

Birth Control

Seminole County Health Department

Phone Number: 407-665-3000

Website:

<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.

Bus Passes

St. Vincent de Paul

Phone Number: 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

Cash Assistance (Temporary)

MyFloridaFamilies

Phone Number: 850-300-4323

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

Services provided:

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

Cell Phone

Safelink Wireless

Phone Number 1-800-977-3768

Website www.safelinkwireless.com

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

Children – Care/Day Care

4C – Community Coordinated Care for Children

Phone Number 407-522-2252

Website www.4cflorida.org

Services provided Financial assistance for child care expenses, also helps located daycare in your area.

Children – Child Abuse

National Child Abuse Hotline

Phone Number 866-577-5787

Website <https://healthysafechildren.org/resource/childhelp-national-child-abuse-hotline>

Services provided Offers resources and technical assistance to states, tribes, territories, and local communities to promote the overall well-being of children, youth, and their families.

Email Healthysafechildren@air.org

Children – Clothing

BETA House

Phone Number 407-374-2630

Website <https://www.ucpcf.org/beta>

Location 4680 Lake Underhill Rd., Orlando

Services provided Residential program for pregnant teens, parenting classes, programs for at-risk families, infant and toddler clothes.

Children – Food & Nutrition

Picnic Project

Phone Number 321-222-0995

Website www.picnicproject.org

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

Location 419 S. Park Ave., Sanford

Seminole County Health Dept. (WIC)

To apply call: 407-665-3705

WIC EBT Customer Service: 866-629-1095

Website (WIC)

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

Email chd59webmaster@flhealth.gov

Mailing Location: 400 W. Airport Blvd. Sanford, FL 32773

Child Support

Access Florida

Lawyer Referral Service: 1-800-342-8060

Website <https://www.myflfamilies.com/service-programs/childrens-legal-services/for-families.shtml>

Florida Child Support Enforcement

Phone Number 1-800-622-5437

Website: <https://childsupport.floridarevenue.com/>

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

Florida Child Support Program

Website https://floridarevenue.com/childsupport/parent_services/Pages/default.aspx

Services provided The Child Support Program works with families to help children receive the child support they need and deserve. The Program offers many services to parents.

Children Teen Pregnancy Programs

BETA House

Phone Number 407-374-2630

Website <https://www.ucpcf.org/beta>

Location 4680 Lake Underhill Rd., Orlando

Services provided Residential program for pregnant teens, parenting classes, programs for at-risk families, infant and toddler clothes.

The Family Health Line

Phone Number 1-800-451-2229

Services provided Part of the Florida Department of Health. Provides pregnant women with information and referrals for prenatal and infant care including access to health and social services. The toll-free hotline offers callers information on helpful community resources and answers to basic questions about pregnancy, breastfeeding, childbirth education, family planning, infants and toddlers. The Family Health Line is available in English, Spanish and Haitian Creole

Life for kids

Phone Number 407-629-5437

Website <https://www.facebook.com/adoption.lifeforkids/>

Location 315 N. Wymore Rd., Winter Park

Services provided Christian adoption agency.

Sanford Crisis Pregnancy Center

Website <https://optionsforpregnancy.com/free-clinic/sanford-crisis-pregnancy-center-sanford/>

Location 1002 French Ave., Sanford

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

Christmas Gifts

Christmas HELP Foundation

Phone Number 407-834-4022

Website www.christianhelp.org

Services provided 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

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

Phone Number 321-222-0995

Website www.picnicproject.org

Services provided 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

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

Computer Training

Goodwill BEST Program

Phone Number 407-235-1500

Website 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

Phone Number 407-323-2036 or 407-875-3700

Website <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

Christian Counseling Assoc., Inc.

Phone Number 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

Phone Number 407-644-7593

Website www.jfsorlando.org

Services provided 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

Counseling – URGENT

Life Line of Central Florida

Phone Number 407-425-2624

Website www.lifelinecentralflorida.org

Services provided 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
Phone Number Text TWLOHA to 741741
Website <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)
Phone Number 866-488-7386
Website <https://www.thetrevorproject.org>
Services provided LGBTQ crisis services.

Veterans Crisis Line
Phone Number 800-273-8255 press 1

COVID Testing

Seminole County Health Department
Website: <http://seminole.floridahealth.gov/programs-and-services/infectious-disease-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>
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/>

Crisis Counseling

Heart of Florida United Way 211
Website: <https://www.hfuw.org/>
Phone Number 407-835-0900
Services provided 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

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.

American Foundation for Suicide Prevention

Phone Number 888-333-2377

Website <https://afsp.org/>

Services provided Call 888-333-2377 to connect with support groups, mental health professionals, resources on loss and suicide prevention information.

Disability Resources

Family Network on Disabilities

Phone Number 1-800-825-5736

Website <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.

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

Domestic Violence

National Domestic Violence Hotline

Phone number 800-799-7233

Website <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.

Education – GED

Goodwill

Phone Number 407-235-1541

Website www.goodwillcfl.org/

Services provided Provides education, training, and career services for people with disadvantages.

Email jobconnection@goodwillcfl.org

Location 4516 FL-46, Sanford

Emergency Shelter – Children & Infants

Children's Home Society Crisis

Phone Number 321-397-3000

Website <https://chsfl.org/>

Services provided Safe haven for children and infants. Several locations.

Location: 5766 S. Semoran Blvd. Orlando, FL 32822

Email info@chsfl.org

The Faine House – Crisis Nursery

Phone Number (407) 522-2288 ext. 228

Website <https://chsfl.org/thefainehousehome/>

Services provided Hope. Trust. Security. Happiness. Stability. Opportunity. Children's Home Society of Florida (CHS) gives these life-changing gifts to children and families.

Location 5616 Clarcona Ocoee Rd 32810 Orlando

Email: TheFaineHouse@chsfl.org

Emergency Shelter – Families

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

Phone Number: 407-423-2131

Website www.ourm.org

Services provided Drop-in shelter. Picture ID required.

Location 1525 W. Washington St. Orlando, FL 32805

*Rescue Outreach Mission

Phone Number 407-321-8224

Website <https://rescueoutreachcfl.org>

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

Location 1701 W. 13th St., Goldsboro, 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
Phone Number: 407-423-3596
Website: www.ourm.org
Services provided Drop-in shelter. Picture ID required.
Location 410 W. Central Blvd., Orlando

Salvation Army – Orlando
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

Emergency Shelter – Women

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

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

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

Emergency Shelter – Women w/Children

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

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

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

Emergency Shelter – Domestic Violence
Harbor House
Phone Number 407-886-2856
Website 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
Phone Number: 407-330-3933 or 800-500-8119
Website www.safehouseofseminole.org
Services provided Safe House 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. Our mission as a next-generation shelter is to transform lives, empowering individuals to end the cycle of domestic abuse through prevention, intervention and protection.

Employment Assistance – Temporary Work

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

Trojan Labor (Now called Hire Quest)
Phone Number 321-363-0033
Website www.trojanlabor.com
Services provided Temporary employment.
Location 2920 S. Orlando Dr., Sanford
Monday-Friday 9 a.m.-2 p.m.

Employment Assistance – Counseling/Search

AARP Senior Community Service

Phone Number 1-800-775-6776

Website <https://www.aarp.org/aarp-foundation/our-work/income/scsep/>

Services provided Economic Opportunity, Social Connectedness and Legal Advocacy

*Career Source Central Florida

Phone Number 407-531-1222

Website www.careersourcecentralflorida.com

Location 1209 W. Airport Blvd., Sanford

Christian HELP Foundation

Phone Number 407-834-4022

Website www.christianhelp.org

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

Location: 450 Seminola Blvd., Casselberry

Express Employment Professionals

Phone Number 407-268-6867

Website www.expresspros.com

Services provided Employment assistance.

Location 348 W. Lake Mary Blvd., Sanford

Florida Unemployment Compensation

Phone Number 1-833-352-7759

Website www.floridajobs.org

Goodwill – Job Connection

Phone Number 407-235-1541

Email jobconnection@goodwillcfl.org

Website www.goodwillcfl.org/

Location 4516 FL-46, Sanford

Services Provides education, training, and career services for people with disadvantages.

Financial Counseling, Budgeting, Etc.

American Consumer Credit Counseling

Phone Number 1-800-769-3571

Website www.consumercredit.com

Services provided Debt management and consolidation, credit counseling, budgeting help.

My Money Management

Phone Number 866-889-9347

Website www.mymoneymanagement.net

Services provided Financial information and tools to manage personal finances.

Food Stamps

SNAP

Phone M-F 8:30-4:30 – Allow 1 hour or call 850-300-4323

Florida Relay 711

TTY 1-800-955-8771

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

Services Provided

Food Assistance

Temporary Cash Assistance

Medicaid

Medicaid For Pregnant Women

Disaster SNAP

Refugee Services

Foreclosure Prevention

Homeownership Preservation Found

Phone Number 1-888-995-4673

Website www.995hope.org

Services provided Non-profit organization that helps homeowners facing foreclosure.

Making Home Affordable Program

Phone Number 1-888-995-4673

Website www.makinghomeaffordable.gov

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

US Department of HUD

Phone Number 1-800-569-4287

Website www.hud.gov/foreclosure

Services provided Guides homeowners on avoiding foreclosure and advice if foreclosure is unavoidable.

Furniture

Mustard Seed

Phone Number 407-875-2040

Website www.mustardseedfla.org

Services provided Furniture for once-in-lifetime crisis. Need referral letter from agency, social worker or clergy.

Location 12 Mustard Seed Land, Orlando

Grocery/Food Assistance

Christian HELP Foundation

Phone Number 407-834-4022

Website www.christianhelp.org

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

Location 450 Seminola Blvd., Casselberry

Harvest Time International

Phone Number 407-878-5531

Website <https://www.harvesttime.org/assistance.html>

Services provided 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

Phone Number 321-765-4984

Website www.hopehelps.org

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

Location 812 Eyrie Dr., Oviedo

Midway Coalition

Website <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

Phone Number 321-222-0995

Website www.picnicproject.org

Services provided 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 FALSE

Phone Number 407-463-9547

Website <https://www.northlandchurch.net/ministries/homelessness>

Contact email "Thomas Denove"

tmdenove@gmail.com

Health Insurance/Kid Care

Access Florida

Phone Number 850-300-4323

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

Services provided

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

HIV/AIDS Support/Counseling

Florida HIV/AIDS Hotline

Phone Number 1-800-352-2437

Services provided Information, referrals, supportive telephone counseling.

Haven of Hope

Phone Number 407-298-2056

Website <https://www.cflhavenofhope.com/>

Services provided 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

Phone Number 407-645-2577

Website www.hopeandhelp.org

Services provided 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

Phone Number: 407-665-3000

Website:

<http://seminole.floridahealth.gov/programs-and-services/infectious-disease-services/aids/index.html>

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

Housing

Orlando Housing Authority

Phone Number 407-895-3300

Website www.orl-oha.org

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

Location 390 N. Bumby Ave., Orlando

*Seminole County Community Assist.

Phone Number 407-665-2300

Website

<https://www.seminolecountyfl.gov/departments-services/community-services/customer-orientation-present-ation.shtml>

Email cscustomerservice@seminolecountyfl.gov

*Subsidized Housing Sanford

Phone Number 407-323-3150

Services provided Public housing assistance and Section 8

Seminole County Community Resources

Phone Number 407-665-2300

Website <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

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

IDignity

Phone Number 407-792-1374

Website www.idignity.org

Identification services: 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

Phone Number 407-658-1818

Website: <https://cflcc.org/>

Services provided Immigration services, refugee employment, senior services.

Location 1717 N. Semoran Blvd., Orlando

LGBTQ

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

Phone Number 866-488-7386

Website <https://www.thetrevorproject.org>

Services provided LGBTQ crisis services.

Legal Assistance

Florida Child Support Enforcement

Phone Number 1-800-622-5437

Website <https://childsupport.floridarevenue.com/>

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

Florida Law Help

Website www.floridalawhelp.org

Services provided 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

Website 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.

Services provided: Legal assistance to low income people.

Website: <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)

Phone Number 321-222-0995

Website www.picnicproject.org

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

Location 419 S. Park Ave., Sanford

Picnic Project

Phone Number 321-222-0995

Website www.picnicproject.org

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

Phone Number 321-222-0995

Website www.picnicproject.org

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

Location 419 S. Park Ave., Sanford

Rescue Outreach Mission

Phone Number 407-321-8224

Website <https://rescueoutreachcf.org>

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

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

Lion of Judah

Phone Number : (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)

Phone: (407) 333-8877

Email: info@mealsetc.org

Website www.mealsetc.org

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

Location 2801 S. Financial Ct., Sanford

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 Orlando

Phone Number 407-303-7298

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

Services provided 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

Phone Number 407-428-5751

Website <https://hcch.org/main.htm>

Services provided 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

Website www.shepherdshope.org

Services provided 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.

Location & Phone Numbers: Visit this link for locations and phone numbers

<https://www.shepherdshope.org/locations/>

Medical – Prescription Assistance

Needy Meds

Website www.needymeds.org

Services provided Free or discounted prescription drugs.

Partnership for Prescription Assist

Phone Number 1-888-477-2669

Website <https://medicineassistancetool.org/>

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

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

Medical – Referrals

American Lung Association

(asthma, lung disease, stop smoking)

Phone Number 1-800-586-4872

Website <https://www.lung.org/>

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

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

Medicare/Medicaid

Access Florida

Phone Number 850-300-4323

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

Services provided

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

Medical – Women’s Health

First Life Pregnancy Center

Phone Number (407) 514-4517

Website <https://pregnancyanswers.org/>

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

Location 3125 Bruton Blvd., Orlando

The Family Health Line

Phone Number 1-800-451-2229

Website

<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

Website <https://thepregnancycenters.com/>

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

Location: 1002 S French Ave, Sanford, FL 32771

Mental Health Care

*Aspire Health Partners

407-875-3700/407-323-2036

Phone Number 407-323-2036 or 407-875-3700

Website <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

Phone Number 407-898-0110

Website www.mhacf.org

Services provided Support groups, advocacy programs for the mentally ill.

Location 1525 E. Robinson St. Orlando, FL 32801

*Seminole Community Mental

Phone Number (407) 321-3488

Location 351 S Bay Ave, Sanford, FL 32771

Must live in Seminole county.

To Write Love on Her Arms

Phone Number Text TWLOHA to 741741

Website <https://twloha.com/find-help/>

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

National Alliance of Mental Illness of Greater Orlando

(407) 253-1900

Phone: (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
Phone Number (407) 382-9079
Website HispaFam.com

Services provided 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

Phone Number 407-322-8645
Website MyTrueHealth.org

Services provided Adult Care / Behavioral Health / Dental / Laboratory / OB/GYN / Pediatrics / Pharmacy / Podiatry”

Location 4930 East Lake Mary Blvd. Sanford, FL 32771

Rape/Incest

Rape, Abuse and Incest National Network (RAINN)

Phone Number 800-656-4673

Website <https://www.rainn.org/>

Services provided RAINN is the nation’s largest anti-sexual violence organization.

Rent/Mortgage Assistance

Christian Service 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

Making Home Affordable Program

Phone Number 1-888-995-4673

Website www.makinghomeaffordable.gov

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

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

*Seminole County Community Assistance

Phone Number 407-665-2300

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

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

St. Vincent de Paul

Phone Number: 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

Senior Assistance

Hope Helps

Phone Number 407-366-3422

Website www.hopehelps.org

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

Location 812 Eyrie Drive, Oviedo, Florida 32765

Senior Resource Alliance

Phone Number (407) 514-1800

Website <https://www.seniorresourcealliance.org/>

Services provided Referral service to other agencies.

Location 3319 Maguire Blvd #100, Orlando, FL 32803

*Senior Services Seminole County

Phone Number 407-333-8877

Website www.mealsetc.org

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

Location 2801 S. Financial Ct., Sanford

Email: info@mealsetc.org

Services & Counseling

Steps

Phone Number 407-522-2144

Website www.flsteps.org

Services provided Drug addiction treatment.

Location: 1991 Apopka Blvd, Apopka, FL 32703

National Suicide Prevention Lifeline

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.

Substance Abuse/Drug Treatment

*Aspire Health Partners

407-875-3700

Phone Number 407-875-3700 (option 3)

Website <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

Phone Number (407) 323-5857

Website www.recoveryhouseinc.org

Services provided Drug addiction treatment.

Location 401 Pecan Ave., Sanford

Email info@recoveryhouseinc.org

Seminole Addiction Treatment

Phone Number 407-330-7373

Website www.satsc.org

Services provided Drug addiction treatment.

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

Support Groups

Caregivers Resources

Phone Number 407-303-5600

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

Location 601 East Rollins Street, Orlando, FL 32803

Transitional Housing

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

Utility Assistance

Christian Service 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

*LIHEAP Low Income Home Energy Assistance Program
(407) 688-5166(407) 688-5167
Phone Number (407) 688-5166 or (407) 688-5167 (Closed on Friday)
Website
<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
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
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

St. Vincent de Paul
Phone Number: 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

Vaccinations

Seminole County Health Department
Phone Number 407-665-3000
Website <http://seminole.floridahealth.gov/>
Services provided Vaccinations

WIC – Women Infant Child Care
Seminole County Health Department
Phone Number (407) 665-3705
Website (WIC)
<http://seminole.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic/index.html>
Location 400 W Airport Blvd, Sanford, FL 32773
Email chd59webmaster@flhealth.gov

Workplace Clothing

Dress for Success
Phone Number 407-628-0506
Website www.dressforsuccess.org/orlando
Services provided Clothing for the workplace. Low-income requirement, must have referral from agency or church.
Location 901 West Webster Avenue, Portable #43 Winter Park, Florida