Our goal at United Way Hernando - 211 is to have a community that is connected and informed regarding health, mental health, crisis response and human service information.

If you or someone you know needs help, please call 211 or text your zip code to 898211.

Caring people are available 24 hours per day 7 days per week to provide help, hope and connection to community resources.

Organizations or companies that would like to be listed in the 211 database, please email our 211 Database Office at update@211tampabay.org

Disclaimer: Some listings in this directory may have changed after printing. Please call 211 or visit us on line at https://211tampabay.org for additional information.

Published: October, 2023

This publication was developed as part of the Senior Mental Wellness & Crisis Response program.

Call 211
www.211tampabay.org

Text Zip Code to 898211
www.UnitedWayHernando.org/211

Hernando Senior Directory
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Alzheimer’s Association Florida
Gulf Coast (800) 272-3900
24-hour helpline providing emotional support.
Caregiver/care receiver support groups,
disease/disability information

Dementia Spotlight Foundation (888) 695-1596
Various forms of support for families and
individuals facing the diagnoses of dementia or
Alzheimer’s, support groups, in person and online
group meetings

Elder Options
Caregiver Training and Support (800) 262-2243
Education and resources for caregivers
of individuals with dementia. Free
in-person or online classes

Family Caregiver Alliance (800) 445-8106
Connecting caregivers to resources and services
both in-person and online providing multiple tools
to help navigate the complexities of caregiving

Florida Department of Elder Affairs
Senior Housing (850) 414-2000
Senior housing information and referral via website
search with information for assisted living facilities,
adult family care homes, adult day care centers and
nursing homes
Mid Florida Community Services  
Senior Services  
(352) 796-1426  
Offers a wide array of services to help seniors, their caregivers and their families.

Project Safe Return  
Hernando Sheriff's Office  
(352) 754-6830  
Helps first responders in search and rescue for at-risk individuals who are prone to wander and/or getting lost. Register here hernandosheriff.org/applications/ProjectSafeReturn/

United States Department of Veteran Affairs, Caregiver Support Line  
(855) 260-3274  
Veterans enrolled in the VA healthcare system and their caregivers can receive services including but not limited to; counseling with a social worker, monthly education calls, and a variety of support services. Some programs have financial assistance to assist with respite care for eligible applicants.

United Way of Hernando  
Caregivers Support Group  
(352) 688-2026  
On-going dementia care support groups for all caregivers caring for loved ones with Alzheimer’s or dementia. In partnership with Dementia Spotlight Foundation.
Disaster Resources

Disaster Preparedness

**Center for Independent Living**
**North Central Florida**  (352) 378-7474
Help with creating a disaster plan for those with a disability and guidance for inclusion on the special needs registry

**FEMA, Ready.gov**  (202) 646-2500
A tool to help people prepare for and mitigate emergencies. Order free preparedness materials that make emergency planning easy and quick

**FEMA, Ready.gov, Build a Kit**  (800) 621-3362
Tips and checklists to help people build an emergency kit that allows them to survive on their own for a few days

**FEMA, National Flood Insurance Program**  (800) 621-3362
Provides affordable flood insurance for property owners of private or public structures

**Hernando County Emergency Management**  (352) 754-4083
Find information such as evacuation zones and routes, special needs registration, preparation checklists, shelter locator and more
Center for Independent Living  
North Central Florida  
(352) 378-7474  
Guidance for inclusion on the special needs registry for those with a disability and help with creating a disaster plan

Hernando County Special Needs Evacuation Assistance  
(352) 754-4083  
Assistance for residents with medical, functional or special transportation needs in an emergency. Example: need oxygen, need electricity, need assistance with routine care, medication and more. Registration required. Service animals only – please make arrangements for pets

211 - Hernando  
Call 211 or text your zip code to 898211 for crisis intervention, health and community resources, financial or housing assistance

Hernando County Emergency Management Shelter Information  
(352) 754-4083  
Community storm shelters, evacuation information, disaster related animal shelters, special needs registry
American Red Cross Central Florida
Tampa Bay Chapter (813) 348-4820
Disaster related emergency supplies and assistance plus other forms of disaster relief

DisasterAssistance.gov (800) 621-3362
Disaster claims information, FEMA disaster assistance online and via telephone

Endeavors, Disaster Case Management (813) 947-9952
Provides disaster case management to survivors who have unmet needs by connecting them with resources and services that can help, including creating a recovery plan that includes sustainable assistance for recovery

FEMA, Disaster Assistance (202) 646-2500
Assistance programs for individual citizens after disaster, online and via telephone

Salvation Army Hernando County Social Services (352) 796-1186 X 104
Emergency utility assistance for electric, gas or water bills, clothing vouchers and emergency food assistance
United Way of Hernando County (352) 686-2026
Assesses unmet needs after a local disaster, provides and connects residents to support services focused through volunteer management, assistance services, short-term and long-term recovery efforts

Report Service Issues

Duke Energy
   Report outages (800) 228-8455
Frontier (800) 921-8101
Spectrum (855) 222-0102
TECO Peoples Gas
   Report outages (877) 588-1010
   Gas leaks (877) 832-6747
Withlacoochee River Electric Cooperative (352) 567-5133
WOW! (866) 745-3685

Hernando County Health Department
Sanitary Nuisances (352) 540-6812
Investigates alleged nuisance complaints
ex: failing septic systems, sewage leaks, diseased animals, fly and mosquito control
AARP, Senior Planet  
(888) 713-3495
Live, online classes for seniors. Learn about finance, wellness, fitness, computers and technology. Register online at seniorplanet.org/classes or call the hotline

University of South Florida  
Osher Lifelong Learning Institute  
(813) 974-5848
A member-based learning community of adults 50+. Online and in-person classes, workshops, lectures, events and social networking, over 300 classes annually on a variety of topics

AARP Senior Community Service Employment  
(727) 547-0534
Matches eligible older job seekers (55+) with local non-profits and companies to increase skills and build confidence while earning a modest income.
Job search/placement

Center for Independent Living North Central Florida  
(352) 378-7474
Employment services that assist people with disabilities find and retain competitive employment.
Job search/placement, special needs job development
Employ Florida Marketplace, Inc.   (800) 438-4128
A one-stop statewide online resource for job listings, reemployment & career building assistance, education and training for state government agencies/departments

Florida Department of Economic Opportunity, CareerSource Hernando   (727) 484-3400
Comprehensive job assistance centers for people considering a job change, seeking training or underemployed. Support with all aspects of career development

Pinellas County Urban League Urban Seniors Jobs Program   (888) 310-7770 X 1
Meets the needs of unemployed, economically insecure seniors by preparing them for and assisting them in finding employment

VetJobs   (877) 696-7226
Provides helpful job search tools for veterans, transitioning military and their family members. services include job banks, job search/placement and military transition assistance

Division of Vocational Rehabilitation Brooksville   (352) 610-5212
Helping people with disabilities find and maintain employment and enhance their independence
Financial Assistance/Taxes

Elder Options

_Emergency Home Energy Assistance Program_ (800) 262-2243
Financial assistance for seniors facing a home energy crisis (heating/cooling). Some eligibility requirements apply

_Home and Community Based Care_ (800) 262-2243
Financial assistance for services in an Assisted Living Facility

Hernando County Housing Authority

_Section 8 Voucher Program_ (352) 754-4160
Qualified applicants may receive assistance with paying rent. People receiving Section 8 vouchers find housing on their own and use voucher from the housing agency to help pay the rent

_Very Low-Income Set Aside Program_ (352) 754-4160
Assists low-income eligible tenants who want to lease a home as their primary residence at an affordable market rate for the long term. Low income/Subsidized private rental housing

Mid Florida Community Services

_Emergency Home Energy Assistance for Elderly Program_ (352) 796-1425
Assists low-income seniors experiencing a home energy heating/cooling emergency with service payment assistance
Salvation Army Hernando County  
Social Services  
(352) 796-1186 X 104  
Emergency utility assistance for electric, gas or water bills, clothing vouchers and emergency food assistance

United Way of Hernando County  
(352)-688-2026  
Limited/restricted emergency assistance support for electric, rent/mortgage, utilities, and misc. Duke Energy assistance also available

Taxes

AARP Foundation, Tax Aide Program  
(888) 227-7669  
Provides virtual and in-person tax preparation assistance free of charge

United Way Hernando, VITA Tax Sites  
(352) 688-8502  
Free tax preparation, call to find a location near you

Fitness & Recreation

Elder Options  
Healthy Aging Workshops  
(800) 262-2243  
Workshops designed to help older adults maintain health and independence. Focus on fall prevention with Tai Chi and classes that improve balance
Florida Fish & Wildlife Conservation Commission
(850) 488-4676
Licensing for outdoor activities such as fishing and hunting

Hernando County Cooperative Extension Service
(352) 754-4433
Providing educational opportunities for gardening, landscaping and horticulture

Hernando County Parks & Recreation
(352) 754-4031
Athletic fields/courts, recreation centers, team sports/leagues

Jerome Brown Community Center
(352) 540-3835
Athletic and recreational facility with multipurpose center for the community and educational purposes

YMCA of the Suncoast
Hernando County
(352) 688-9622
Multiple programs for seniors including but not limited to: aquatic exercise, group exercise, pickleball and circuit training. Programs such as Silver Sneakers, Silver and Fit and Active Renew are accepted. Membership provides access to physical, social, and recreation activities
Hernando County Growers Association
Fresh Access Bucks SNAP
Senior Farmers Market Program (352) 270-3071
Operates the Brooksville Farmers Market, a mobile market throughout Hernando County. They accept Fresh Access Bucks SNAP to purchase fresh produce

Department of Children and Families (DCF)
ACCESS (850) 300-4332
DCF access to assistance programs: Food, medical and cash assistance. EBT card services, food stamps/SNAP, Medicaid and TANF applications

Department of Children and Families (DCF)
SNAP Hernando (866) 762-2237
Formerly “Food Stamp Program” provides nutritional support for low-income seniors on fixed incomes and help completing SNAP applications

Hernando County Growers Association
Fresh Access Bucks SNAP
Senior Farmers Market Program (352) 270-3071
Operates the Brooksville Farmers Market, a mobile market throughout Hernando County. They accept Fresh Access Bucks SNAP to purchase fresh produce

Meal Service

Food with Care (877) 578-9938
Frozen meals that are microwaveable delivered to your home for a small fee. Call to see which day they will be in your city. Service authorization is required to begin service
Food Pantries & Farmers Markets

Daystar Life Center Brooksville
Food Pantry (352) 799-5930
Food pantry for Hernando residents

Feeding Tampa Bay (813) 254-1190
Mobile food banks, call for locations near you

Hernando County Growers Association
Fresh Access Bucks SNAP
Senior Farmers Market Program (352) 270-3071
Operates the Brooksville Farmers Market, a mobile market throughout Hernando County. They accept Fresh Access Bucks SNAP to purchase fresh produce. Call for locations near you

Jericho Road Ministries, Food Barn (352) 799-2912
Food distribution for Hernando residents in need
SpringLife Church
Food Pantry (352) 683-2600
Drive-thru food pantry with staples and canned goods to those in need. Bread and baked goods monthly.

Society of St. Vincent DePaul
Food Pantry (352) 688-3331
Providing food for those in need, free of charge, some eligibility requirements apply.

Salvation Army
Brooksville/Hernando County
Food Pantry (352) 796-1186
Provides food for those in need, free of charge.

Spring Hill Calvary Church of the Nazarene
Food Pantry (352) 683-0587
Food pantry, with non-perishable foods.

Healthcare Resources

Elder Options
SHINE – Serving Health Insurance Needs of Elders (800) 262-2243
Free, personalized, confidential Medicare counseling. Explore Medicare options, supplemental and advantage plans, prescription drug coverage, long term care planning and more.
ALS Association Florida Chapter  (813) 637-9000
Information, education, referral support groups, respite and equipment loan closet with augmentative communication

Alzheimer’s Association Florida Gulf Coast  (800) 272-3900
24-hour helpline providing emotional support, caregiver/care receiver support groups, disease/disability information

Arthritis Foundation Florida  (813) 402-8712
Disease/disability information, health/disability related support groups, health related advocacy groups

Center for Independent Living North Central Florida  (352) 378-7474
Provides information and referrals for those with disabilities and independent living skills training. Additional services include: durable medical equipment and installation of wheelchair ramps

Health Support Services
Deaf and Hard of Hearing Services  Of Florida Pasco/Hernando  (727) 853-1010
Free amplified phone distribution, American sign language instruction, audiological evaluations, support groups, information and referral to statewide relay services

Eldercare Locator Helpline  (800) 677-1116
A public service of the U.S. Administration on Aging that connects seniors to services in their community with a variety of helpful resources online

Elder Options  (800) 262-2243
Provides information, referrals and choices to assist with accessing a variety of services available to elders, people with disabilities and their caregivers

DEEP- Diabetes Empowerment Education Program
A 6-week class designed to help diabetics or caregivers of diabetics understand the disease and prevent complications

Florida Alliance for Assistive Services & Technology  (813) 844-7591
Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

Healthwell Foundation  (800) 676-8416
Assistance with medical care expenses, medical equipment expenses and prescription expenses
Lighthouse for the Visually Impaired and Blind
Vision Store & Magnification Screening (352) 754-1132
Educates, empowers and employs people who are visually impaired or blind. Assistive technology equipment sales, low vision aids and independent living skills

Mid Florida Community Services
Senior Services (352) 796-1426
Provides a variety of services to help seniors stay healthy and maintain an independent living situation. Services include but are not limited to: in-home respite care, home-delivered meals, homemaker and personal care service, and telephone reassurance

Patient Advocate Foundation (866) 512-3861
Co-pay relief for qualified patients includes prescription copays

Premier Community Health Care (352) 518-2000
Health support services for ALL people. Services include: family health, women's health, dental, behavioral health, education and training sessions with patients to ensure continuity of care, education on insurance affordability programs, assistance with ACCESS, CHIP and health insurance marketplace applications

Sertoma Speech & Hearing Foundation of Florida (727) 312-3881
Audiological evaluations, hearing augmentation aid donation programs, specialized telecommunications equipment
Telecommunications Equipment Distribution  (800) 222-3448
Distributes telecommunications equipment to qualified Floridians who are deaf, hard of hearing, deaf/blind and speech impaired at no charge

YMCA of the Suncoast, Hernando County Healthcare Support Programs  (352) 688-9622
Chronic disease self-management and support programs such as Diabetes Prevention, Pedaling for Parkinson's, Livestrong (cancer survivors), Enhance Fitness (arthritis) and Moving for Better Balance

Senior Health Clinics

Department of Veterans Affairs
Brooksville – Community Based Outpatient Clinic  (352) 597-8287
Veteran outpatient clinic

Hernando County Health Department
Adult Chronic Disease Program
Brooksville  (352) 540-6800
Spring Hill  (352) 540-6800
Screens for diabetes, cholesterol, cancer, cardiovascular risks and more plus medications for diabetes, epilepsy and rheumatic fever are available. Sliding scale for payment
Hernando County Health Department - Continued

Adult Immunizations

Brooksville (352) 540-6800
Spring Hill (352) 540-6800

Flu vaccines, hepatitis B, measles/mumps/rubella, pneumonia and chickenpox immunizations

People Helping People

Free Health Clinic (352) 686-4466

Free health care for uninsured low-income individuals, Tuesdays from 10:00 am – 1:00 pm at the Help Center. Appointments necessary

Dental

Premier Community Health Care Dental Services (352) 518-2000

General dentistry, hygiene and screening. Services include: digital X-rays, fillings, oral exams, teeth cleaning, deep cleaning, bridges/crowns, dentures and treatment for gum disease. Appointment necessary, eligibility requirements apply
Vision
EyeCare America, Inc.
Seniors Program (877) 887-6327
Eye care services for medically underserved seniors who qualify. Program includes one free eye exam and up to one year of follow up care for any condition diagnosed during the initial exam.

Lighthouse for the Visually Impaired and Blind
Educates, empowers and employs people who are visually impaired or blind.

**Independent Living Skills** (352) 754-1132
Instruction in daily living, braille, white cane/safe movement

**Vision Store & Magnification Screening** (352) 754-1132
Assistive technology equipment sales and low vision aids

New Eyes, Eye Glasses
**E-Voucher Program** (973) 376-4903
Provides e-vouchers for new prescription eyeglasses but does not cover eye exams

Hearing
Center for Independent Living
North Central Florida

**Sign language interpreting services** (877) 629-8840
**FAAST Assistive Technology Program** (352) 378-7474
Provides a variety of assistive technology, device trainings, information and assistance, device loans and financing programs
Deaf and Hard of Hearing Services  
**Of Florida Pasco/Hernando**  
(727) 853-1010  
Free amplified phone distribution, American sign language instruction, audiological evaluations, support groups, information and referral to statewide relay services

Florida Alliance for Assistive Services & Technology  
(813) 844-7591  
Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

Sertoma Speech & Hearing Foundation of Florida  
(727) 312-3881  
Audiological evaluations, hearing augmentation aid donation programs, specialized telecommunications equipment

Telecommunications Equipment Distribution  
(800) 222-3448  
Distributes telecommunications equipment to qualified Floridians who are deaf, hard of hearing, deaf/blind and speech impaired at no charge
Florida Prescription Drug Price Website
RX Drug Price Finder (850) 412-3600
Interactive website providing pricing information and comparisons for the 300 most commonly used prescriptions in Florida. Find the lowest prices in your area at www.MyFloridaRX.com or call the Agency for HealthCare Administration (AHCA) at the number above.

Florida RX Card (800) 726 4232
Prescription drug discount cards

Healthwell Foundation (800) 676-8416
Assistance with medical care expenses, medical equipment expenses and prescription expenses

Hernando County Health Department
Adult Chronic Disease Program (352) 540-6800
Medications for diabetes, epilepsy and rheumatic fever are available. Sliding scale for payment

Hernando County Health & Human Services
Free RX Discount Prescription Card (352) 540-4338
Offers the Coast2CoastRX free prescription discount card that saves up to 80% on brand name or generic drugs and may cover dental, vision, hearing, diabetic equipment/supplies, lab & imaging services, veterinary and much more. Some eligibility requirements apply.
NeedyMeds (978) 281-6666
Prescription drug discount cards

Patient Advocate Foundation (866) 512-3861
Co-pay relief for qualified patients includes prescription copays

United Way of Hernando
SingleCare RX Card (352) 688-2026
Average savings are almost 40% and can be as high as 75%. SingleCare cards can be used at most pharmacies, including all chain pharmacies and groceries nationwide

**Medical Equipment & Supplies**

Center for Independent Living
North Central Florida (352) 378-7474
Provides a variety of assistive technology, device trainings, information and assistance, device loans and financing programs. Additional services include: durable medical equipment (wheelchairs, walkers, canes, scooters and sliding boards) and installation of wheelchair ramps

Crescent Community Clinic (352) 610-9916
Improving the health and well-being of all people regardless of the ability to pay. Providing health care and health literacy. Some eligibility requirements apply
Deaf and Hard of Hearing Services
Of Florida Pasco/Hernando  (727) 853-1010
Free amplified phone distribution, American sign
language instruction, audiological evaluations,
support groups, information and referral to statewide
relay services

Florida Alliance for Assistive
Services & Technology  (813) 844-7591
Assistive listening devices, assistive technology
equipment loan and expense assistance, wheelchairs/
wheeled mobility

Lighthouse for the Visually Impaired
and Blind, Vision Store  (352) 754-1132
Assistive vision technology equipment sales and
low vision aids

Telecommunications Equipment
Distribution  (800) 222-3448
Distributes telecommunications equipment, to qualified
Floridians who are deaf, hard of hearing, deaf/blind and
speech impaired at no charge

Veterans Action Project, Inc.  (727) 841-7329
Provides general assistance on a case by case basis, for
veterans, including; food, motorized & mechanical
wheelchairs, walkers, furniture, hearing aids and dentures,
free of charge
Always Near Home Care  (352) 293-3222
Provides non-medical home care services; such as companionship/caregiver respite and support housekeeping, meal prep/cooking/laundry/pet care/plant watering/medication reminders/errand running and shopping assistance

Elder Options
Home and Community Based Care  (800) 262-2243
Provides counseling and screening for seniors, caregivers and families to access a variety of programs that allow individuals to maintain an independent living situation
Services include but are not limited to personal care (bathing etc..), respite care, housecleaning, meal delivery and more. Many services are free, some have eligibility requirements

Home Instead Senior Care  (352) 269-1797
Offers a variety of individual, compassionate care services to seniors in their own home. CAREgivers assist elderly clients with daily activities like showering, cooking, cleaning, errands and transportation

Mid Florida Community Services
Senior Services  (352) 796-1426
Helps seniors live an independent lifestyle by providing in-home respite care, home delivered meals, homemaker assistance, personal care and telephone reassurance. Many services are free, some have eligibility requirements
Home Improvements & Modifications

Center for Independent Living
North Central Florida  (352) 378-7474
Installation of wheelchair ramps

Hospice Services

Chapters Health
HPH Hospice, Inc. - Brooksville  (352) 544-1181
Quality palliative care, in-home, facility or hospital. No one denied due to financial hardship, accepts Medicare, Medicaid, Tricare with all-inclusive services

Legal

Community Legal Services of Mid-Florida  (800) 405-1417
Professional, free legal advice on various issues including elder law and advocacy, family law, housing, public benefits, tax controversy assistance and veteran benefits assistance

Equal Employment Opportunity Commission  (800) 669-4000
Employment discrimination assistance (age, disability, race, etc.)
Florida Department of Agriculture and Consumer Services, Landlord/Tenant Rights Florida (800) 352-9832
Landlord rights information and counseling

Florida Department of Elder Affairs
Long-Term Care Ombudsman Program (888) 831-0404
North Central Florida Office (Ocala) (352) 620-3088
Advocating for the health, safety, welfare and rights of those in long-term care facilities

Florida Statewide
Senior Legal Helpline (888) 895-7873
Free legal resource for seniors, their advocates and caregivers

**211 - Hernando**
Call 211 or text your zip code to 898211 for crisis intervention, health and community resources, financial or housing assistance

**988 Suicide & Crisis Lifeline**
24/7 free and confidential support for people in distress. Callers are connected to crisis and suicide counselors

**BayCare Behavioral Health** (352) 540-9335
Individual counseling, family counseling, psychiatric outpatient services, group counseling and case management, wellness and prevention services
Elder Options
PEARLS – Program to Encourage Active Rewarding Lives (800) 262-2243
Empowers older adults to develop skills they need for self – sufficiency and independence. Focus on identifying depression and overwhelm

Hernando County Veteran Services (352) 754-4033
Assists veterans, dependents and survivors with reintegration counseling and a variety of other services

LGBT National Senior Hotline (888) 234-7243
Telephone peer support

NAMI Hernando County (352) 684-0004
Support groups and education for people living with mental illness. Support groups and education for family members and caregivers of people living with mental illness

National Domestic Violence Hotline (800) 799-7233
Expert advocates available 24/7 to talk confidentially to those experiencing domestic violence, seeking resources and information or to discuss unhealthy aspects of your relationship

Operation PAR
Hernando County: Spring Hill (888) 727-6398
Comprehensive outpatient medication-assisted treatment for drug use disorder with counseling services
People Helping People
Free Health Clinic  (352) 686-4466
Free mental health screening and referral resources for uninsured low-income individuals, Tuesdays at the Help Center. Appointments necessary

Premier Community Health Care  (352) 518-2000
Mental Health professionals provide individual, family and group therapy, general mental health screening and education. Additional services: psychological assessment, cognitive/behavioral modification, grief/trauma/stress management, coping skills, substance use disorder program and crisis intervention

Springbrook Hospital
Bridges Senior Mental Health Program  (352) 306-2714
Comprehensive treatment program for seniors suffering from addiction and mental health issues such as anxiety, depression, eating disorders and more

Trauma and Counseling Solutions, Inc.  (813) 328-6034
Counseling services for those experiencing trauma, anxiety, depression, fears/phobias and more provided by EMDR Certified Therapists

Support Groups

Alcoholics Anonymous
Hernando County Intergroup  (352) 683-4597
Alcohol use disorder in person and online support groups and alcohol use hotline which is available 24/7
Chapters Health
HPH Hospice, Inc. - Brooksville (352) 544-1181
Terminal illness and grief support groups

Clutterer’s Anonymous (866) 402-6685
Hoarding support group. A 12-step program like AA.
Share experiences, strength and hope to help each other recover

Co-Dependents Anonymous
Words of Wisdom, Brooksville (352) 596-2492
A fellowship of people whose common purpose is to develop healthy relationships

Dawn Center
Hernando County, Inc. (352) 688-8430
Support services to survivors of domestic violence and sexual violence through shelter, outreach programs and legal advocacy

Depression and Bipolar Support Alliance (800) 826-3632
Support groups for families/friends of individuals with mental health disorders such as depression and other mood disorders. Also support groups for people who have mood disorders

Florida Council on Compulsive Gambling (888) 236-4848
Support for those suffering with compulsive gambling. Help line, email, text line an live chat available 24 hours per day
Gamblers Anonymous Florida  (855) 222-5542
12-step support groups for adults who gamble compulsively and have a desire to stop

Gulfcoast North Area
Health Education Center  (813) 929-1000 X203
Smoking addiction support groups, options for in-person group quit or online groups

Hernando County Sheriff’s Office
Care Line  (352) 797-3660
A life-line to well being for those living alone who would like daily contact with someone who cares. Registration required

Lighthouse for the Visually Impaired and Blind, Support Groups  (352) 754-1132
Disability and health related support groups for individuals, veterans, parents of children who are blind, caregivers/family members and one-on-one counseling

Mended Hearts  (888) 432-7899
Offers peer-to-peer support, resources and education for those with heart disease, their families and caregivers

NAMI Hernando County  (352) 684-0004
Support groups and education for people living with mental illness. Support groups and education for family members and caregivers of people living with mental illness. Grief support groups
Narcotics Anonymous
River Coast Area of NA (352) 754-7200
Support group using 12-step program and local recovery meetings to aid in substance use recovery

Nicotine Anonymous (877) 879-6422
Support group using 12-step program to achieve abstinence from nicotine

Overeaters Anonymous, Inc. (505) 891-2664
Support to help people abstain from compulsive overeating

Parkinson’s Foundation (800) 473-4636
Connecting individuals and families affected by Parkinson’s to support and resources in their area and online

Rehability (352) 701-0494
Parkinson's Support Group
Free group for individuals dealing with Parkinson's disease as well as family members and caregivers. Includes group discussion, peer support, education and resources

Stroke of Hope
Free group for stroke survivors as well as family members and caregivers. Includes group discussion, peer support, education and resources

United Way of Hernando Caregivers Support Group (352) 688-2026
On-going dementia care support groups for all caregivers caring for loved ones with Alzheimer’s or dementia. In partnership with Dementia Spotlight Foundation
Always Near Home Care, LLC, Inc. 352) 293-3222
Assistance with pet care is one of the services provided among many other in-home care services

Hernando County Emergency Management
Pet Friendly Shelters (351) 754-4111
Provides pet friendly shelter locations that are open during declared county emergencies

Humane Society of the Nature Coast
Pet Pantry (352) 796-2711
Pet owners who need help with pet supplies can visit the food pantry just outside the main gate on Mobley Road. First come, first served basis. Come inside if the pantry is empty during business hours

Jericho Road Ministries, Food Barn (352) 799-2912
Food distribution for Hernando residents and their pets

PetLuv, Inc (352) 799-9990
Provides affordable spay and neuter services, vaccines and more

Laps of Love Veterinary Hospice (813) 407-9441
Provides compassionate, in-home end-of-life care for your pet
Deaf and Hard of Hearing Services of Florida
Pasco/Hernando (727) 853-1010
Provides a variety of free equipment for those with hearing loss including telephones, amplification equipment resources and support services

Federal Communications Commission
Affordable Connectivity Program (877) 384-2575
Helps low-income households pay for internet services via discounted internet pricing

Florida Alliance for Assistive Services & Technology (813) 844-7591
Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

Lighthouse for the Visually Impaired and Blind (352) 754-1132
Computer literacy training opportunities, assistive technology training and product demonstration

MedicAlert (800) 432-5378
Bracelet or necklace that offers emergency medical information and personal identification in an emergency

Sertoma Speech & Hearing Foundation of Florida (727) 312-3881
Specialized telecommunications equipment
Transportation

Disabled American Veterans, Florida  (352) 331-0945
Offers transportation to VA medical appointments and provides a variety of additional services to disabled veterans in Florida including help with VA claims for disability compensation.

Mid Florida Community Services, Inc.
Transportation Services  (352) 799-1510
Safe, low cost transportation for seniors for medical, nutritional and shopping needs. Must complete an application for service. Trans Hernando is Hernando's designated Community Transportation Coordinator (CTC).

Veteran Ride Program  (352) 799-1510
Trans Hernando offers a reduced fare for veterans and their spouse in Hernando. Proof of service required.

Veteran Shuttle  (352) 799-1510
Trans Hernando travels to and from James A. Haley VA Hospital in Tampa. Reservations required.

The Bus  (352) 754-4444
Public bus transportation service that also has ADA service operations. Provided by Hernando County.

Veterans

Clincis

Bay Pines Department of Veterans Affairs Medical Center  (727) 398-6661
American Red Cross Central Florida
Tampa Bay Chapter (813) 348-4620
Armed forces emergency services, career placement for veterans

Disabled American Veterans, Disaster Relief
St. Petersburg VA Regional Office (727) 319-7444
Disaster relief supports veterans, service members surviving spouses and families after isolated/specific disasters including, cash grants, clothing, emergency supplies and food

Bay Pines V.A. Healthcare
Diabetes Education Program (727) 398-6661
Geriatric diabetes management clinics

Bay Pines V.A. Health Care System
Suicide Prevention (727) 398-6661 X14226
Suicide counseling, suicide prevention programs

Department of Veterans Affairs
Brooksville – Community Based
Outpatient Clinic (CBOC) (352) 597-8287
Veteran outpatient clinic

Veterans Affairs, James Haley
Veterans’ Hospital (813) 972-2000
Primary care, specialty health services, mental health care and more

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Crisis Response/Resources

American Red Cross Central Florida
Tampa Bay Chapter (813) 348-4620
Armed forces emergency services, career placement for veterans

Disabled American Veterans, Disaster Relief
St. Petersburg VA Regional Office (727) 319-7444
Disaster relief supports veterans, service members surviving spouses and families after isolated/specific disasters including, cash grants, clothing, emergency supplies and food
Angel Wings for Veterans   (757) 318 - 9174
Provides free air and ground transportation for veterans, wounded warriors and their families for specialized medical evaluation, diagnosis and treatment.

Air Ambulance

Freedom Alliance, Scholarship Fund   (800) 475-6620
Fund that honors veterans who have sacrificed life or limb defending our country by providing educational scholarships for their children

Hernando County Veteran Services   (352) 754-4033
Assists veterans, dependents and survivors with Federal/State benefits including but not limited to military transition assistance, veteran benefits assistance, compensation/pension benefits, life insurance, reintegration counseling and survivors benefits

Disabled American Veterans, Disaster Relief
St. Petersburg VA Regional Office   (727) 319-7444
Supports veterans, service members surviving spouses and families after isolated/specific disasters including, cash grants, clothing, emergency supplies and food

Employment

VetJobs   (877) 696-7226
Provides helpful job search tools for veterans, transitioning military and their family members, including job banks, job search/placement and military transition assistance

Financial Assistance
Navy-Marine Corps Relief Society Financial Assistance and Counseling (850) 230-3307
Provides urgent financial assistance with free budgeting counseling through interest Free loans or grants upon approval

Operation Homefront Veterans Critical Financial Assistance (877) 264-3968
Financial assistance to help with mortgage/rent, food, utilities, vehicle repair/payment/insurance and other urgent needs for those currently serving military families, post 9/11 wounded, ill or injured veterans

United States Department of Veterans Affairs, Veterans Administration Housing Counselors (800) 698-2411
Helps service members, veterans and eligible surviving spouses become homeowners. Home loans, mortgage delinquency and default counseling

Veterans Action Project, Inc. (727) 841-7329
Provides general assistance on a case by case basis, for veterans, including; food, motorized & mechanical wheelchairs, walkers, furniture, hearing aids and dentures, free of charge

Veterans Affairs Veterans Benefits Office (800) 827-1000
Administers all federal government veteran programs including; CHAMPVA, TRICARE Extra/Prime/Standard, benefit assistance, burial benefits, education benefits, life insurance and pension programs
Elder Options
Veteran Directed Care  (800) 262-2243
For veterans who are in need of nursing home level care but want to stay in their home. Services include but are not limited to; eating, bathing, bathroom, dressing, grooming and more

Mental Health

United Way Hernando - 211
Veteran Peer Support Line  211
Case/care management, veteran specific information and referrals, veteran/military hotlines

988 Suicide & Crisis Lifeline  988
24/7 free and confidential support for people in distress. Callers are connected to crisis and suicide counselors

Hernando County Veteran Services  (352) 754-4033
Assists veterans, dependents and survivors with reintegration counseling and a variety of other services

K9 Partners for Patriots, Inc.  (352) 397-5306
Helps match veterans who have PTSD with rescue shelter dogs and teach veterans how to train the K9 to be a service dog while developing a strong bond of trust

The Veterans’ H.E.A.T. Factory, Inc.  (352) 251-7015
Empowering veterans & first responders who have PTSD to achieve lifelong success and re-enter civilian life
## Support Groups

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<thead>
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<td>NAMI Hernando, Homefront</td>
<td>(352) 684-0004</td>
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<tr>
<td></td>
<td>Class for families, caregivers and friends of veterans with mental health conditions</td>
</tr>
<tr>
<td>United States Department of Veteran Affairs, Caregiver Support Line</td>
<td>(855) 260-3274</td>
</tr>
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<td></td>
<td>Veterans enrolled in the VA healthcare system and their caregivers can receive services including but not limited to; counseling with a social worker, monthly education calls, and a variety of support services. Some programs have financial assistance to assist with respite care for eligible applicants</td>
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## Transportation

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Volunteer Opportunities

United Way Lend a Hand Hernando
Numerous volunteer opportunities in a wide variety of nonprofit organizations serving Hernando
Visit our website: unitedwayhernando.org/volunteerism

211 Tampa Bay Cares (727) 888-5211
Volunteers needed to assist in public education and outreach events as well as authorized calls to seniors

Boys and Girls Clubs of Hernando County
Before & After School Programs (352) 666-0068
Child care volunteers needed for before and after school programs and event setup/clean up

Daystar Life Center Brooksville
Food Pantry (352) 799-5930
Multiple opportunities for volunteers including food collection, food sorting and packing, office help
Thrift Store (352) 799-2636
Thrift shop support volunteer opportunities

Deaf and Hard of Hearing Services of Florida
Pasco/Hernando (727) 853-1010
Volunteers needed for data entry/word processing filing, receptionist and more, training provided

For Each 1 Reach 1
Mentoring Program (352) 556-2768
Mentoring and tutoring opportunities in math and reading
Hernando County Cooperative Extension Service  
(352) 754-4433
Gardening volunteer opportunities for University of Florida’s Agriculture Sciences extension. Providing educational opportunities for gardening, landscaping and horticulture

Hernando County Sheriff’s Office Care Line  
(352) 754-6830 X 53660
Friendly volunteers needed for Care Line operators and telephone reassurance for those living alone who would like daily contact with someone who cares

Humane Society of the Nature Coast  
(352) 796-2711
Animal shelter attendant volunteer opportunities

Jericcho Road Ministries, Inc.  
(352) 799-2912
A variety of volunteer opportunities to help those in need including, donation pick up, donation sorting and packing, grant development, fundraising and van/bus driver

Lighthouse for the Visually Impaired and Blind Independent Living Skills  
(352) 754-1132
Volunteer opportunities include; braille transcription, disability related reading services, event coordination, event setup/cleanup
People Helping People    (352) 686-4466
Help support PHP programs, logistical needs or administrative functions for two to five hours per week. Opportunities include but are not limited to, cooking, data entry, gardening, janitorial, food bagging, transportation and more

Salvation Army, Hernando    (352) 796-1186 X 104
Numerous volunteer opportunities include, food sorting and packing, fundraising event help, receptionist and more

Senior Corps, Corporation for National and Community Service    (800) 942-2677
Connects seniors with organizations that need them

United Way of Hernando County
Hernando Volunteer Reception Center    (352) 688-2026
Help ensure the community is ready in the aftermath of a disaster. Volunteer to help the community organizations and emergency management via, amateur radio operation, chainsaw operators, damage assessment, shelter assistance, search and rescue and more

Youth and Family Alternatives
New Beginnings Youth Shelter    (352) 540-6015
Numerous volunteer opportunities to help youth ages 10 – 17 who are in crisis. Opportunities include; meal preparation & serving, tutoring, donation of bedding/linen/toys and games

YMCA of the Suncoast
Hernando County    (352) 688-9622
Offers a variety of volunteer opportunities for seniors
United Way Hernando - 211

Providing help, hope and connection to community resources

Crisis intervention and community resources for medical equipment, prescriptions, health insurance assistance, financial assistance for utilities, legal assistance, grief support groups and so much more.

If you or someone you know needs help please call 211 or text your zip code to 898211.

Caring people are available 24 hours per day 7 days per week to provide help, hope and connection to community resources.

This publication was developed as part of the Senior Mental Wellness & Crisis Response program

www.211tampabay.org  www.UnitedWayHernando.org/211