



1. First always check with your insurance provider. Most insurances cover psychiatric and counseling services including Medicaid.
2. For those without insurance, you can contact Gracepoint Wellness Center (813-333-8327 www.gracepointwellness.org) or Northside Behavioral Health Center (813-977-8700 www.northsidebhc.org) to set up sliding scale services. If you do not want to use those two resources, many psychiatrists and counselors do offer services with a sliding scale fee.
3. Psychology Today (www.psychologytoday.com) is a good reference to use with finding support groups, psychiatry, and counseling. Many services are being offered via telehealth right now.
4. NAMI (National Alliance on Mental Illness) (www.nami.org) has many resources for families as well. Talking to a professional, maybe starting medication can be helpful, and does not have to be long term.
5. If you feel you or a loved one may be in crisis, and are suicidal, homicidal or may be having auditory and/or visual hallucinations then please contact 911 or taking yourself to the emergency room to be reevaluated right away. While this may not be ideal this could be just what you or someone needs and could save their life.

Where can we go for help? 24 Hours Crisis Hotlines

- ❖ National Suicide Prevention Line - www.suicidepreventionline.org - 800-273-TALK (8255)
- ❖ 211 - Crisis Center of Tampa Bay - www.crisiscenter.com - 813-964-1964
- ❖ Hillsborough County Suicide and Crisis Hotline - 813-234-1234
- ❖ Pinellas County Suicide Hotline - 727-791-3131
- ❖ Pinellas County Mental Health Assistance - 727-541-4628

Florida's premier vocational service provider for people living with disabilities

www.hopegetsjobs.com

Resources to Support Mental Health During the Holidays

- ❖ 10 Tips for Surviving the Holidays
<https://www.psychologytoday.com/us/blog/life-without-anxiety/201212/10-tips-surviving-the-holidays>
- ❖ How to deal with holiday anxiety
<https://patient.info/news-and-features/how-to-deal-with-holiday-anxiety>
- ❖ Maintaining Mental Health During the Holiday Season (and a Pandemic)
[Maintaining Mental Health During the Holiday Season \(and a Pandemic\) - NAMI California](#)
- ❖ Things Only People with Depression Can Truly Understand
<https://m.activebeat.com/your-health/10-things-only-people-with-depression-can-truly-understand/2/>