Asian American Therapists](#)
- [Psychology Today Directory of Hispanic and Latino Therapists](#)
- [Psychology Today Directory of Native American Therapists](#)
- [Roma Support Group](#)
- [The Safe Place: Mental Health App for the Black Community](#)
- [SAMHSA: Asian American, Native Hawaiian, and Pacific Islander](#)
- [SAMHSA: Black/African American](#)
- [SAMHSA: Hispanic/Latino](#)

- [SAMHSA: Tribal Affairs](#)
- [Sistah Afya Community Mental Wellness: Support for Young Black Women](#)
- [The Steve Fund Crisis Textline: Support for Young People of Color](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Girls Podcast](#)
- [Therapy for Latinx](#)
- [Women of Color Network](#)
- **Domestic Abuse and/or Sexual Assault Survivors**
  - [Aging in Place: Guide to Recognizing Elder Abuse and Knowing Your Rights](#)
  - [Asian and Pacific Islander Institute on Domestic Violence](#)
  - [Battered Women's Justice Project](#)
  - [Casa de Esperanza: Mobilizes Latinas and Latin@ Communities to End Gender-Based Violence](#)
  - [The Circle: Weekly Support for Sexual Assault Survivors \(Tampa Bay\)](#)
  - [Covenant House "NineLine" Hotline: Youth in Need](#)
  - [Day One: Sexual Assault Survivor Group](#)
  - [Deaf Abused Women's Network](#)
  - [DomesticShelters.org Victims and Survivors Community- Facebook](#)
  - [Domestic Violence Initiative: Advocates for Persons with Disabilities who are Victims of Abuse](#)
  - [Fort Refuge: Online Abuse Survivors Community](#)
  - [Futures Without Violence: End Violence against Women and Children](#)
  - [Hope Recovery: Online Support Groups and Workshops](#)
  - [Incite! Women of Color Against Violence](#)
  - [Love is Respect: Healthy Relationships for Young People](#)
  - [Manavi: South Asian Women Anti-Violence Collective](#)
  - [Minnesota Coalition Against Sexual Assault: Common Reactions to Sexual Assault](#)
  - [Minnesota Coalition Against Sexual Assault: How Do I Get a Copy of My Police Report?](#)
  - [Minnesota Coalition Against Sexual Assault: Non-Stranger Sexual Assault](#)
  - [Minnesota Coalition Against Sexual Assault: Resources & Tools for Victims/Survivors of Violence During COVID-19](#)
  - [Minnesota Coalition Against Sexual Assault: Survivor Speaking Tips](#)
  - [Minnesota Coalition Against Sexual Assault: Tips for Finding the Right Mental Health Professional](#)
  - [National Center on Domestic Violence, Trauma & Mental Health](#)
  - [National Center on Elder Abuse](#)
  - [National Center for Victims of Crime](#)

- [National Child Abuse Hotline](#)
  - [National Clearinghouse on Abuse in Later Life](#)
  - [National Coalition Against Domestic Violence](#)
  - [National Domestic Violence Hotline](#)
  - [The National Runaway Safeline](#)
  - [The National Sexual Assault Coalition Resource Sharing Project](#)
  - [National Sexual Assault Hotline](#)
  - [National Sexual Violence Resource Center](#)
  - [Safe Helpline: For Department of Defense Community Members Affected by Sexual Assault](#)
  - [Safe Place: National Youth Outreach and Prevention Program](#)
  - [Safe Place and Rape Crisis Center](#)
  - [Sexual Violence Justice Institute: Civil Damages for Sexual Violence](#)
  - [Sexual Violence Justice Institute: Civil Protective Orders](#)
  - [Title IX: Saint Leo University](#)
  - [WomensLaw.org: Florida](#)
  - [Youth.gov: Electronic Aggression and Teen Dating Violence](#)
- **LGBTQ+ Community Members**
    - [The Association of LGBTQ+ Psychiatrists](#)
    - [Blackline: Crisis Call Center](#)
    - [CDC LGBT Youth Resources](#)
    - [CDC: Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens](#)
    - [Center of Excellence: LGBTQ+ Behavioral Health Equity](#)
    - [DEQH: Desi LGBTQ+ Helpline for South Asians](#)
    - [Family Acceptance Project](#)
    - [Gay, Lesbian & Straight Education Network \(GLSEN\)](#)
    - [The Gay and Lesbian Alliance Against Defamation \(GLAAD\)](#)
    - [GLMA Health Professional Advancing LGBTQ Equality](#)
    - [Human Rights Campaign](#)
    - [Inclusive Therapists](#)
    - [It Gets Better Project: Resources and Support for LGBTQ+ Youth](#)
    - [LBGT National Health Center](#)
    - [LGBT National Hotline](#)
    - [LGBT National Youth Talkline](#)
    - [LGBTQ Psychotherapists of Color](#)
    - [Love is Respect: LGBTQ+](#)
    - [Mental Health America: BIPOC and LGBTQ COVID-19 Resources](#)
    - [Metro Tampa Bay: LGBTQ+ Community Programming](#)
    - [National Alliance on Mental Illness: LGBTQI](#)

- [National Immigrant Justice Center: LGBTQ Immigrants](#)
  - [National Center for Transgender Equality](#)
  - [The National Runaway Safeline](#)
  - [National Queer and Trans Therapists of Color Network](#)
  - [Nationwide Resources for Undocumented Communities \(By State\)](#)
  - [Online Therapy Resources for the LGBTQ+ Community](#)
  - [Parents, Families, and Friends of Lesbians and Gays \(PFLAG\)](#)
  - [Pride Counseling: Professional Therapy for the LGBTQ Community](#)
  - [Pride Institute: Unique Treatment for the LGBTQ+ Community](#)
  - [Q Chat Space: Digital LGBTQ+ Center](#)
  - [Open Path Psychotherapy Collective](#)
  - [Rainbow Health: LGBTQ+ Healthcare](#)
  - [SAGE: LGBT Older Adults and Health Disparities](#)
  - [SAGE: National Resource Center on LGBT Aging](#)
  - [SAMHSA: Helping Families to Support their LGBT Children](#)
  - [SAMHSA: LGBT](#)
  - [Suicide Prevention Lifeline: LGBTQ+](#)
  - [Trans Lifeline: Peer Support for the Transgender Community](#)
  - [Trans Student Educational Resources](#)
  - [The Trevor Project: Suicide Prevention and Crisis Intervention Center for LGBTQ+ Youth](#)
  - [True Colors United: LGBTQ Youth Homelessness Center](#)
- **Immigrants and/or Refugees**
    - [Alliance for Immigrant Survivors](#)
    - [The Coalition for Immigrant Mental Health](#)
    - [Define America: Telling Authentic Immigrant Stories](#)
    - [Florida Department of Children and Families: Refugee Services](#)
    - [Immigrants Rising: Tangible Support for Undocumented Communities During COVID-19](#)
    - [Informed Immigrant: Undocumented Immigrant Services](#)
    - [Lutheran Services Florida: Refugee Support](#)
    - [Migrant Education Program](#)
    - [National Center for Immigrant and Refugee Rights](#)
    - [National Immigrant Justice Center](#)
    - [National Immigrant Justice Center: LGBTQ Immigrants](#)
    - [Protecting Immigrant Families](#)
    - [Remember the Dreamers: Working with Dreamer and DACA Recipients](#)
    - [SAMHSA: Refugee Behavioral Health](#)
    - [Things I'll Never Say: Platform for Undocumented Young People](#)



- [The Undocumented Migration Project](#)
- [UndocuWisdom: Resources for Undocumented Immigrants](#)
- [United We Dream: Undocumented Immigrant Youth-led Community](#)
- [VeryWellMind: Mental Health Resources for U.S. Immigrants](#)
- **Parents**
  - [Alliance of Hope: Support for Suicide Loss Survivors](#)
  - [Balanced Mind Parent Network](#)
  - [Boober: Mental Health Support for Pregnancy, Birth, and Postpartum](#)
  - [Boot Camp for New Dads](#)
  - [CDC: Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens](#)
  - [Center for Childhood Resilience](#)
  - [Center for Young Women's Health- Parents](#)
  - [Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)
  - [The Check-in Project: Mental Health Resources for Parents](#)
  - [Child Mind Institute: Resources for Children's Mental Health](#)
  - [Coronavirus Parents Facebook Page](#)
  - [COVIBOOK Mindheart: Supporting and Reassuring Children around the World](#)
  - [The "COVID-19 Baby" Parents Facebook Group](#)
  - [Dad Central: Online Fatherhood Resources](#)
  - [Fathers Mental Health](#)
  - [Florida Department of Children and Families: Refugee Services](#)
  - [Florida Mental Health Resources for Students by District \(Scroll Down\)](#)
  - [Forefront: Supporting Your College Student through Mental Health Challenges](#)
  - [Juvenile Bipolar Research Foundation](#)
  - [Kelty Mental Health Resource Center](#)
  - [Kids Health: PTSD](#)
  - [Kids Mental Health](#)
  - [Maven Clinic: Online Therapy for Women and Families](#)
  - [Mental Health America: Resources for Caregivers and Parents](#)
  - [The Motherhood Center](#)
  - [Mothers' Mental Health](#)
  - [MOPS: Mothers of Preschoolers](#)
  - [National Alliance on Mental Illness](#)
  - [National Eating Disorders Association](#)
  - [The National Child Traumatic Stress Network](#)
  - [National Federation of Families](#)

- [National Parent Helpline](#)
  - [Pasco County Schools](#)
  - [Parents, Families, and Friends of Lesbians and Gays \(PFLAG\)](#)
  - [ParentsMedGuide.org](#)
  - [Partnership to End Addiction](#)
  - [Pediatric Pain Warrior: Resources and Support for Children with Chronic Pain and their Families](#)
  - [Postpartum Support International](#)
  - [Pregnancy Loss Support Program](#)
  - [ReachOut Parents: Teen Mental Health Support and Resources](#)
  - [The Society for Adolescent Health and Medicine \(SAHM\) App- THRIVE](#)
  - [SAMHSA: Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event](#)
  - [SAMHSA: Helping Families to Support their LGBT Children](#)
  - [Single Mom University: Support and Resources for Single Mothers](#)
  - [Single Parents Facebook Support Group](#)
  - [Solo Parent Society](#)
  - [StopBullying.gov](#)
  - [Teen Counseling](#)
  - [The Well Parents Centre: Mental Health Center for Parents and Parents-to-be](#)
  - [Young Men's Health- Parents](#)
  - [Zero to Three: Helping Young Children Cope After Exposure to a Traumatic Event](#)
- **People with Disabilities and/or Chronic Illness**
    - [1800 Wheelchair: Physical Disabilities and Mental Health Abilities.com: The Resource for the Disability Community](#)
    - [American Chronic Pain Association](#)
    - [The Arc: For People with Intellectual and Developmental Disabilities](#)
    - [Beyond My Battle: Online Resources and Support for People with Medical Diagnoses](#)
    - [Caring Bridge: How to Find and Join a Cancer Support Group](#)
    - [CDC: Mental Health and Chronic Diseases](#)
    - [CDC: The Mental Health of People with Disabilities](#)
    - [Chronic Pain Anonymous](#)
    - [Chronic Pain Support Group](#)
    - [COVID-19 Survival Guide](#)
    - [Cure: Find a Disability-Related Peer Group Near You](#)
    - [Deaf Abused Women's Network](#)

- [Deaf Counseling Center](#)
- [Disability Support Group- Facebook](#)
- [Disability Rights Florida](#)
- [Domestic Violence Initiative: Advocates for Persons with Disabilities who are Victims of Abuse](#)
- [Empowerment through Employment: Bridging the Employment Gap for People with Disabilities](#)
- [Global Healthy Living Foundation: 10 Resources for People Living with Chronic Illness](#)
- [HealthGuide: Long COVID](#)
- [Leukemia & Lymphoma Society](#)
- [Long Covid Support](#)
- [Long Covid Support Group- Facebook](#)
- [Mental Health Institute: Co-Occurring: Mental Health and Chronic Illness](#)
- [The Mighty: Chronic Illness Community](#)
- [myHealthTeams: Social Networks for People with Chronic Conditions](#)
- [myHIVteam](#)
- [National Alliance on Mental Illness: People with Disabilities](#)
- [National Cancer Institute: Support Groups](#)
- [National Institute of Mental Health: Chronic Illness and Mental Health](#)
- [Open Path Psychotherapy Collective](#)
- [Pain Collective: Support Groups for Chronic Pain](#)
- [Pain Doctor: Online Support Groups and Forums](#)
- [Patients Rising: The Close Link between Mental Health and Chronic Disease](#)
- [Pediatric Pain Warrior: Resources and Support for Children with Chronic Pain and their Families](#)
- [Psychology Today: Chronic Pain Support Groups in Florida](#)
- [Your Cancer Story: Community Support](#)
- **People Facing Food Insecurity, Homelessness, and/or Other Financial Difficulty**
  - [2-1-1: Comprehensive Source of Information about Local Resources and Services](#)
  - [American Financial Resources: COVID-19 Financial Resources](#)
  - [Benefits.gov: Coronavirus Resources](#)
  - [CDC: Food and Food System Resources During COVID-19 Pandemic](#)
  - [Check Shelter Availability \(Florida\)](#)
  - [Coalition for the Homeless of Pasco County](#)
  - [Covenant House Florida](#)
  - [Covenant House “NineLine” Hotline: Youth in Need](#)
  - [Equality Florida](#)

- [Feeding America: Find Your Local Food Bank](#)
- [Feeding Florida](#)
- [Food Finder](#)
- [Gracepoint Homeless Services](#)
- [Health Poverty Action](#)
- [Hillsborough County: Easy to Make Meals](#)
- [Hillsborough County: Food for Pets](#)
- [Hillsborough County: Getting Help](#)
- [Homeless Shelters Directory](#)
- [Humane Society of Tampa Bay: Animeals \(Monthly Free Dog or Cat Food Home Deliveries\)](#)
- [Meals on Wheels](#)
- [Metropolitan Ministries: Serving Local Families in Need in Tampa Bay](#)
- [National Alliance to End Homelessness](#)
- [National Coalition for the Homeless](#)
- [Resources for Living](#)
- [Safe Place: National Youth Outreach and Prevention Program](#)
- [Saint Leo: Employee Assistance Program](#)
- [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Tampa Bay Sober Living](#)
- [Tampa Crossroads: Behavioral Wellness, Housing, and Employment Services](#)
- [Temporary Assistance for Needy Families \(TANF\)](#)
- [True Colors United: LGBTQ Youth Homelessness Center](#)
- [USDA: Find Meals for Kids When Schools are Closed](#)
- [USF: Homeless Resources](#)
- [Unite Us: Connecting Health and Social Care](#)
- [Unique Ladies of Tampa: Transitional Housing and Addiction Treatment Services](#)
- [USA.gov: COVID Financial Assistance](#)
- **People Struggling with Alcoholism and/or Addiction**
  - [Above the Influence: National Youth Anti-Drug Campaign](#)
  - [Adult Children of Alcoholics World Service Organization](#)
  - [Al-anon: Help and Hope for Families and Friends of Alcoholics](#)
  - [AlaTeen: A Place for Teens Affected by Someone Else's Alcoholism](#)
  - [Alcoholics Anonymous](#)
  - [American Addiction Centers](#)

- [Find Recovery: Substance Abuse, Alcoholism & Addiction Recovery Resources](#)
  - [Florida Alcohol and Drug Abuse Association](#)
  - [Florida Alcohol and Drug Abuse Association: COVID-19 Resources and Information](#)
  - [Lions Care: Alcohol and Other Drugs](#)
  - [National Institute on Drug Abuse](#)
  - [Narcotics Anonymous](#)
  - [Partnership to End Addiction](#)
  - [Pride Institute: Unique Treatment for the LGBTQ+ Community](#)
  - [Recovery Research Institute: Peer-Based Recovery Support](#)
  - [Substance Abuse and Mental Health Services Administration \(SAMHSA\)'s National Helpline](#)
  - [Tampa Bay Sober Living](#)
  - [Tampa Crossroads: Behavioral Wellness, Housing, and Employment Services](#)
  - [Unique Ladies of Tampa: Transitional Housing and Addiction Treatment Services](#)
- **Senior Citizens or their Caregivers**
    - [Aging in Place: Guide to Recognizing Elder Abuse and Knowing Your Rights](#)
    - [Aging UnLonely: Programs and Initiatives to Combat Loneliness in Older Adults](#)
    - [American Psychological Association: Caregiver Briefcase](#)
    - [American Psychological Association: Connecting with Caregivers](#)
    - [American Psychological Association: Elder Abuse and Neglect](#)
    - [American Psychological Association: How Older Adults Can Prepare for Disasters](#)
    - [American Psychological Association: Multicultural Aging](#)
    - [Art of Healthy Living: How to Care for a Parent with Dementia](#)
    - [Coping with Extreme Heat- Caregivers](#)
    - [Department of Elder Affairs: State of Florida](#)
    - [Diverse Elders Coalition: Advocating for Elders of Color](#)
    - [Eldercare Workforce Alliance: Toolkit for Advocate of Older Adults Who Are Dually Eligible for Medicare and Medicaid](#)
    - [Family Matters: How to Introduce Seniors to Video Chatting to Combat Loneliness](#)
    - [Geriatric Mental Health Foundation](#)
    - [Hillsborough County Aging Services](#)
    - [Medicare Preventive Services](#)

- [Medicare Wellness Visits](#)
- [Mental Health America: Aging Well](#)
- [Mental Health America: Anxiety in Older Adults](#)
- [Mental Health America: Resources for Caregivers and Parents](#)
- [National Alliance for Caregiving](#)
- [National Alzheimer's and Dementia Resource Center](#)
- [National Center on Elder Abuse](#)
- [National Clearinghouse on Abuse in Later Life](#)
- [National Coalition on Mental Health and Aging](#)
- [The National Council on Aging](#)
- [North Tampa Behavioral Health: Depression in Seniors Treatment Center](#)
- [Rosalynn Carter Institute for Caregivers](#)
- [SAMHSA: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health](#)
- [SAMHSA: Psychosocial Interventions for Older Adults with Serious Mental Illness](#)
- [SAMHSA: Resources for Older Adults](#)
- [SAMHSA: Treatment of Depression in Older Adults EBP Kit](#)
- [SAGE: LGBT Older Adults and Health Disparities](#)
- [SAGE: National Resource Center on LGBT Aging](#)
- [Suicide Prevention Resource Center: Increased Access to Mental Health Care for Older Adults](#)
- [Suicide Prevention Resource Center: Reducing Loneliness and Social Isolation Among Older Adults](#)
- [US Department of Veterans Affairs: National Center for PTSD for Older Adults](#)
- **Young Adults: College Students, High School Students, and Teenagers**
  - [Above the Influence: National Youth Anti-Drug Campaign](#)
  - [AlaTeen: A Place for Teens Affected by Someone Else's Alcoholism](#)
  - [Boys Town: Youth Care Services](#)
  - [Campus Unlonely: Programs and Initiatives to Combat Loneliness in College Students](#)
  - [CDC LGBT Youth Resources](#)
  - [Center for Native American Youth](#)
  - [Center for Young Women's Health](#)
  - [Child Help Hotline and Resources for Teens](#)
  - [Covenant House "NineLine" Hotline: Youth in Need](#)
  - [Dougy Center: Grief Support for Teens](#)
  - [Florida College System Mental Health Resources](#)

- [Forefront: Supporting Your College Student through Mental Health Challenges](#)
- [GirlsHealth.gov](#)
- [The Gay and Lesbian Alliance Against Defamation \(GLAAD\)](#)
- [Go Ask Alice!: Healthcare Answers for Young People](#)
- [It Gets Better Project: Resources and Support for LGBTQ+ Youth](#)
- [The Jed Foundation: Mental Health Resource Center](#)
- [LGBT National Youth Talkline](#)
- [Love is Respect: Healthy Relationships for Young People](#)
- [Mental Health First Aid: Teens](#)
- [Mindfulness for Teens](#)
- [Mississippi State Department of Health: Resources and Helpful Links for Teens and Young Adults](#)
- [National Alliance on Mental Illness: Mental Health in College](#)
- [National Institute on Drug Abuse for Teens](#)
- [The National Runaway Safeline](#)
- [Nod: App for Addressing Loneliness on College Campuses](#)
- [Planned Parenthood for Teens](#)
- [Q Chat Space: Digital LGBTQ+ Center](#)
- [Reach Out: Teen Mental Health Support and Resources](#)
- [Remember the Dreamers: Working with Dreamer and DACA Recipients](#)
- [Safe Place: National Youth Outreach and Prevention Program](#)
- [Sistah Afya Community Mental Wellness: Support for Young Black Women](#)
- [Society for Adolescent Health and Medicine](#)
- [Saint Leo University Airport Shuttle Information](#)
- [Saint Leo University Counseling Services](#)
- [Saint Leo University Lion's Express Shuttle](#)
- [The Steve Fund Crisis Textline: Support for Young People of Color](#)
- [Suicide Prevention Lifeline: Youth](#)
- [Teen Counseling](#)
- [Teens Health](#)
- [Teen Mental Health](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Girls Podcast](#)
- [Things I'll Never Say: Platform for Undocumented Young People](#)
- [Trans Student Educational Resources](#)
- [The Trevor Project: Suicide Prevention and Crisis Intervention Center for LGBTQ+ Youth](#)
- [True Colors United: LGBTQ Youth Homelessness Center](#)
- [ULifeline: Mental Health Resources for College Students](#)

- [United We Dream: Undocumented Immigrant Youth-led Community](#)
- [Yale Program in Addictive Medicine: COVID-19 Guidance for Youth](#)
- [YOU at College: Mental Health and Well-being Solutions that Build Resilient Students](#)
- [Young Men's Health](#)
- [Youth.gov: Electronic Aggression and Teen Dating Violence](#)

**Disclaimer:**

The Saint Leo University Senate's Collaborative Community Committee is providing this list of mental health resources that it believes contains information and material that may be helpful to the Saint Leo University community. The provision of this information or links to the websites of other organizations that deal with issues related to mental health does not indicate any endorsement of the referenced organization or of the content or purposes of that organization by Saint Leo University, its Board of Trustees, faculty or staff (together, "Saint Leo University"). Saint Leo University is not responsible or liable in any way for the representations, warranties, materials, research, products, services, actions, activities, negligence or malfeasance of any listed organization. Further, Saint Leo University is not liable for any action you or others may take based in any way on any information or link provided. This information should not replace consultation with your doctor or other qualified mental health providers and/or specialists. If you believe you or another individual is suffering a mental health crisis or other medical emergency, contact your doctor immediately, seek medical attention immediately in an emergency room or call 911.