Tampa Bay Quick Sheet: Free Local Resources

Hillsborough County, Florida. Free help, checked Oct 15, updated Oct 25, 2026.

I work full time at a call center and ride the bus to get there. I've been on a housing waitlist for about two and a half years, paying out of pocket just to have somewhere to sleep, and nobody ever handed me a page like this. So here it is.
Adontai Mason

In danger right now

Emergency [3] call **911**

Suicide or any crisis [1] call or text **988** *Free, 24/7.*

Veterans in crisis [2] **988** then press 1, or text **838255**

Domestic violence (The Spring of Tampa Bay) [4] call or text **(813) 247-7233**, 24/7 TTY for deaf or hard of hearing callers **(813) 248-1050** Florida domestic violence hotline **(800) 500-1119**

Runaway or homeless teens [5] 1-800-RUNAWAY, **(800) 786-2929**, 24/7

Not sure where to start

211 [6] dial **211** or **(813) 964-1964** *Free, private, 24/7. You don't have to live here to call.*

County help line [7] **(813) 272-5220** for rent, food, health and the nearest county resource center

Homeless outreach that comes to you (Metropolitan Ministries BrigAIDe) [8]: Help with ID, food stamps, Medicaid, Social Security. **(813) 209-1044**

Questions about the system (Tampa Hillsborough Homeless Initiative) [9] **(813) 223-6115**

Get on the housing list (Coordinated Entry)

Single adults, by last name [10]

A to G	Catholic Charities **(813) 631-4370** ext 5505 or 2221
H to M and U to Z	Metropolitan Ministries **(813) 209-1240**
N to T	St. Vincent de Paul CARES **(813) 999-8973**

Families with kids under 18 [10]

A to E	Catholic Charities **(813) 631-4370** ext 5505 or 2221
F to K and V to Z	Dawning Family Services **(813) 245-9154**
L to P	Metropolitan Ministries **(813) 209-1240**
Q to U	St. Vincent de Paul CARES **(813) 999-8973**

Ages 16 to 24 [10]: EPIC youth hub **(813) 651-2850**

No ID? Call anyway. The brochure says they can help you get documents. Being assessed is not a promise of housing.

Emergency Shelters, Call First

Salvation Army [11, 3]: single men and women. 1514 N. Florida Ave, Tampa **(813) 549-0641** *First come, first served. Bring a photo ID.*

Tampa Hope (Catholic Charities) [12]: Three meals a day, showers and laundry for residents. 3704 E. 3rd Ave, Tampa Outreach Mon to Fri 9 to 4: **(813) 394-2881**

Community Housing Solutions Center (Ibis Healthcare) [11, 13]: single men and women, about 4 months, three meals a day. 3630 N. 50th St, Tampa **(813) 621-8781**

New Beginnings of Tampa [3, 14]: men and women, first come, first served. 8535 N. Nebraska Ave, Tampa **(813) 971-6961**

Metropolitan Ministries [8, 11]: families with kids and single women. 2301 N. Tampa St, Tampa Intake **(813) 209-1222**, or apply online at metromin.org

ACTS [11]: for people with mental health or substance use needs. 4403 W. Dr. Martin Luther King Jr. Blvd, Tampa **(813) 237-4907**

Mary & Martha House [11]: single women and children. **(813) 645-7874** *Address kept private.*

Family Promise of Hillsborough County [15]: families with children. Day center 201 E. Morgan St, Brandon Mon to Fri 8 to 5 **(813) 681-6170**

Homeless veterans [16] Veterans Affairs (VA) call center **(877) 424-3838**, 24/7

Beds fill fast. Call first if you can.

Free meals

Trinity Cafe [17]: free hot sit-down meal or meal to go, no need to call. 2801 N. Nebraska Ave, Tampa Mon to Fri 11:30 am to 12:30 pm, Sat and Sun 9 to 10 am.

The Bistro at Causeway Center (Trinity Cafe) [17] 3624 Causeway Blvd, Tampa Mon, Wed, Fri 11 am to 4 pm. Tue and Thu 3 to 6 pm.

Metropolitan Ministries hot meals [8]: breakfast, lunch and dinner at partner sites. Map at metromin.org/get-help, or call **(813) 209-1044**

Showers and laundry

Homeless Helping Homeless [18]: free showers, short-term storage, Wi-Fi and phone, open to non-residents too. **(813) 415-3586** *Call for address and times.*

ShowerUp mobile showers [19]: free, towel and toiletries provided. Call or text **(888) 210-0777** for the Tampa Bay schedule.

The Coffee Shop drop-in (The Drop) [3, 20]: showers, laundry, computers, internet, phones. 6220 N. Nebraska Ave, Tampa 8 am to 1 pm. **(813) 272-2311** *City says Mon to Fri; the Initiative's guide says Tue and Thu. Call first.*

Free Wi-Fi and computers: public libraries

Every full-service library [21, 22]: free Wi-Fi (network name HCPLC), free computers and printing. Computers: up to 3 hours a day with a library card. No card? Ask for a one-day Guest Pass (ages 17 and up).

Wi-Fi from the parking lot [23] 7 am to 11 pm at most branches.

Main library [24]: John F. Germany 900 N. Ashley Dr, Tampa Mon to Thu 10 am to 9 pm, Fri and Sat 10 am to 6 pm. Questions: **(813) 273-3652**

Library card [25]: free for Hillsborough County residents.

ID and mail

Free Florida ID card [26, 47]: Hillsborough County Tax Collector. No fee if you are homeless: bring your original documents plus a homeless letter from a shelter or halfway house dated within 90 days. Also free: a Unity Card or Metropolitan Ministries ID. hillstaxfl.gov.

Mail with no address (General Delivery) [27]: Ybor City Post Office 2000 E. 12th Ave, Tampa Mon to Fri 8:30 am to 5 pm, Sat 8:30 am to noon. **(813) 247-2416** *Ask at the counter how to address your mail.*

Other help

Free civil legal help [28]: Bay Area Legal Services Mon to Fri 9 am to 4:30 pm. **(813) 232-1343**

✓ **Every listing was checked on its official source Oct 15, updated Oct 25, 2026. Programs change. If a number doesn't work, call 211.**

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

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Sources, checked Oct 15, updated Oct 25, 2026: **1.** 988lifeline.org **2.** veteranscrisisline.net **3.** tampa.gov/homeless **4.** thespring.org/get-help/crisis-hotline **5.** 1800runaway.org **6.** crisiscenter.com/get-help/211 **7.** hcfl.gov/residents/human-services/help-me-hillsborough **8.** metromin.org/get-help **9.** thhi.org **10.** thhi.org Coordinated Entry Brochure (updated July 2026) **11.** hcfl.gov find-a-homeless-shelter **12.** ccdosp.org/tampa-hope **13.** ibishealthcare.org **14.** newbeginningsoftampa.org **15.** familypromisefl.org **16.** va.gov/homeless/nationalcallcenter.asp **17.** ftb.org/groceries-meals/trinity-cafe **18.** homelesshh.org/services **19.** showerup.org/tampa-bay-calander **20.** thhi.org Street Survival Guide (Jan 2026) **21.** hcplc.org/services/technology **22.** HCPLC policy LS 803 **23.** hcplc.org/services/park-and-surf **24.** hcplc.org/locations/john-f-germany **25.** hcplc.org/account/get-a-card **26.** hillstaxfl.gov/drivers-license-id/identification-card **27.** USPS Locator (tools.usps.com/locations) **28.** bals.org

Tampa Bay Quick Sheet, page 2: getting around, free groceries and clinics

Getting around: HART buses and passes

HART bus fares [29, 32]: $2 per trip. Pay on the bus with the Flamingo app or card, a contactless card or a phone wallet. On Flamingo, contactless or a wallet, you stop paying at $4 a day. Cash needs exact change, because drivers carry none. Route 1 was free until Jan 5, 2026. It now costs $2 like the rest. HARTinfo Mon to Fri 5 am to 9 pm, Sat and Sun 6 am to 8 pm. HARTinfo **(813) 254-4278**

HART reduced fare [30, 31]: $1 per trip for seniors 65 and older, people with disabilities and Medicare cardholders. It is not based on income. Get a Discount Flamingo Card for $3 and bring proof you qualify. Seniors bring a State of Florida ID. Marion Transit Center, 1211 N. Marion St, Tampa Mon to Fri 6 am to 6 pm, Sat 8 am to 5 pm.

Sunshine Line free bus pass (Hillsborough County) [33]: Free daily or monthly HART pass. You must live within 3/4 mile of a HART route, have low income and have no other way to get around. Ask at least 5 days ahead. Daily passes come by mail. Monthly passes load onto your Flamingo card. Phone Mon to Fri 8 am to 5 pm. **(813) 272-7272**
We found no pass program just for people who are homeless, so this is the county route. No fixed address? Ask when you call.

TECO Line Streetcar [29]: free to ride.

Food pantries: free groceries

Feeding Tampa Bay pantry finder [34]: Find free groceries near you at ftb.org/findfood. Pick Hillsborough County or enter your ZIP. Most sites need no paperwork, but government food sites have a form. Walk-ups are welcome at drive-thru sites. Hours differ by site. Call the site first. **(813) 254-1190**. Text FTBFYI to 833-530-3663 for schedule changes.

Feeding Tampa Bay Market (free, by appointment) [35]: Open to everyone. No income, address or citizenship test. One visit every 30 days. Book online at feedingtampabay.org/market. Slots fill fast. 3624 Causeway Blvd, Tampa Tue to Thu 1 to 7 pm, Fri 10 am to 2:30 pm. **(813) 254-1190**

Salvation Army Tampa Area Command [36]: the office, not the shelter. The shelter is at 1514 N. Florida Ave. 1603 N. Florida Ave, Tampa Office Mon to Fri 8:30 am to 4 pm. **(813) 549-0641** *No pantry schedule is published. Call first.*

Mobile pantry at University Area Community Center [37]: No ID, papers or pre-screening needed. Front Park, 14013 N. 22nd St, Tampa 3rd Wednesday of each month, 4:30 to 6 pm. **(813) 558-5212** *Call to confirm the schedule.*

Saint Luke AME Church pantry [38] 2709 N. 25th St, Tampa Mondays 8 to 11 am. Holiday hours may change. **(813) 248-6753** *Call first to ask what to bring.*

Community Resource Centers (Hillsborough County, once called Neighborhood Service Centers) [39]: Not a daily pantry. Call the county line to find the nearest center and ask about food events. Mon to Fri 8 am to 5 pm. **(813) 272-5220**

Hours change. Call first.

Free and low-cost clinics

The Drop (free medical and dental clinic) [40]: Opened Sept 2026. For people who are homeless and for uninsured or underinsured adults. Volunteer providers. Dental is by appointment. 6220 N. Nebraska Ave, Tampa Mon, Wed, Fri 9 am to 1 pm. *Call first.*

Judeo Christian Health Clinic [41]: Free care and some free adult dental. By appointment, not walk-in. Stop in to pick up an application and book a visit. 4118 N. MacDill Ave, Tampa Mon to Fri 9 am to 5 pm. **(813) 870-0395** *Call first to ask what to bring.*

Red Crescent Clinic [42]: free for people who are uninsured or underinsured. All volunteer. Appointments required. 7328 E. Sligh Ave, Tampa Tue to Sat 9:30 am to 2 pm. **(813) 246-5006**

San Jose Mission Clinic (BayCare) [43]: free if you have no insurance and your income is below 200% of the poverty level. Some specialties and dental are limited. 13571 San Juan Diego Way, Dover Mondays after 4:30 pm. **(813) 707-7376** *Call to confirm.*

Ibis Healthcare (formerly Gracepoint) [44]: Primary care, mental health and recovery care. No one is turned away for inability to pay. The fee is on a sliding scale. 5707 N. 22nd St, Tampa Mon to Fri 8 am to 5 pm. **(813) 272-2244**

Suncoast Community Health Center [45]: Sliding fee, $25 to $120 by income. Walk-ins welcome if there is space. Medical, kids' dental, behavioral health and pharmacy. New patients bring a photo ID, and proof of income if uninsured. 313 S. Lakewood Dr, Brandon Mon to Fri 7:30 am to 5 pm. **(813) 653-6100**

Tampa Family Health Centers [46]: Sliding fee by income. Services are not free. Uninsured people are welcome. Bring proof of income. Causeway site, 7608 Causeway Blvd, Tampa Mon to Fri 7:30 am to 8 pm. **(813) 397-5300** *Other sites have different hours. Call first.*

Hillsborough County Health Care Plan [47]: Free coverage for eligible county residents with low income (at or below 175% of the poverty level) and no Medicaid or Medicare. You must be a U.S. citizen or legal resident and show two proofs of residency. A Unity Card or Metropolitan Ministries ID counts as one, and it is free if you are homeless. **(813) 272-5040** *Call first for office hours.*

✓ **Checked Oct 25, 2026, on official sources. Hours change, so call first.**

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Sources, checked Oct 25, 2026: **29.** gohart.org/Pages/fares-cards.aspx **30.** gohart.org/Pages/customer-service.aspx **31.** gohart.org/Pages/fares-discount-permits.aspx **32.** gohart.blogspot.com Route 1 fares notice (Dec 2025) **33.** hcfl.gov Sunshine Line bus pass program **34.** feedingtampabay.org/faq **35.** feedingtampabay.org/market **36.** salvationarmyusa.org/fl/tampa **37.** uacdc.org/fooddistribution **38.** stlukeametampa.org/join-us **39.** hcfl.gov/locations/lee-davis-community-resource-center **40.** baynews9.com The Drop clinic (Sept 10, 2026) **41.** judeochristianhealthclinic.org/becoming-a-patient **42.** redcrescenttampa.org **43.** baycare.org San Jose Mission Clinic **44.** ibishealthcare.org Seminole Heights clinic **45.** suncoast-chc.org/locations **46.** tfhc.org/locations **47.** hcfl.gov Health Care Plan