

### **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](http://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](http://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](http://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-e-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](http://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](http://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](http://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](http://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](http://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](http://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/](http://www.goodwillcfl.org/)  
Provides education, training, and career services for people with disadvantages.  
Email [jobconnection@goodwillcfl.org](mailto:jobconnection@goodwillcfl.org)  
Location 4516 FL-46, Sanford

### Emergency Shelter – Men

*Coalition for the Homeless*  
Phone Number 407-426-1250  
Website [www.centralfloridahomeless.org](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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.

### 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](http://www.careersourcecentralflorida.com)  
Location 1209 W. Airport Blvd., Sanford

*Christian HELP Foundation*  
407-834-4022 | [www.christianhelp.org](http://www.christianhelp.org)  
Food, job search, job counseling, job fairs, Christmas toys.  
Location: 450 Seminola Blvd., Casselberry

*Express Employment Professionals*  
407-268-6867 | [www.expresspros.com](http://www.expresspros.com)  
Services provided Employment assistance.  
Location 348 W. Lake Mary Blvd., Sanford

*Florida Unemployment Compensation*  
1-833-352-7759 | [www.floridajobs.org](http://www.floridajobs.org)

*Goodwill – Job Connection*  
407-235-1541 | Email [jobconnection@goodwillcfl.org](mailto:jobconnection@goodwillcfl.org)  
Website [www.goodwillcfl.org/](http://www.goodwillcfl.org/)  
Location 4516 FL-46, Sanford  
Education, training, and career services for people with disadvantages.

### **Employment Assistance – Temporary Work**

#### *Labor Finders Sanford*

407-302-1939 | [www.laborfinders.com/locations/fl/sanford/25-78](http://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](http://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](http://www.consumercredit.com)  
Debt management and consolidation, credit counseling, budgeting help.

#### *My Money Management*

866-889-9347 | [www.mymoneymanagement.net](http://www.mymoneymanagement.net)  
Financial information and tools to manage personal finances.

#### *Foreclosure Prevention*

Homeownership Preservation Found  
1-888-995-4673 | [www.995hope.org](http://www.995hope.org)  
Non-profit organization that helps homeowners facing foreclosure.

#### *Making Home Affordable Program*

1-888-995-4673 | [www.makinghomeaffordable.gov](http://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](http://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](http://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-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](http://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

### **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](http://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](http://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](http://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](http://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](http://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 [tmndenove@gmail.com](mailto:tmndenove@gmail.com)

### **Housing**

#### *Orlando Housing Authority*

407-895-3300 | [www.orl-oha.org](http://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.shtml>  
Email [cscustomerservice@seminolecountyfl.gov](mailto:cscustomerservice@seminolecountyfl.gov)

#### *\*Subsidized Housing Sanford*

407-323-3150  
Services provided Public housing assistance and Section 8.

## **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](http://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](http://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](http://www.picnicproject.org)

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

Location 419 S. Park Ave., Sanford

### *Picnic Project*

321-222-0995 | [www.picnicproject.org](http://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](http://www.mealsetc.org)

Email: [info@mealsetc.org](mailto:info@mealsetc.org)

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

Location 2801 S. Financial Ct., Sanford

## **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

## **Housing continued**

### *Seminole County Community Resources*

407-665-2300

<https://www.seminolecountyfl.gov/departments-services/community-services/divisions.shtml#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](mailto:cscustomerservice@seminolecountyfl.gov)

## **Medical – Care**

### *Central Florida Family Health Centers*

Phone: 407-322-8645

OBGYN: 321-259-2229

Website [www.cffhc.org](http://www.cffhc.org)

Location Call for locations.

### *Community After Hours Med Clinic Orl*

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](http://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

## **Medical – Prescription Assistance**

### *Needy Meds*

[www.needy meds.org](http://www.needy meds.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](http://www.salvationarmyorlando.org)

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

Location 700 W. 24th St 32771 Sanford

### **Medicare/Medicaid continued**

*Access Florida continued*

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.mhacof.org](http://www.mhacof.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](http://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](mailto:information@namigo.org)

*Hispanic Family Counseling*

(407) 382-9079 | [HispaFam.com](http://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](http://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](http://www.hopehelps.org)

Food pantry, HENS (for seniors/homebound), financial assistance.

Location 812 Eyrie Drive, Oviedo, Florida 32765

### **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](http://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](http://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](http://www.makinghomeaffordable.gov)

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

*Salvation Army*

407-423-8581 | [www.salvationarmyorlando.org](http://www.salvationarmyorlando.org)

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

Location 700 W. 24th St 32771 Sanford

*\*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](http://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

**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](http://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](mailto: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](http://www.recoveryhouseinc.org)

Services provided Drug addiction treatment.

Location 401 Pecan Ave., Sanford

Email [info@recoveryhouseinc.org](mailto:info@recoveryhouseinc.org)

*Seminole Addiction Treatment*

407-330-7373 | [www.satsc.org](http://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](http://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

**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](http://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](http://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/provider-for-help>

al-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](http://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](http://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](http://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