

**Access Points** - Entry points to find and access local resources.

**211** - Phone line to connect to local resources.

call 211 - [211.org](https://211.org)

**Florida Domestic Violence Hotline**

(800) 500-1119

**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**Trinity Cafe Nebraska**

2801 N. Nebraska Ave., Tampa, FL 33602

(813) 254-1190 - [feedingtampabay.org/ways-we-serve/trinity-cafe](https://feedingtampabay.org/ways-we-serve/trinity-cafe)

Meals

Mon-Fri 11:30am-12:30pm, Sat/Sun 9am-10am

**Trinity Cafe at Feeding Pinellas**

6330 54th Ave N., St. Petersburg, FL 33709

(813) 254-1190 - [feedingtampabay.org/ways-we-serve/trinity-cafe](https://feedingtampabay.org/ways-we-serve/trinity-cafe)

Meals

Mon-Fri 11:30am-12:30pm

Food Pantry

Tue/Thur/Fri 1:30pm-4:30pm

**The Bistro at Causeway Center**

3624 Causeway Blvd, Tampa, FL 33619

(813) 254-1190 - [feedingtampabay.org/ways-we-serve/trinity-cafe](https://feedingtampabay.org/ways-we-serve/trinity-cafe)

Meals

Mon/Wed 11am-2pm

**Metropolitan Ministries Metro Market** - Also provide meals in multiple locations, see website for details

2301 N Tampa St, Tampa, FL 33602

(813) 209-1200 - [metromin.org/get-help](https://metromin.org/get-help)

Groceries

Mon-Fri 9am-5pm

**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**Beaming Hope Church**

11000 110TH Ave N, Largo, FL 33778

(727) 216-3364 - [beaminghope.org](http://beaminghope.org)

Groceries

Tue 11:30am-12:30pm

**Clearview UMC**

4515 38th Ave N, St. Petersburg, FL 33713

(727) 522-4673 - [clearviewumc.org/food](http://clearviewumc.org/food)

Free Food

Sat 8:15am-noon

**Daystar Life Center - Food Pantry, Clothing Closet, Rent/Utility Assistance**

1055 28th Street South, St. Petersburg, FL 33712

(727) 825-0442 - [daystarlife.org](http://daystarlife.org)

**Hope Villages of America**

700 Druid Road, Clearwater, FL 33756

(727) 443-4031 - [hopevillagesofamerica.org/help/#food](http://hopevillagesofamerica.org/help/#food)

Food Pantry

Mon-Fri 12:30pm-3:30pm

**Wesley UMC**

301 37th Avenue North, St. Petersburg, FL 33704

(727) 896-4797 - [wesleystpete.org/food-pantry-thrift-store-aa-more](http://wesleystpete.org/food-pantry-thrift-store-aa-more)

Food Pantry

Mon/Wed/Fri 9am-noon

**St. Vincent de Paul Community Kitchen**

1345 Park Street, Clearwater, FL 33756

(727) 441-3790 - [clearwatersvdp.org/kitchen](http://clearwatersvdp.org/kitchen)

**Feeding Tampa Bay**

(813) 254-1190 - [feedingtampabay.org](http://feedingtampabay.org)

**FoodPantries.org** - A directory to find food pantries near you.

[foodpantries.org/](http://foodpantries.org/)

**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**Farm Share - Food Bank**  
(305) 246-3276 - [farmshare.org](http://farmshare.org)

## Emergency Shelters

**Catholic Charities Tampa Hope** - Serves: Men, Women  
3704 E. 3rd Avenue, Tampa, FL 33605  
(813) 394-2881 - [ccdosp.org/tampa-hope](http://ccdosp.org/tampa-hope)

**The Spring** - Shelter for survivors of domestic violence and their children  
(813) 247-7233 - [thespring.org/get-help/shelter](http://thespring.org/get-help/shelter)

**The Community Housing Solutions Center** - Serves: Men, Women  
3630 N. 50th Street, Tampa, FL 33619  
(813) 621-8781 - [covebh.org/community-housing-solutions-center](http://covebh.org/community-housing-solutions-center)

**Metropolitan Ministries** - Serves: Women, Families with Children  
2002 N. Florida Ave, Tampa, FL 33602  
(813) 209-1000 - [metromin.org/get-help](http://metromin.org/get-help)

**Salvation Army**  
1514 N. Florida Avenue, Tampa, FL 33602  
(813) 549-0641 - [southernusa.salvationarmy.org/florida](http://southernusa.salvationarmy.org/florida)

**St. Vincent de Paul CARE Center**  
401 15th St N, St. Petersburg, FL 33705  
(727) 954-8676 - [svdpsp.org/programs/homeless-services/care-center](http://svdpsp.org/programs/homeless-services/care-center)

**Dawning Family Services** - Serves: Families with Children  
6718 N Armenia Ave, Tampa, FL 33604  
(813) 875-2024 - [dawningfamilyservices.org/get-help](http://dawningfamilyservices.org/get-help)

## Resources

**Operation PAR** - Substance abuse recovery  
6150 150th Ave N, Clearwater, FL 33760  
(727) 524-4311 - [operationpar.org](http://operationpar.org)

## Resources

**Pinellas Ex-offender Re-entry Coalition** - Job, housing, and education assistance for ex-offenders  
12810 US HWY 19 N Suite 1, Clearwater, FL 33764  
(855) 505-7372 - [exoffender.org](http://exoffender.org)

**Gulf Coast Jewish Family and Community Services** - affordable housing, rent and utility assistance, and more  
14041 Icot Boulevard, Clearwater, FL 33760  
(727) 479-1800 - [gulfcoastjfcs.org](http://gulfcoastjfcs.org)

**Reach St. Pete** - Limited utility and rent assistance  
(727) 275-8655 - [reachstpete.org/get-help](http://reachstpete.org/get-help)

**US Department of Veterans Affairs** - 24/7 Homeless Call Center Hotline  
(877) 424-3838 - [va.gov/homeless](http://va.gov/homeless)

**National Suicide Prevention Lifeline** - Provides 24/7, free and confidential support for people in distress  
(800) 273-8255 - [SuicidePreventionLifeline.org](http://SuicidePreventionLifeline.org)

**National Domestic Violence Hotline** - 24-hour confidential service for survivors, victims and those affected by domestic violence  
(800) 799-7233 - [TheHotline.org](http://TheHotline.org)

**National Runaway Safeline** - 24/7 crisis line for runaway and homeless youth  
(800) 786-2929 - [1800runaway.org](http://1800runaway.org)

**National Human Trafficking Hotline** - Call if you or someone you know is a victim of human trafficking  
(888) 373-7888 - [HumanTraffickingHotline.org](http://HumanTraffickingHotline.org)

**Free Mobile Phone Service** - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.  
[SafeLinkWireless.com](http://SafeLinkWireless.com)  
[AssuranceWireless.com](http://AssuranceWireless.com)

**FindTreatment.gov** - Directory of providers treating substance use disorders, addiction, and mental illness  
(800) 662-4357 - [FindTreatment.gov/](http://FindTreatment.gov/)

**FreeDentalCare.us** - Directory of free and low cost dental clinics  
[FreeDentalCare.us/](http://FreeDentalCare.us/)

Available services can change often. Please email [support@HelpSheets.org](mailto:support@HelpSheets.org) with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.