

**USF Wellness resources (in addition to SOS/SOCAT at <https://www.usf.edu/student-affairs/student-outreach-support/>):**

USF provides Health and Wellness services to students on all campuses through several offices. You can check out [usf.edu/wellness](https://www.usf.edu/wellness) for a wide variety of health promotion tools and resources. Students who may have questions about how to utilize counseling services, coaching or health education this fall can be directed to these websites:

### **Tampa campus**

<https://www.usf.edu/student-affairs/wellness/about-us/wellness-services-during-march-may.aspx>  
<https://www.usf.edu/student-affairs/counseling-center/what-we-do/make-appointment.aspx>

USF Tampa Counseling Center

For appointments call: 813-974-2831

For crisis after hours call: 813-974-2831; press option 3 to speak with a licensed mental healthcare professional

### **St. Petersburg campus**

<https://www.stpetersburg.usf.edu/student-life/wellness/about/changes-to-operations.aspx>

USF St. Petersburg Wellness Center

For appointments call: 727-873-4422; press option 3

For crisis after hours call: 727-873-4422

### **Sarasota-Manatee campus**

<https://www.sarasotamanatee.usf.edu/campus-life/health-and-safety/counseling-and-wellness-center/index.aspx/self-help-tools/cwc-recommended-resources/>

USF Sarasota Manatee Counseling & Wellness Center

For appointments call: 941-487-4254

For crisis pertaining to crime, sexual assault, partner violence call a Victim's Advocate: 941-504-8599

For immediate and long-term mental health services in the area call Bayside Center for Behavioral Health: 941-917-7760

Also, there are several options for learning more about maintaining well-being, especially during stressful times:

- Feel Better Now: access resources for practicing meditation, positive thinking, and healthy coping options:
  - <https://www.usf.edu/student-affairs/counseling-center/feel-better-now/index.aspx>
  - <https://www.stpetersburg.usf.edu/student-life/wellness/prevention-services/tao.aspx>
- Virtual Health Education: Access tools and resources related to sleep, stress management, substance use, and overall well-being:
  - Tampa campus
    - <https://www.usf.edu/student-affairs/wellbeing/health-topics/virtual-health-education.aspx>

- St. Petersburg campus
  - <https://www.stpetersburg.usf.edu/student-life/wellness/prevention-services/index.aspx>
- Sarasota-Manatee campus
  - <https://www.sarasotamanatee.usf.edu/campus-life/health-and-safety/counseling-and-wellness-center/index.aspx/self-help-tools/cwc-recommended-resources/>
- Blogs on mental health, including depression and anxiety:
  - <https://bewellusf.com/2019/03/19/physical-signs-you-might-be-anxious/>
  - <https://bewellusf.com/2019/03/19/physical-signs-you-might-be-anxious-2/>
- Take an online mental health screen:
  - Tampa campus
    - <https://www.usf.edu/student-affairs/wellness/services/online-tools/tao.aspx>
  - St. Petersburg campus
    - <https://www.stpetersburg.usf.edu/student-life/wellness/prevention-services/self-help/mental-health.aspx>
  - Sarasota-Manatee campus
    - <https://www.sarasotamanatee.usf.edu/campus-life/health-and-safety/counseling-and-wellness-center/counseling-services.aspx>
- Learn about Counseling drop-in groups, counseling groups, and individual services:
  - Tampa campus
    - <https://www.usf.edu/student-affairs/counseling-center/>
  - St. Petersburg campus
    - <https://www.stpetersburg.usf.edu/student-life/wellness/psychological-services/index.aspx>
  - Sarasota-Manatee campus
    - <https://www.sarasotamanatee.usf.edu/campus-life/health-and-safety/counseling-and-wellness-center/counseling-services.aspx>

## **ADDITIONAL UNIVERSITY RESOURCES**

University Police

9-1-1 or 813-974-2628

<https://www.usf.edu/administrative-services/university-police/your-safety/index.aspx>

One Students of Concern Assistance Team (SOCAT) Information

<https://www.usf.edu/student-affairs/student-outreach-support/socat/sos-and-socat.aspx>

One USF Counseling Information

<https://www.usf.edu/student-affairs/counseling-center/about-us/one-usf.aspx>

## **LOCAL RESOURCES**

Crisis Center of Tampa Bay

2-1-1

<https://www.crisiscenter.com/what-we-do/2-1-1-contact-center/>

General Listing of Resources in the Tampa Bay Area

<https://www.tbmentalhealth.org/resources-for-mental-health/>

## **GLOBAL RESOURCES**

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org/>

Veterans Crisis Line

1-800-273-8255 (and Press 1)

Text 838255

1-800-799-4889 (Support for deaf and hard of hearing)

<https://www.veteranscrisisline.net/>

National Alliance on Mental Illness (NAMI)

1-800-950-6264 (1-800-950-NAMI)

<https://namiflorida.org/crisis-info/>

National Suicide Prevention Hotline

1-800-784-2433 (1-800-SUICIDE)

1-800-273-8255

<https://www.tbmentalhealth.org/resources-for-mental-health/>