

# COMMUNITY RESOURCE GUIDE

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](mailto: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](https://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](https://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](https://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](https://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](https://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](https://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.

### **988 Suicide & Crisis Lifeline**

<https://988lifeline.org/>

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



# **Local & State Hotlines**

## **Switchboard of Miami**

211 or 305-358-4357 [jcsfl.org/services/helpline](https://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](https://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](https://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/flhivaidshotline](https://211bigbend.org/flhivaidshotline)

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/womenshealth/pregnancy/family-health-line.html](https://floridahealth.gov/programs-and-services/womenshealth/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](https://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](http://myflfamilies.com)

## **United Way of Miami-Dade:**

1-800-656-4673 [unitedwaymiami.org](http://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](http://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](http://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](http://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](http://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](http://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](https://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](https://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](https://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](http://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](http://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-](http://fcadv.org/florida-domestic-violence-hotline-1-800-500-1119)

[800-500-1119](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://jcsfl.org/programs/help-me-grow)

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

## **Thriving Mind**

<https://thrivingmind.org/>

Thriving Mind South Florida promotes access to effective, accountable and compassionate care for individuals and families in our community with mental illnesses and substance use disorders. We do this to help South Florida live with health, hope and dignity. We also provide a list of community providers which they have contracts with that are aimed for the mental health and substance abuse community. If you go to the “provider” page there is a list of several in Dade County along with each website.

305-858-3335 or The Thriving Mind Help Line 1-888-248-3111

## **The Substance Abuse and Mental Health Services Administration (SAMHSA):**

<https://www.samhsa.gov/>

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

1-877-SAMHSA-7 (1-877-726-4727)

## **Dentistry**

### **Tamiami Dental Center**

305-553-9655

13232 SW 8th Street, Miami, FL [tamiamidentalcenter.com](http://tamiamidentalcenter.com)

Low-cost dental services

### **Community Smiles**

305-363-2222

Building G-110, 750 NW 20TH St Miami, FL [csmiles.org](http://csmiles.org)

Free to Low-cost dental services

## **LGBTQA+ Resources**

### **Pridelines**

(305) 571-9601

6360 NE 4th Ct, Miami, FL [pridelines.org](http://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](http://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](http://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](http://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](http://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](http://yesinstitute.org)

Seeks to provide suicide prevention services 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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://floridabar.org/public/probono)

### **Florida Law Help**

[FloridaLawHelp.org](http://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](http://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](http://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](http://dadelegalaid.org)

## **Support Groups**

### **Alcoholics Anonymous**

24 Hour Helpline: 305-461-2425

[aamiamidade.org](http://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](http://al-anon.org)

### **Narcotics Anonymous**

24 Hour Helpline: 844-623-5674

Miami-Dade: 305-265-9555

Broward: 954-476-9297  
[namiami.org](http://namiami.org)

### **Eating Disorder Recovery Miami**

786-296-2956

### **Gamblers Anonymous**

FL Council on Compulsive Gambling

1-888-236-4848

[gamblinghelp.org](http://gamblinghelp.org)

### **Sex and Love Addicts Anonymous**

[saa-recovery.org](http://saa-recovery.org)

To be included on our community resource guide please email [dos@fiu.edu](mailto:dos@fiu.edu) with a description of the services offered.