

# REFERRAL RESOURCES

## **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**800-273-8255**

**888-628-9454 (Spanish)**

## **Bayside Center for Behavioral Health**

**941- 917-7760**

[www.smh.com](http://www.smh.com)

Clinical Assessment Center is available

24 hours at no cost to individuals suffering from depression, anxiety, substance abuse, or other mental health illnesses

## **First Step Access Center –Walk-in Center**

**941-552-1950**

[www.fsos.org/access-center](http://www.fsos.org/access-center)

Call for immediate counseling and referral services to individuals or families experiencing mental health or substance abuse services.

## **Operation Warrior Resolutions**

**941-806-5722**

[www.operationwarriorresolution.org](http://www.operationwarriorresolution.org)

Providing innovative, holistic treatments for mental health to veterans and their family members

## **Resilient Retreat**

[www.resilientretreat.org](http://www.resilientretreat.org)

**941-343-0039**

Serving those who have experienced trauma themselves or those in helping professions and empowers them to thrive through self-care. Services are free and confidential.

## **Second Chance Last Opportunity**

**941-360-8660**

[www.secondchancelastopportunity.org](http://www.secondchancelastopportunity.org)

No person is denied counseling because of a lack of finances.

## **Tidewell Hospice**

**941-552-7500**

[www.tidewell.org](http://www.tidewell.org)

Offers free grief education, one on one and in groups, and support services whether or not the loved one was a Tidewell patient.

## **SPARCC**

**941-365-1776**

[sparcc.net](http://sparcc.net)

Safe space and Rape Crisis Center, free and confidential services to victims of domestic violence and all forms of sexual assault in Sarasota and Desoto Counties.