

## **Resources**

- **If you need immediate mental health assistance:**

**Call the Mobile Response Team (MRT): (866) 517-7766**

**Call 9-1-1 or go to Baptist Hospital Emergency Room**

**Suicide Prevention Lifeline: Text or dial 9-8-8**

- **Florida Abuse Hotline: 1 (800) 96-ABUSE (22873)**
- **Community Action Program: 850-438-4021 (this program provides some financial assistance *for those who qualify*)**
- **Manna Food Pantry: 3030 N E St. Pensacola, FL 32501 (850) 432-2053**
- **For additional community resources (financial, housing, utility, food, legal, mental health etc.) contact United Way of West Florida: Dial 2-1-1 or go online to <https://211nwfl.communityos.org/cms/>**
- **For counseling services over the summer, contact your insurance carrier for a list of eligible providers in the area OR seek a referral through your primary care provider/ pediatrician. You can also seek out those that take your insurance on [www.psychologytoday.com](http://www.psychologytoday.com)**