

# Union Provided Mental Health Resources

## Trauma Counseling

As an active union member you're eligible to receive up to three months of counseling via video, phone, or text after a covered incident. <https://traumacoverage.com/aft/>

## NEA Mental Health Program

Rethink how you manage your mental health. Get clinically-validated tools for stress, anxiety, depression, or whatever you're going through. <https://www.neamb.com/Products/NEA-Mental-Health-Program>

## COMMUNITY RESOURCES

### Crisis Center 211

Call 211 where you will receive free, confidential crisis intervention along with referral to a Crisis Center service or to over 3,000 community resources. [CrisisCenter.com](https://www.crisiscenter.com)

### LetsTalkTampaBay

Let's Talk is a navigation line that points individuals in need to mental health care and resources in the community. They provide confidential navigation support for mental health concerns and addictions. Call 833.DIAL.111 [letstalktampabay.org](https://letstalktampabay.org)

### Hillsborough County Government

Contact the Social Services Department to apply for financial assistance with rent, utilities, and other services. [hillsboroughcounty.org](https://www.hillsboroughcounty.org)  
R3 Emergency Rental Assistance Program  
866-375-9114

### Bay Area Legal Services

Free civil legal services to resolve issues including housing issues such as foreclosure and eviction. [Bals.org](https://www.bals.org)  
(800) 625-2257

### Feeding Tampa Bay

Because Food Makes Tomorrow Possible [feedingtampabay.org](https://www.feedingtampabay.org)

### Our Florida

Florida's federally funded emergency rental assistance relief program to support residents and businesses as they continue to recover and rebuild. [ourflorida.com](https://www.ourflorida.com)