

## **Counseling Resources**

Pinellas County Schools is providing a list of available counseling agencies as a convenience to our families. However, it does not endorse, support, or recommend any particular agency. The school board does not provide funds for counseling. Please check with your health care insurance for an approved provider list, as some types of counseling may be covered. If you have any questions or need further assistance, please call your school's social worker, Janna Vichaikul x2070.

- Care About Me (Call or Text) 1-888-431-1998 or visit [Careaboutme.org](http://Careaboutme.org)  
They will help match you with a mental health provider based on your needs/insurance.
- Dial 2-1-1 by phone for 24 hour information, referral, & crisis counseling.  
Via Internet, Log onto PINELLAS CARES, at [www.211tampabay.org](http://www.211tampabay.org)
- Suncoast Center **727-327-7657**
- Directions for Living **727-524-4464**
- Sequel Care Youth Services **727-547-0640**
- Chrysalis **727-231-4885**
- Pinellas Support Team  
Behavior modification/counseling services  
(for those with no insurance or insurance barriers to obtaining services)  
785-2762 ext 2
- Carlton Manor **727-343-3662**
- Family Resources, free counseling for families with children 6-17 years old. Evening and Saturday appointments available. St. Pete, **727-552-1010** Clearwater, **727-298-3900**
- PEMHS  
**24-Hour Suicide Hotline:**  
**727-791-3131**
- **24-Hour Mental Health Assistance:**  
**727-541-4628**