

FIU

FLORIDA
INTERNATIONAL
UNIVERSITY

Panthers
Care

**Community
Resource
Guide**

PanthersCare.fiu.edu

The following collection of community resources is not a complete list of resources in the community. Please use this guide as a means of somewhere to start your search. **The resources below are not FIU affiliated.** You will find we have included some FIU departments in the guide below as additional reinforcement that these services do exist for currently enrolled students.

[Click here for a list of on-campus resources](#) or email the Dean of Students Office at dos@fiu.edu for assistance. If you're experiencing an off-campus emergency, please call 911.

National Hotlines

National Suicide Prevention Lifeline

1-800-273-8255

suicidepreventionlifeline.org

Services provided include free and confidential suicide prevention and mental health counselling.

The National Domestic Violence Hotline

1-800-799-7233

thehotline.org

Confidential resource for anyone experiencing domestic violence, seeking information, or questioning unhealthy aspects of their relationship

Rape, Abuse & Incest National Network

1-800-656-4673

rainn.org

RAINN is the nation's largest anti-sexual violence organization. Call RAINN to be connected with a trained sexual assault service provider in your area.

Trevor Project Youth Suicide/Crisis Line

1-866-488-7386

thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQA+ individuals under the age of 25.

National Alliance on Mental Illness

1-800-950-6264

nami.org

NAMI can assist with questions about mental health, treatment options, support groups and legal issues.

Disaster Distress Helpline

1-800-985-5990

samhsa.gov/find-help/disaster-distress-helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Local & State Hotlines

Switchboard of Miami

211 or 305-358-4357

jcsfl.org/services/helpline

Miami-Dade telephone counsellors will refer you to appropriate crisis intervention services near you.

Florida Abuse Hotline

1-800-962-2873

dcf.state.fl.us/service-programs/abuse-hotline

Accepts reports of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult.

Roxcy Bolton Rape Treatment Center

305-585-7273

jacksonhealth.org/rape-treatment

Victim advocates are available to provide support and crisis intervention, and short-term counseling services are offered by licensed clinicians.

Florida HIV/AIDS Hotline

1-800-352-2437

211bigbend.org/flhivaids hotline

State-wide resource for HIV/AIDS-related information, community referrals and telephone counseling

Family Health Line

1-800-451-2229

floridahealth.gov/programs-and-services/womens-health/pregnancy/family-health-line.html

State-wide, free hotline offering counseling information and referrals about pregnancy, infant and toddler issues.

Florida Bar Lawyer Referral Service

1-800-342-8011

floridabar.org/public/lrs

The Lawyer Referral Service staff will give you the name, address and telephone number of an attorney in your geographic area who handles the type of case you describe.

Financial and Unemployment Assistance

Reemployment Assistance Program

<https://www.stateofflorida.com/articles/florida-unemployment/>

The best way to find out if you are eligible is to apply.

Florida Department of Children and Families

1-800-622-5437

myflfamilies.com

United Way of Miami-Dade:

1-800-656-4673

unitedwaymiami.org

United Way offers free expert tax preparation, free credit and debit counseling, low prescription costs, free services for veterans, health and other educational programs.

Miami Dade County

1-866-488-7386

miamidade.gov

Miami Dade County offers affordable rental housing, free tax prep, food stamps, a college discount program to ride Metrobus or Metrorail, low cost spays or neuter surgery for pets, and a variety of additional services.

Florida ACCESS Program

1-866-762-2237

myflorida.com/accessflorida

Provides financial and medical assistance, food stamps, and other supportive services to needy persons and families.

Citrus Health Network HAND Program

(305) 231-7667

240 E 1st Avenue, Hialeah, FL

citrushealth.org/programs-services/housing/HAND

Provides temporary rental assistance to very low-income persons who are currently homeless or at risk of being homeless.

Sunshine For All, Inc. STRMU Program

305-285-3217

1407 SW 22nd Street, Miami, Florida

sunshineforall.org/charity-organization-short-term-rent-mortgage-utility-strmu-assistance

The Short-Term Rental, Mortgage & Utility Assistance Program provides up to 21 weeks of short-term rental, mortgage and/or utility assistance to help currently housed HIV+ low income persons stay housed.

Florida Kid Care

1-800-540-8771

floridakidcare.org

From birth through the end of age 18, Florida children are eligible for head to toe coverage, even if one or both parents are working.

Food Insecurity & Assistance

Student Food Pantry, FIU

Please visit the website for most up to date hours of operation

<https://studentaffairs.fiu.edu/get-support/student-food-pantry/index.php>

The purpose of the food pantries is to serve FIU students in need. The pantries are available to students on both campuses. The BBC Student Food Pantry located in WUC 307 is run by the department of Healthy Living Program. The MMC Food Pantry, located in GC 319 is run by the Center for Leadership & Service.

Access Florida Card - Food Stamps

<https://www.freshebt.com/state/florida/>

How do I apply for food stamps?

The easiest way to apply for food stamps is online.

If you'd rather apply in person, call your local office or the Florida SNAP hotline (1-866-762-2237) to find out how.

Emergency Food Assistance Program (TEFAP)

freshfromflorida.com/Food-Nutrition/Nutrition-Programs/The-Emergency-Food-Assistance-Program-TEFAP

TEFAP is a U.S. Department of Agriculture (USDA) food distribution program that provides nutritious, high-quality foods to low-income households, distributes food to participating food banks, food pantries, soup kitchens and other feeding sites, and supplies food to be served to individual households or as prepared meals in a community setting for eligible recipients.

Salvation Army - Community Pantry

305-637-6700

1907 NW 38th Street, Miami, Florida 33142

salvationarmyflorida.org/miami-ac

Resources include a food pantry, Christmas and Thanksgiving meals, and maybe even home delivered meals for the homebound and senior citizens

Jewish Community Services Kosher Food Bank

305-947-8093

15455 W Dixie Hwy, North Miami Beach, FL 33162

jcsfl.org/programs/kosher-food-bank

The charity helps the struggling in Jewish community or any other low-income family that needs kosher food. Or get home meals delivered, information on medical care, and other support.

Homelessness Resources

Fostering Panther Pride, FIU

305-348-3445

<http://sas.fiu.edu/fpp/>

Florida International University's Fostering Panther Pride (FPP) program offers tailored academic and support services to students identified as formerly in foster care or homeless.

Homeless Helpline

1-877-994-4357

homelesstrust.org

You must call daily until a bed becomes available. Options will be given when you call so please listen carefully.

National Call Center for Veteran Homelessness

1-877-424-3838

va.gov/homeless/nationalcallcenter.asp

You'll get information about VA homeless programs, health care and other services in your area.

Florida Domestic Violence Hotline

1-800-500-1119

fcadv.org/florida-domestic-violence-hotline-1-800-500-1119

For individuals and families fleeing domestic violence.

Lotus House

305-438-0556

217 NW 15th Street, Miami, FL 33136

lotushouse.org

Lotus House empowers women and children to heal, learn, and grow. They offer a safe haven for women, families, and youth who are survivors of trauma.

Chapman Partnership

(305) 329-3000

1550 N Miami Avenue, Miami, FL 33136

chapmanpartnership.org

The Chapman Partnership helps the homeless by providing a support programs including: emergency housing, meals, health, dental and psychiatric care, day care, job training, job placement and assistance with securing stable housing.

Hot Showers

Miami Rescue Mission

305-571-2211

2020 NW 1st Avenue, Miami, FL 33127

miamirescuemission.com

Showers are provided on Mondays, Wednesdays, Fridays and Saturdays at 3:30 p.m. Can refer local families to programs, charities, and non-profits in Miami. In addition to groceries and items like baby formula, the location may have gently used clothing and vouchers. Meals are served every day at 4:00 p.m.

Camillus House

305.374.1065

1603 NW 7th Avenue, Miami, FL 33136

camillus.org

Showers are provided for women on Mondays, Wednesdays and Fridays from 7:30 a.m. to 9:00 a.m. Showers are provided for men on Mondays, Wednesdays and Fridays from 9:15 a.m. to 11:30 a.m.

Health & Wellness

Counselling & Psychological Services, FIU

305-348-2277

CAPS is committed to providing consultation to the FIU community affected by threatened or actual violence and promoting the ability to live a full, rich life.

Student Health Services, FIU

305-348-2401 – Please call ahead for up-to-date information on making appointments

SHS provides affordable and accessible student-focused medical care and promotes healthy lifestyles through education, mentorship, and research activities thus facilitating the academic success of our students.

Broward Health

954-355-4953

1101 W Broward Blvd Ft. Lauderdale, FL 33312

browardhealth.org

The North Broward Hospital District Health Care for the Homeless Program provides primary health care and related services to individuals who are homeless in Broward County at fixed and mobile locations.

Medicaid

fdhc.state.fl.us

Medicaid provides medical coverage to low-income individuals and families. Services are administered by the Agency for Health Care Administrators

Ryan White Program

Apply: bit.ly/ryanwhiteprogram

Provides a comprehensive system of HIV primary medical care, essential support services, and medications for low-income people living with HIV who are uninsured and underserved. Services are exclusive for those with HIV/AIDS.

Care Resources

careresource.org

Services include free physical exams, free HIV/STI testing, medical care, dental care, PrEP-PEP, and more.

Help Me Grow - Miami

305-576-6550

735 NE 125th Street, N Miami, FL

jcsfl.org/programs/help-me-grow

Free or low-cost community programs for children health and developmental services.

Dentistry

Tamiami Dental Center

305-553-9655

13232 SW 8th Street, Miami, FL

tamiamidentalcenter.com

Low-cost dental services

Community Smiles

305-363-2222

Building G-110, 750 NW 20TH St Miami, FL

csmiles.org

Free to Low-cost dental services

LGBTQA+ Resources

Pridelines

(305) 571-9601

6360 NE 4th Ct, Miami, FL

pridelines.org

Pridelines offers safe environments for all LGBTQ youth, adults and allies, and offer a wide-range of programs and services.

Rainbow Lotus House - LGBTQ Shelter

305-438-0556

217 NW 15th St, Miami, FL

lotushouse.org/rainbow-lotus

Provides shelter, meals, clothing, educational assistance, job readiness training, access to specialized health care and mental health treatment, each LGBTQ participant is provided with personalized, individual counseling tailored to her/his unique issues and challenges, in addition to discovering the support of peers and allies in Rainbow Lotus support groups.

The Alliance for GLBTQ Youth

305-899-8087

1175 NE 125th St #103, North Miami, FL

glbtqalliance.org

Serves youth, families and their communities while advocating for equal rights and status of all youth regardless of their real or perceived sexual orientation or gender identity/ expression.

LGBT National Help Center

1-888-843-4564

glnh.org

Serves LGBTQA+ individuals with free confidential peer-support and local resources.

Survivors' Pathway

786-275-4364

1801 Coral Way, Miami, FL

survivorspathway.org

Offers counseling and advocacy services for LGBTQA+ survivors of domestic violence, intimate partner violence, sexual abuse, human trafficking and other forms of victimization.

The Yes Institute

305-663-7195

5275 Sunset Dr, Miami, FL

yesinstitute.org

Seeks to provide suicide and ensure the healthy development of all youth through powerful communication and education on gender and orientation.

Latinos Salud

(305) 397-8967

925 Arthur Godfrey Road, Miami Beach, FL

latinossalud.org

Aims to help Latino men and their partners stay safe from, or live healthier with HIV.

Sun Serve Social Services

954-764-5150

2312 Wilton Dr Wilton Manors, FL

sunserve.org

Provides life assistance and professional mental health services for marginalized youth and adults.



Domestic & Sexual Violence

FIU Victim Empowerment Program (VEP)

305-348-2277

11200 SW 8th Street, SHC 270, Miami, FL

advocacy@fiu.edu

VEP provides free confidential assistance to FIU students, faculty, staff and university visitors who have been victimized through threatened or actual violence.

Florida Coalition Against Domestic Violence

425 Office Plaza, Tallahassee, FL

Hotline: 1-800-500-1119 | fcadv.org

Roxcy Bolton Rape Treatment Center

305-585-7273

1611 NW 12 Avenue, Ambulatory Care Center East,

1st floor, room 116A, Miami, FL

jacksonhealth.org/rape-treatment

Medical treatment, support and crisis intervention, and short-term counseling services are offered by licensed clinicians.

Survivors' Pathway

786-275-4364

1801 Coral Way, Miami, FL

survivorspathway.org

Offers counseling and advocacy services for LGBTQA+ survivors of domestic violence, intimate partner violence, sexual abuse, human trafficking and other forms of victimization.

Miami-Dade Advocates for Victims

305-758-2546

safespacefoundation.org

Provide the survivors of domestic violence a safe living environment with supportive services and access to other community resources.

Kristi House Inc.

305-547-6800

Children's Advocacy Center 1265 NW 12th Avenue, Miami, Florida

kristihouse.org

Provides treatment, advocacy, and coordination of services, within a healing environment, for all child victims of abuse and their families, as well as education and prevention services to end childhood abuse and sex trafficking.

The Lodge - Victim Response Inc.

Crisis Line: 305-693-0232

Office: 305-693-1170

1901 SW 1st Street, Miami, FL

thelodgemiami.org

The Lodge is a non-profit domestic violence center that offers refuge to survivors of domestic violence, rape, sexual assault, and their dependents.

M.U.J.E.R. Florida

305-247-1388

7317, 27112 S Dixie Hwy, Naranja, FL

mujerfla.org

Provides support in any way possible to help victims become survivors and thrive despite the traumatic effects of abuse.

Miami Dade State Attorney

305-252-5807

1350 NW 12th Avenue, Miami, FL

miamisao.com/services/domestic-violence

You may obtain an injunction for protection at the following locations:

Lawson E. Thomas Courthouse Center

305-349-5888

175 N.W. 1st Avenue, Mezzanine Floor, Miami, FL

North Dade Government Center

305-354-8736

15555 Biscayne Boulevard, Room 103, Miami, FL

South Dade Government Center

305-252-5807

10710 S.W. 211 Street, Room 1306, Cutler Ridge, FL

Coordinated Victim Assistance Center

305-285-5900

2400 South Dixie Highway Miami, FL

Pro Bono & Low-Cost Legal Services

The Florida Bar

floridabar.org/public/probono

Florida Law Help

FloridaLawHelp.org

Offers a free pro bono/legal aid directory guide for legal services in Florida.

Legal Services of Greater Miami

305-576-0080

4343 West Flagler Street, Suite 100 Miami, FL

legalservicesmiami.org/self-help

Provides free civil legal services for the low-income communities of Miami-Dade and Monroe Counties

FIU Law Clinic

305-348-7876

law.fiu.edu/fiu-law-practice

11200 SW 8 Street, Rafael Diaz-Balart Hall Room 1010, Miami, FL

Dade Legal Aid

305-579-5733

123 N.W. 1st Avenue, Miami, FL

dadelegalaid.org

Support Groups

Alcoholics Anonymous

24 Hour Helpline: 305-461-2425

aamiamidade.org

AL-ANON Friends & Families of Alcoholics

Meeting Information: 1-888-425-2666

Miami-Dade: 305-663-1432

Broward: 954-491-1915

al-anon.org

Narcotics Anonymous

24 Hour Helpline: 844-623-5674

Miami-Dade: 305-265-9555

Broward: 954-476-9297

namiami.org

Eating Disorder Recovery Miami

786-296-2956

Gamblers Anonymous

FL Council on Compulsive Gambling

1-888-236-4848

gamblinghelp.org

Sex and Love Addicts Anonymous

saa-recovery.org

To be included on our community resource guide please email dos@fiu.edu with a description of the services offered.