

# I THINK I NEED TO TALK TO SOMEONE

Every Phoenix matters. Find a kind human to listen without distraction.



## Florida Polytechnic University Student Assistance Program (SAP)

The university provides free, voluntary, and confidential counseling services for Florida Poly students facing personal issues that interfere with their academic success.

EMAIL: [CARE@FLORIDAPOLY.EDU](mailto:CARE@FLORIDAPOLY.EDU)  
863-874-8599 M-F, 8AM - 5PM  
LOCATION: THE ACCESS POINT  
WEB: HEALTH AND WELLNESS  
(FLORIDAPOLY.EDU)



## BayCare SAP

Toll-free confidential helpline  
available 24 hours a day,  
7 days a week, 365 days a year.

800-878-5470  
Website: [BayCare SAP](#)



## Peace River Crisis Line

Direct 24/7 line: 800-627-5906

## CALL 988: This free service is for anyone who is:

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress
- worried about someone in distress



988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988, a trained crisis counselor who is part of the National Suicide Prevention Lifeline network will answer and listen to how your problem is affecting you. They then provide support and share resources if needed.

To access 988 via chat, visit [988lifeline.org/chat](https://988lifeline.org/chat).

## Therapy Assistance Online



A suite of online tools for life skills education, well-being, resilience and behavioral health. You have FREE 24/7 access to over 150 evidence-based ad-free interactive sessions to help you de-stress, cope and adapt. Register with your Florida Poly email at: <https://us.taoconnect.org/register>



## Psychology Today

Search this platform to find a provider based on zip code, insurance, concern, identities, languages etc.  
<https://www.psychologytoday.com/us>

## Inclusive Therapists

Search this platform to find a provider based on zip code, insurance, concern, identities, languages etc.  
<https://www.inclusivetherapists.com/>

