

Birth Control

Seminole County Health Department

407-665-3000

<http://seminole.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/family-planning/index.html>

Services provided: WIC, dental care, infectious disease, HIV/AIDS, vaccinations, birth control.

Cash Assistance (Temporary)

MyFloridaFamilies

850-300-4323

<https://www.myflfamilies.com/service-programs/access/>

Locations: Brevard, Citrus, Hardee, Hernando, Highlands, Lake, Marion, Orange, Osceola, Polk, Seminole, Sumter

Christmas Gifts

Christmas HELP Foundation

407-834-4022 | www.christianhelp.org

Services: Food, job search, job counseling, job fairs, Christmas toys.

Location 450 Seminola Blvd., Casselberry

Nathaniel's Hope

Phone Number 407-857-8224

Website <https://nathanielshope.org>

Services provided Christmas gifts, buddy breaks and more.

Location 5210 S. Orange Ave., Orlando

Computer Training

Goodwill BEST Program

407-235-1500 | www.goodwillcfl.org

Services provided Free computer and office skills training available to all people in the community.

Counseling – Individual & Family

Aspire Health Partners

407-323-2036 | 407-875-3700

<https://aspirehealthpartners.com/programs-and-services/program-details/1/Access-Center/>

Services provide Comprehensive clinical assessments in a timely and professional manner for residents who are in crisis or are brought in by police, family or friends. Assessment specialists help the individual being served identify their specific clinical need, provide immediate support and refer the person to the most appropriate behavioral health services, either within our agency or in the community.

For behavioral health crisis issues, we are available 24 hours per day, 365 days per year. For routine behavioral health services, we are open Monday through Friday, 8:00 AM to 3:00 PM. No appointment is necessary for the first visit

Location 919 East Second St. Sanford, FL 32771

Christian Counseling Assoc., Inc.

407-339-0604

Services provided Individual and group counseling on a sliding scale, counseling for the deaf and blind.

Location 631 Palm Springs Dr., Altamonte Springs

Jewish Family Services

407-644-7593 | www.jfsorlando.org

Rent/utilities assistance, individual and marriage counseling.

Location 2100 Lee Rd., Winter Park

Seminole Community Mental

Phone Number (407) 321-3488

Location 351 S Bay Ave, Sanford, FL 32771

COVID Testing

Seminole County Health Department

<http://seminole.floridahealth.gov/programs-and-services/infectious-diseases-services/covid-19/index.html>

Many area pharmacies offer vaccines by appointment; please see below links for availability:

Publix: <https://www.publix.com/covid-vaccine>

Wal-Mart: <https://www.walmart.com/cp/1228302>

Bus Passes

St. Vincent de Paul

407-330-4400

<https://www.vinnies.org/need-help/crisis-assistance/>

Cell Phone

Safelink Wireless

1-800-977-3768 | www.safelinkwireless.com

Government program that provides free cell phone & airtime to income eligible individuals.

Clothing

Christian Sharing Center

Phone Number 407-425-2523

Website www.christianservicecenter.org

Services provided Rent, mortgage, utilities, bus passes, food, clothing. Bring ID, social security card, proof of residence, employment info, current bills.

Location 808 W. Central Blvd. Orlando, FL 32805

Picnic Project

321-222-0995 | www.picnicproject.org

Meals, groceries, haircuts, clothing, medical screenings, toiletries.

Location 419 S. Park Ave., Sanford

Salvation Army

Phone Number 407-423-8581

Website www.salvationarmyorlando.org

Services provided Emergency shelter, men's substance abuse rehab. Opens at 4 p.m.

Location 700 W. 24th St 32771 Sanford

Sharing Center

407-260-9155 | www.thesharingcenter.org

Services provided Assists low-income families in Seminole County. Food, thrift store, medical referrals, rent/mortgage/utilities assistance.

Location 600 N. Hwy. 17-92, Suite 158, Longwood

Counseling – URGENT

Life Line of Central Florida

407-425-2624 | www.lifelinecentralflorida.org

24-Hour hotline if you need somebody to talk to. Crisis management, suicide prevention

National Suicide Prevention Hotline

Phone Number

1-800-273-8255

1-800-799-4889 (TTY)

1-800-628-9454 (Española)

Website <https://suicidepreventionlifeline.org>

Services provided 24-Hour hotline and online chat. Resources for those considering suicide, as well as for providers and families.

To Write Love on Her Arms

Text TWLOHA to 741741 | <https://twloha.com/find-help/>

Services provided Mental health, self-injury, suicide prevention resources and referrals.

Trans Lifeline

Phone Number 877-565-8860

Website <https://translifeline.org>

Services provided Trans crisis services, ID changes, microgrants, family and friends support.

The Trevor Project (LGBTQ Youth)

866-488-7386 | <https://www.thetrevorproject.org>

Services provided LGBTQ crisis services.

Veterans Crisis Line

800-273-8255 press 1

COVID Testing continued

Sam's Club: <https://www.samsclub.com/pharmacy>
CVS: <https://www.cvs.com/immunizations/covid-19-vaccine>
Walgreens: <https://www.walgreens.com/topic/promotion/covid-vaccine>

VACCINES FOR HOMEBOUND INDIVIDUALS

Homebound individuals should call the Citizen's Information Line at (407)665-0000 to assess their need for an in-home vaccination visit. The request will be triaged for eligibility, with paramedics scheduling in-home visits.

Homebound veterans who served in WW2 or the Korean War can put in a request for an in-home visit through the Florida Department of Veterans' Affairs. <https://www.floridavets.org/homeboundveterans/>

Disaster Relief

American Red Cross – Seminole
Orange county office: 407-894-4141
Website 1: <https://www.redcross.org/local/florida/central-florida.html>
Location: 5 N. Bumby Ave. Orlando, FL 32803

Disability Resources

Family Network on Disabilities
1-800-825-5736 | <https://fndusa.org/>
Services provided Information and resources for disabled children and adults. The mission of FND is to strive for the complete integration and equality of persons with disabilities in a society without barriers and to serve families of children with disabilities, ages birth through 26, who have the full range of disabilities described in section 602(3) of IDEA.

Education – GED

Goodwill
Phone Number 407-235-1541
Website www.goodwillcfl.org/
Provides education, training, and career services for people with disadvantages.
Email jobconnection@goodwillcfl.org
Location 4516 FL-46, Sanford

Emergency Shelter – Men

Coalition for the Homeless
Phone Number 407-426-1250
Website www.centralfloridahomeless.org
Services provided Drop-in shelter.
Location: 18 North Terry Avenue Orlando, FL 32801

Orlando Union Rescue Mission
407-423-3596 | e www.ourm.org
Services provided Drop-in shelter. Picture ID required.
Location 410 W. Central Blvd., Orlando

Salvation Army – Orlando
407-423-8581 | www.salvationarmyorlando.org
Emergency shelter, men's substance abuse rehab. Opens at 4 p.m.
Location 700 W. 24th St 32771 Sanford

Emergency Shelter – Women

Coalition for the Homeless
407-872-5790 | www.centralfloridahomeless.org
Services provided Drop-in shelter.
Location 18 North Terry Avenue Orlando, FL 32801

Orlando Union Rescue Mission
407-423-2131 | www.ourm.org
Services provided Drop-in shelter. Picture ID required.
Location 1525 W. Washington St. Orlando, FL 32805

**Rescue Outreach Mission*
407-321-8224 | <https://rescueoutreachcfl.org>
Emergency shelter, meals, housing, case management.
Location 1701 W. 13th St., Goldsboro, Sanford

Crisis Counseling

Heart of Florida United Way 211
<https://www.hfuw.org/> | 407-835-0900
Private, nonprofit group runs a clinic in Orlando and a mobile traveling unit in Orange, Osceola and Seminole counties. Focusing on four pivotal areas: Education, Income, Health and Basic Needs
Location: 1940 Cannery Way, Orlando, FL 32804
Email: hfuwcontact@hfuw.org

National Suicide Prevention Lifeline
1-800-273-8255 | 1-800-799-4889 (TTY)
1-800-628-9454 (Española)
<https://suicidepreventionlifeline.org>
Services provided 24-Hour hotline and online chat. Resources for those considering suicide, as well as for providers and families.

American Foundation for Suicide Prevention
888-333-2377 | <https://afsp.org/>
Services provided Call to connect with support groups, mental health professionals, resources on loss and suicide prevention information.

Domestic Violence

National Domestic Violence Hotline
800-799-7233 | <https://www.thehotline.org/>
Services provided Our advocates are here to listen without judgement and help you begin to address what's going on in your relationship. Our services are always free and available 24/7.

Emergency Shelter – Domestic Violence

Harbor House
407-886-2856 | www.harborhousefl.com
Services provided State certified domestic violence shelter, 24-hour crisis hotline, counseling, 110 bed shelter for men, women and children.

**Safehouse of Seminole County*
407-330-3933 or 800-500-8119 | www.safehouseofseminole.org
SafeHouse of Seminole acts as a catalyst for change working towards a safe future for all, providing counseling programs, personal advocacy services and emergency shelter for women and children and men surviving domestic abuse. As one of Florida's leading providers of these life-changing and life-saving services, we are dedicated to offering the tools to help individuals heal and create new beginnings for themselves and their families.

Emergency Shelter – Families

Coalition for the Homeless
407-426-1250 | www.centralfloridahomeless.org
Services provided Drop-in shelter.
Location: 18 North Terry Avenue Orlando, FL 32801

Orlando Union Rescue Mission
407-423-2131 | www.ourm.org
Services provided Drop-in shelter. Picture ID required.
Location 1525 W. Washington St. Orlando, FL 32805

**Rescue Outreach Mission*
407-321-8224 | <https://rescueoutreachcfl.org>
Emergency shelter, meals, housing, case management.
Location 1701 W. 13th St., Goldsboro, Sanford

Employment Assistance – Counseling/Search

AARP Senior Community Service
1-800-775-6776
<https://www.aarp.org/aarp-foundation/our-work/income/scsep/>
Economic Opportunity, Social Connectedness and Legal Advocacy

**Career Source Central Florida*
407-531-1222 | www.careersourcecentralflorida.com
Location 1209 W. Airport Blvd., Sanford

Christian HELP Foundation
407-834-4022 | www.christianhelp.org
Food, job search, job counseling, job fairs, Christmas toys.
Location: 450 Seminola Blvd., Casselberry

Employment Assistance – Temporary Work

Labor Finders Sanford

407-302-1939 | www.laborfinders.com/locations/fl/sanford/25-78
Services provided Temporary employment.
Location 1008 S. French Ave., Sanford
Monday-Thursday 9-11 a.m. and 1:30-3:30 p.m.

Trojan Labor (Now called Hire Quest)

321-363-0033 | www.trojanlabor.com
Services provided Temporary employment.
Location 2920 S. Orlando Dr., Sanford
Monday-Friday 9 a.m.-2 p.m.

Financial Counseling, Budgeting, Etc.

American Consumer Credit Counseling

1-800-769-3571 | www.consumercredit.com
Debt management and consolidation, credit counseling, budgeting help.

My Money Management

866-889-9347 | www.mymoneymanagement.net
Financial information and tools to manage personal finances.

Foreclosure Prevention

Homeownership Preservation Found
1-888-995-4673 | www.995hope.org
Non-profit organization that helps homeowners facing foreclosure.

Making Home Affordable Program

1-888-995-4673 | www.makinghomeaffordable.gov
Government program to help make mortgage payments more affordable or prevent foreclosure.

US Department of HUD

1-800-569-4287 | www.hud.gov/foreclosure
Guides homeowners on avoiding foreclosure and advice if foreclosure is unavoidable.

HIV/AIDS Support/Counseling

Florida HIV/AIDS Hotline

1-800-352-2437
Information, referrals, supportive telephone counseling.

Haven of Hope

407-298-2056 | <https://www.cflhavenofhope.com/>
For those with HIV/AIDS: food, clothing, counseling, Bible study, support group.
Location 1310 W Colonial Dr #25, Orlando, FL 32804

Hope and Help Center of CFL

407-645-2577 | www.hopeandhelp.org
For HIV/AIDS infected people. Medical case management, testing, counseling, legal service, food pantry.
Location 4122 Metric Drive, #800 Winter Park, Florida 32792

Seminole County Health Department

407-665-3000
<http://seminole.floridahealth.gov/programs-and-services/infectious-diseases/e-services/aids/index.html>
Services provided: WIC, dental care, infectious disease, HIV/AIDS, vaccinations, birth control.

Identification (ID, SS, Birth Certificate, Etc.)

IDignity

407-792-1374 | www.idignity.org
Social Security, drivers license, state ID, birth certificate, etc
Mondays 10 a.m.-12 p.m. | Wednesdays 1-3 p.m.
Fridays 10 a.m.-12 p.m..
Mailing Address: 424 E. Central Blvd. #199, Orlando, FL 32801-1923

Immigration/Refugee Services

Catholic Charities

407-658-1818 | <https://cflcc.org/>
Immigration services, refugee employment, senior services.
Location 1717 N. Semoran Blvd., Orlando

Employment Assistance – Counseling/Search cont'd

Express Employment Professionals

407-268-6867 | www.expresspros.com
Services provided Employment assistance.
Location 348 W. Lake Mary Blvd., Sanford

Florida Unemployment Compensation

1-833-352-7759 | www.floridajobs.org

Goodwill – Job Connection

407-235-1541 | Email jobconnection@goodwillcfl.org
Website www.goodwillcfl.org/
Location 4516 FL-46, Sanford
Education, training, and career services for people with disadvantages.

Food Stamps

SNAP

M-F 8:30-4:30 – Allow 1 hour or call 850-300-4323
Florida Relay 711 | TTY 1-800-955-8771
<https://www.myflfamilies.com/service-programs/access/>
Food Assistance | Temporary Cash Assistance | Medicaid | Medicaid For Pregnant Women | Disaster SNAP | Refugee Services

Furniture

Mustard Seed

407-875-2040 | www.mustardseedfla.org
Furniture for a once-in-lifetime crisis. Need a referral letter from an agency, social worker or clergy.
Location 12 Mustard Seed Land, Orlando

Grocery/Food Assistance

Christian HELP Foundation

407-834-4022 | www.christianhelp.org
Food, job search, job counseling, job fairs, Christmas toys.
Location 450 Seminola Blvd., Casselberry

Harvest Time International

407-878-5531 | <https://www.harvesttime.org/assistance.html>
Hope Center allows discounted shopping for food, clothing and household items. Must qualify – income at or below 200% Federal Poverty Line.
Location 225 Harvest Time Dr., Sanford
Tuesday-Saturday 9a.m.-5 p.m.

Hope Helps

321-765-4984 | www.hopehelps.org
Food pantry, HENS (for seniors/homebound), financial assistance.
Location 812 Eyrie Dr., Oviedo

Midway Coalition

<https://p.facebook.com/MidwayCoalition/>
Services provided Grocery distribution every Thursday from 9-11:30 a.m. or while supplies last.
Location Midway Safe Harbor Center – 2405 Right Way St., Sanford, FL 32771

Picnic Project

321-222-0995 | www.picnicproject.org
Meals, groceries, haircuts, clothing, medical screenings, toiletries.
Location 419 S. Park Ave., Sanford

Sharing Center

Phone Number 407-260-9155
Website www.thesharingcenter.org
Services provided Assists low-income families in Seminole County. Food, thrift store, medical referrals, rent/mortgage/utilities assistance.
Location 600 N. Hwy. 17-92, Suite 158, Longwood

Homeless Services

Homeless Services Network

407-463-9547 | <https://www.northlandchurch.net/ministries/homelessness>
Contact email: Thomas.Denove@tmdenove@gmail.com

LGBTQ

Trans Lifeline

877-565-8860 | <https://translifeline.org>

Trans crisis services, ID changes, microgrants, family and friends support.

The Trevor Project

866-488-7386 | <https://www.thetrevorproject.org>

Services provided LGBTQ crisis services.

Legal Assistance

Florida Child Support Enforcement

1-800-622-5437 | <https://childsupport.floridarevenue.com/>

Enforce or modify support orders, apply for services, locate a parent, establish paternity.

Florida Law Help

www.floridalawhelp.org

Directory for free and low-cost legal aid organizations throughout Florida.

Office of Attorney General of Florida

Fraud Hotline 1-866-966-7226

Lemon Law 1-800-321-5366

www.myfloridalegal.com

**Sanford Community Legal Services*

Helpline Toll Free: (800) 405-1417

Monday and Thursday, 8:30 a.m. – 4:30 p.m.

Tuesday and Wednesday, 8:30 a.m. – 6:30 p.m.

Friday, 8:30 a.m. – 3:30 p.m.

Legal assistance to low income people.

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

Office hours M-F 8:30-12 and 1-3.

Location 315 S. Magnolia Ave., Sanford

Meals

Grace n' Grits (Picnic Project)

321-222-0995 | www.picnicproject.org

Meals, groceries, haircuts, clothing, medical screenings, toiletries.

Location 419 S. Park Ave., Sanford

Picnic Project

321-222-0995 | www.picnicproject.org

Meals, groceries, haircuts, clothing, medical screenings, toiletries.

Meals, groceries, haircuts, clothing, medical screenings, toiletries.

Location 419 S. Park Ave., Sanford

Rescue Outreach Mission

407-321-8224 | <https://rescueoutreachcfl.org>

Services provided Emergency shelter, meals, housing, case management.

Location 1701 W. 13th St., Goldsboro, Sanford

Lion of Judah

(407) 321-8224

Facebook:

<https://www.facebook.com/Lion-Of-Judah-House-Of-Worship-136322446396376/>

Thursday – Pantry & Clothing Closet

Monday dinner to go at 5:30 p.m.

Sunday to go 12:30-1 p.m.

Location: 2548 Park Dr, Sanford, FL 32773

Meals – Delivered

Senior Services Seminole Cty. (Meals on Wheels)

(407) 333-8877 | www.mealsetc.org

Email: info@mealsetc.org

Meals on Wheels, neighborhood lunches, transportation, chores and home repairs, weatherization assistance program.

Location 2801 S. Financial Ct., Sanford

Housing

Orlando Housing Authority

407-895-3300 | www.orl-oha.org

Public & subsidized housing, Section 8. Income requirements, long waiting list.

Location 390 N. Bumby Ave., Orlando

**Seminole County Community Assist.*

407-665-2300

<https://www.seminolecountyfl.gov/departments-services/community-services/customer-orientation-presentation.stml>

Email cscustomerservice@seminolecountyfl.gov

**Subsidized Housing Sanford*

407-323-3150

Services provided Public housing assistance and Section 8.

Seminole County Community Resources

407-665-2300

<https://www.seminolecountyfl.gov/departments-services/community-services/divisions.stml#CA>

Services provided Rental, Mortgage and/or Utility Assistance Rental, mortgage and utility assistance for eligible Seminole County households experiencing financial hardship.

Security & Utility Deposits Security & Utility Deposits up to \$2,000 to eligible households in danger of becoming homeless or are currently homeless due to inability to pay security and/or utility deposits. For more information please contact our office at 407-665-2300.

Health Care Responsibility Act (HCRA): Provides uninsured indigent households with financial assistance to cover emergency medical services when admitted to out-of-county hospitals within the State of Florida. Application is made through Case Management at the hospital on the patient's behalf.

Indigent Care Provides uninsured very low-income households with financial assistance to cover emergency medical services at the Central Florida Regional Hospital. Application is made through Case Management at the hospital on the patient's behalf.

Veteran Services Assistance with claims and appeals for benefits, Non-service connected Pensions, Aid and Attendance. Aid and Attendance. For more information or to make an appointment please call our office 407-665-2300 or visit our website:

<http://www.seminolecountyfl.gov/departments-services/community-services/veterans-services/>

Email cscustomerservice@seminolecountyfl.gov

Medical – Care

Central Florida Family Health Centers

Phone: 407-322-8645

OBGYN: 321-259-2229

Website www.cffhc.org

Location Call for locations.

Community After Hours Med Clinic Ori

407-303-7298 |

<https://www.adventhealthmedicalgroup.com/central-florida/>

Low-cost or free Florida Hospital clinic for uninsured. Tuesday and

Thursday at 5 p.m. and Saturday at 8:30 a.m. First 25 people only.

Location 2501 N Orange Ave # 411, Orlando, FL 32804

Health Care Center for Homeless

407-428-5751 | <https://hcch.org/main.htm>

Private, nonprofit group runs a clinic in Orlando and a mobile traveling unit in Orange, Osceola and Seminole counties. Services include medical, vision and mental health.

Location 232 North Orange Blossom Trail Orlando, Florida 32805

Shepherd's Hope – Longwood – Oviedo

www.shepherdshope.org

Shepherd's Hope does not provide obstetrical care or well baby care such as immunizations. Also, they do not handle Workers Compensation cases. Patients are seen on a walk-in basis. Patients are encouraged to arrive early, but no more than 1 hour prior to opening. There is no guarantee of care, patients who are not seen will be given a list of alternate providers. Visit the website for Location & Phone Numbers

Medicare/Medicaid

Access Florida

850-300-4323 | <https://www.myflfamilies.com/service-programs/access/Food Assistance> | Temporary Cash Assistance | Medicaid | Medicaid For Pregnant Women | Disaster SNAP | Refugee Services
Locations Brevard, Citrus, Hardee, Hernando, Highlands, Lake, Marion, Orange, Osceola, Polk, Seminole, Sumter

Mental Health Care

**Aspire Health Partners*

407-875-3700 | 407-323-2036

<https://aspirehealthpartners.com/programs-and-services/program-details/1/Access-Center/>

Services provided Comprehensive clinical assessments in a timely and professional manner for residents who are in crisis or are brought in by police, family or friends. Assessment specialists help the individual being served identify their specific clinical need, provides immediate support and refers the person to the most appropriate behavioral health services, either within our agency or in the community.

For behavioral health crisis issues, we are available 24 hours per day, 365 days per year. For routine behavioral health services, we are open Monday through Friday, 8:00 AM to 3:00 PM. No appointment is necessary for the first visit

Location 919 East Second St. Sanford, FL 32771

Mental Health Assoc. of CFL

407-898-0110 | www.mhacf.org

Support groups, advocacy programs for the mentally ill.
Location 1525 E. Robinson St. Orlando, FL 32801

**Seminole Community Mental*

(407) 321-3488

Location 351 S Bay Ave, Sanford, FL 32771

Must live in Seminole county.

To Write Love on Her Arms

Text TWLOHA to 741741 | <https://twloha.com/find-help/>

Mental health, self-injury, suicide prevention resources and referrals.

National Alliance of Mental Illness of Greater Orlando

(407) 253-1900 (not a crisis line)

Office Hours: Monday through Friday, 9 a.m. – 5 p.m.

NAMI HELP: 1-800-950-6264

LIFELINE: 1-800-273-8255

Website NAMIGO.org

Services provided A non-profit service organization offering mental health-related resources and information, has a local chapter. Find programs, services, events and community resources
Email information@namigo.org

Hispanic Family Counseling

(407) 382-9079 | HispaFam.com

Hispanic Family Counseling offers mental health services tailored to the specific needs of the Hispanic community. Telehealth services are available.

Hours of Operation

Monday: 09:00 am – 05:00 pm

Tuesday: 09:00 am – 05:00 pm

Wednesday: 09:00 am – 05:00 pm

Thursday: 09:00 am – 05:00 pm

Friday: 09:00 am – 12:00 pm

Saturday: Closed

Sunday: Closed

True Health

407-322-8645 | MyTrueHealth.org

Adult Care / Behavioral Health / Dental / Laboratory / OB/GYN / Pediatrics / Pharmacy / Podiatry"

Location 4930 East Lake Mary Blvd. Sanford, FL 32771

Senior Assistance

Hope Helps

407-366-3422 | www.hopehelps.org

Food pantry, HENS (for seniors/homebound), financial assistance.
Location 812 Eyrie Drive, Oviedo, Florida 32765

Medical – Prescription Assistance

Needy Meds

www.needymeds.org

Services provided Free or discounted prescription drugs.

Partnership for Prescription Assist

1-888-477-2669 | <https://medicineassistancetool.org/>

Location A program that connects qualified, low-income individuals with discount prescription drugs directly from the manufacturer.

Salvation Army

407-423-8581 | www.salvationarmyorlando.org

Emergency shelter, men's substance abuse rehab. Opens at 4 p.m.

Location 700 W. 24th St 32771 Sanford

Medical – Referrals

American Lung Association

(asthma, lung disease, stop smoking)

1-800-586-4872 | <https://www.lung.org/>

Location Information, referrals, supportive telephone counseling for asthma and other lung diseases. Stop smoking program.

Sharing Center

407-260-9155 | www.thesharingcenter.org

Assists low-income families in Seminole County. Food, thrift store, medical referrals, rent/mortgage/utilities assistance.

Location 600 N. Hwy. 17-92, Suite 158, Longwood

Medical – Women's Health

First Life Pregnancy Center

(407) 514-4517 | <https://pregnancyanswers.org/>

Free pregnancy testing, free ultrasound, clothing, food, baby items, counseling, referrals for adoption.

Location 3125 Bruton Blvd., Orlando

The Family Health Line

1-800-451-2229

<http://www.floridahealth.gov/programs-and-services/womens-health/pregnancy/family-health-line.html>

Services provided pregnant women with information and referrals for prenatal and infant care including access to health and social services.

**Sanford Crisis Pregnancy Center*

Sanford: 407-323-3384

Winter Park: 407-790-7411

Mobile Unit: 407-412-1952

Text Us: 407-603-3346

<https://thepregnancycenters.com/>

Free pregnancy testing, pregnancy resources, confidential care, counseling, earn while you learn program.

Location: 1002 S French Ave, Sanford, FL 32771

Rape/Incest

Rape, Abuse and Incest National Network (RAINN)

800-656-4673 | <https://www.rainn.org/>

RAINN is the nation's largest anti-sexual violence organization.

Rent/Mortgage Assistance

Christian Service Center

407-425-2523 | www.christianservicecenter.org

Rent, mortgage, utilities, bus passes, food, clothing. Bring ID, social security card, proof of residence, employment info, current bills.

Location 808 W Central Blvd, Orlando, FL 32805

Making Home Affordable Program

1-888-995-4673 | www.makinghomeaffordable.gov

Government program to help make mortgage payments more affordable or prevent foreclosure

Salvation Army

407-423-8581 | www.salvationarmyorlando.org

Emergency shelter, men's substance abuse rehab. Opens at 4 p.m.

Location 700 W. 24th St 32771 Sanford

Senior Assistance continued

Senior Resource Alliance

(407) 514-1800 | <https://www.seniorresourcealliance.org/>

Referral service to other agencies.

Location 3319 Maguire Blvd #100, Orlando, FL 32803

**Senior Services Seminole County*

407-333-8877 | www.mealsetc.org

Meals on Wheels, neighborhood lunches, transportation, chores and home repairs, weatherization assistance program

Location 2801 S. Financial Ct., Sanford

Email: info@mealsetc.org

Substance Abuse/Drug Treatment

**Aspire Health Partners*

407-875-3700 (option 3)

<https://aspirehealthpartners.com/programs-and-services/program-details/1/Access-Center/>

Services provided Comprehensive clinical assessments in a timely and professional manner for residents who are in crisis or are brought in by police, family or friends. Assessment specialists help the individual being served identify their specific clinical need, provides immediate support and refers the person to the most appropriate behavioral health services, either within our agency or in the community.

For behavioral health crisis issues, we are available 24 hours per day, 365 days per year. For routine behavioral health services, we are open Monday through Friday, 8:00 AM to 3:00 PM. No appointment is necessary for the first visit

Location 919 East Second St. Sanford, FL 32771

Recovery House of Central Florida

(407) 323-5857 | www.recoveryhouseinc.org

Services provided Drug addiction treatment.

Location 401 Pecan Ave., Sanford

Email info@recoveryhouseinc.org

Seminole Addiction Treatment

407-330-7373 | www.satsc.org

Services provided Drug addiction treatment.

Location 2640 Hiawatha Ave, Suite E, Sanford, FL 32773

Services & Counseling

Steps

407-522-2144 | www.flsteps.org

Services provided Drug addiction treatment.

Location: 1991 Apopka Blvd, Apopka, FL 32703

National Suicide Prevention Lifeline

1-800-273-8255

1-800-799-4889 (TTY)

1-800-628-9454 (Española)

<https://suicidepreventionlifeline.org>

Services provided 24-Hour hotline and online chat. Resources for those considering suicide, as well as for providers and families.

Vaccinations

Seminole County Health Department

407-665-3000 | <http://seminole.floridahealth.gov/>

Services provided Vaccinations

Rent/Mortgage Assistance continued

**Seminole County Community Assistance*

407-665-2300

<https://www.seminolecountyfl.gov/departments-services/community-services/divisions.shtml#CA>

Sharing Center

407-260-9155 | www.thesharingcenter.org

Assists low-income families in Seminole County. Food, thrift store, medical referrals, rent/mortgage/utilities assistance.

Location 600 N. Hwy. 17-92, Suite 158, Longwood

St. Vincent de Paul

407-330-4400

Housing Assistance: <https://www.vinnies.org/need-help/housing-help/>

Financial Assistance:

<https://www.vinnies.org/need-help/crisis-assistance/>

Services provided Emergency financial assistance & housing assistance

Support Groups

Caregivers Resources

407-303-5600

<https://www.adventhealth.com/hospital/adventhealth-orlando/caregiver-resources>

Location 601 East Rollins Street, Orlando, FL 32803

Transitional Housing

Coalition for the Homeless

407-426-1250 | www.centralfloridahomeless.org

Services provided Drop-in shelter.

Location: 18 North Terry Avenue Orlando, FL 32801

Utility Assistance

Christian Service Center

407-425-2523 | www.christianservicecenter.org

Rent, mortgage, utilities, bus passes, food, clothing. Bring ID, social security card, proof of residence, employment info, current bills.

Location 808 W Central Blvd, Orlando, FL 32805

**LIHEAP Low Income Home Energy Assistance Program*

(407) 688-5166 or (407) 688-5167 (Closed on Friday)

<http://www.floridajobs.org/community-planning-and-development/community-services/low-income-home-energy-assistance-program/find-your-local-low-income-home-energy-assistance-program-provider-for-help>

Services provided Must be a Seminole County resident. Income at or below 150% federal poverty line. MUST call Thursday between 9-10 a.m. to set up an appointment for the following week.

Salvation Army

407-423-8581 | www.salvationarmyorlando.org

Emergency shelter, men's substance abuse rehab. Opens at 4 p.m.

Location 700 W. 24th St 32771 Sanford

Sharing Center

407-260-9155 | www.thesharingcenter.org

Assists low-income families in Seminole County. Food, thrift store, medical referrals, rent/mortgage/utilities assistance.

Location 600 N. Hwy. 17-92, Suite 158, Longwood

St. Vincent de Paul

407-330-4400

Website 1 Housing Assistance:

<https://www.vinnies.org/need-help/housing-help/>

Website 2 Financial Assistance:

<https://www.vinnies.org/need-help/crisis-assistance/>

Services provided Emergency financial assistance & housing assistance

Workplace Clothing

Dress for Success

407-628-0506 | www.dressforsuccess.org/orlando

Clothing for the workplace. Low-income requirement, must have referral from agency or church.

Location 901 West Webster Avenue, Portable #43 Winter Park, Florida