

## Mental Health Student Resource Guide

### On-Campus Resources

#### **USF Counseling Center**

4202 E. Fowler Avenue, SVC 2124 (Student Services)

Tampa, FL 33620

813.974.2831

<https://www.usf.edu/student-affairs/counseling-center/>

- Schedule an appointment or walk-in for urgent needs

#### **USF Center for Student Wellbeing**

4202 E. Fowler Avenue, SVC 2127 (Student Services)

Tampa, FL 33612

813.974.3064

<https://www.usf.edu/student-affairs/wellbeing/health-topics/mental-health.aspx>

- Provides information and resources for mental health

#### **USF Center for Victim Advocacy**

##### **Tampa Campus**

4202 E. Fowler Avenue, SVC 2057 (Student Services)

Tampa, FL 33620

813.974.5756

24/7 Victim Helpline: 813.974.5757

##### **St. Petersburg Campus**

140 7th Avenue South, SLC 2200 (Student Life Center)

St. Petersburg, Florida 33701

727.873.4422

<https://www.usf.edu/student-affairs/victim-advocacy/contact-us/index.aspx>

#### **USF Student Outreach & Support**

##### **Tampa Campus**

12100 Leroy Collins Blvd, ALN 151 (John & Grace Allen Building)

Tampa, FL 33620

813.974.6130



### **St. Petersburg Campus**

140 7<sup>th</sup> Avenue S., PMN (Piano Man Building)

St. Petersburg, FL 33701

813.974.6130

<https://www.usf.edu/student-affairs/student-outreach-support/resources/mental-health-resources.aspx>

- Provides a variety of individualized mental health resources including, but not limited to: (1) psychiatry, (2) eating disorders, (3) substance abuse, (4) LGBTQ+ friendly therapists

## **State/Local Resources**

### **Crisis Center of Tampa Bay**

1 Crisis Center Plaza

Tampa, Florida 33613-1238

(813) 964-1964

Call '211' for 24/7 Hotline

<https://www.crisiscenter.com/>

- Directs you to specific services for sexual trauma, substance abuse, suicide prevention, etc.

### **Hope for Healing Florida:**

<https://www.norhtampabehavioralhealth.com/>

- Search for mental health and substance abuse providers

### **North Tampa Behavioral Health**

29910 SR-56

Wesley Chapel, FL 33543

813.973.8567

<https://www.norhtampabehavioralhealth.com/>

- Treatment program for substance abuse and addiction, as well as depression, anxiety, bipolar and mood disorders

### **The Spring of Tampa Bay**

211 N Willow Avenue

Tampa, FL 33606

24/7 Crisis Hotline: 813.247.7233

<https://thespring.org/>



## National Resources

### **Crisis Text Line**

Text 'TALK' to 741741

### **The JED Foundation**

212.647.7544

[https://jedfoundation.org/?\\_ga=2.211734482.678031878.1635456638-1601790712.1635456638](https://jedfoundation.org/?_ga=2.211734482.678031878.1635456638-1601790712.1635456638)

- A resource center for individuals needing personal help or for those wanting advice on how to help friends/family

### **National Domestic Violence Hotline**

1.800.799.7233 (Call)

Text 'START' to 88788

Chat: <https://www.thehotline.org/#>

### **National Suicide Prevention Lifeline**

1.800.273.8255

### **ULifeline**

<http://www.ulifeline.org/>

- Type in your school's name to see mental health resources and information specific to your campus