

General Assistance Programs

211 United Way

www.211.org

211 connects people with resources for mental health support, childcare, food, legal aid, housing assistance, medical care, and many other human needs. 211 counselors are available 24/7 via phone and live chat.

ACCESS Florida

<https://dcf-access.dcf.state.fl.us/access/index.do>

Provides: 1. Cash assistance, 2. Low cost or no cost healthcare, 3. Help with buying food, 4. Help in paying Medicare premiums.

FindHelp.org

www.findhelp.org

Searchable guide for help near you that offers financial assistance, food pantries and other free or low cost services.

Behavioral/Mental Health

American Diabetes Association

<https://professional.diabetes.org/ada-mental-health-provider-directory>

A directory of mental health providers who know about diabetes.

Beyond Type 1

- Mental Health Resources for People with Type 1 Diabetes - <https://beyondtype1.org/mental-health-diabetes/>
- Mental Healthcare for All - <https://beyond-type1.org/mental-health-equity-therapy/>

Disaster Distress Hotline

www.Floridahealth.gov

1(800) 985-5990

24/7 crisis counseling and support for people dealing with natural or human caused disasters.

Florida Suicide Prevention Coalition

<https://floridasuicideprevention.org/resources/>

Free and confidential crisis support.

JDRF

- How to Find a Mental Health Professional - <https://www.jdrf.org/t1d-resources/living-with-t1d/mental-health/finding-a-mental-health-professional/>
- Mental Health Resources for People with T1D - <https://www.jdrf.org/t1d-resources/living-with-t1d/mental-health/>

Open Path Collective

openpathcollective.org

Affordable, in-office and online therapy sessions.

NAMI Florida

www.namiflorida.org

Part of the National Alliance on Mental Illness with 24 chapters across the state of Florida. Provides support and education for people dealing with mental health conditions and their families.

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Eye Care

Diabetic Eye Disease

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy>

Help understanding the symptoms and treatment for diabetic retinopathy.

Eye Care America

<https://www.aao.org/eyecare-america>
(877) 887-6327

Provides free or low-cost eye exams and care to US citizens and legal residents.

Prevent Blindness

<https://preventblindness.org/vision-care-financial-assistance-information/>

A full list of organizations that provide financial help for vision care.

Food Pantries

Farm Share

<https://www.farmshare.org/>

A home grown foodbank sharing fresh and nutritious food from Florida farmers.

Feeding Florida

feedingflorida.org/feeding-florida/florida-food-banks

A directory of Feeding America member food banks located across the state.

Food Pantries in Florida

foodpantries.org/st/florida

List of non-profit and government supported food pantries in Florida.

Fresh Access Bucks

<https://www.feedingflorida.org/food-access/fresh-access-bucks>

A USDA program that allows SNAP recipients to buy fresh produce at farmers markets, produce stands, mobile markets and community grocery outlets.

Harry Chapin Foodbank

<https://harrychapinfoodbank.org/>

Local food bank serving Charlotte, Collier, Glades, Hendry and Lee counties.

Transportation Help

CDT Community Transportation

<https://ctd.fdot.gov/communitytransystem.htm>

Low cost ride share services for those without access to other transportation due to age, income or disability.

Florida Medicaid

ahca.myflorida.com/content/download/21800/file/SMMC_Plans_Transportation_Numbers.pdf

All Medicaid recipients who have no other means of transportation may receive non-emergency transportation services. Rides should be scheduled 3 business days in advance.

Right Path Transport

rightpathtransport.com/services

Low cost rides to medical appointments for elderly or disabled individuals.

Telehealth Access

Safelink/Lifeline Wireless

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome>

Free smartphone plus free unlimited talk, text, and data for income eligible households.