Tampa Bay Quick Sheet: Free Local Resources

211
Not sure where to start
dial **211** or **(813) 964-1964**

988
Suicide or any crisis
call or text **988**

⚠ **In danger right now**
Emergency call **911**
Domestic violence call or text **(813) 247-7233**, 24/7

Not sure where to start
Questions about the system (813) 223-6115
Metropolitan Ministries BrigAIDe outreach **(813) 209-1044**

Emergency Shelters, Call First
Salvation Army (813) 549-0641
Tampa Hope Outreach Mon to Fri 9 to 4: **(813) 394-2881**

Free meals
Trinity Cafe 2801 N. Nebraska Ave, Tampa

Showers and laundry
Homeless Helping Homeless (813) 415-3586

Checked Oct 15, updated Oct 25.
Call ahead, hours change.

Free to print and share. By Adontai Mason, The Kosmic Quill Project.

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