













resources in Tampa Bay.



Mental Health and Wellness for our students and community is an important part of the Community of Care. SPC has provided a list of the community partners in Pinellas County who take private insurance, self-pay and when needed can offer payment solutions such as applying for benefits or a sliding scale fee for services. Please note, due to a high volume of calls many of our community partners, including MANTRA are experiencing longer periods of wait times for appointments. The Resources for Life will assist you with names and phone numbers to Pinellas County providers. Click on the Resources for Life words and then you will see a list of services by topic area. Click on the topic area to open up the menu of providers.

emergency resources below for immediate assistance:

If you are experiencing a crisis, please call one of the following local

- Go to your local emergency department or dial 911 for urgent situations.
- Students ages 15-25 years can also contact The Mobile Crisis Response Team of Pinellas at (727) 362-4424. Dial 211 for urgent mental health situations and for social service
 - resources.

WHAT IS MANTRA HEALTH?

HOW CAN I WORK WITH MANTRA?

VIRTUAL THERAPY

HAVE AN ACCOUNT?

QUESTIONS?

Mantra Health, a telemental health service, to make sure you have access to mental health care through the school. By enrolling in Mantra, you can connect

St Petersburg College partners with



to licensed, masters-level therapists to address your specific needs through video and messaging, at your

convenience. Your therapist will work with you to establish a personalized treatment plan, which may include lifestyle changes, evidence-based therapy, and tools to track your progress. The college will cover the first five sessions for free each academic

year if you are located in the state of Florida. NOTE: No shows will count toward your five allotted session. Other counseling resources are available here. SELF CARE

Evidence-based mental health lessons and videos to help you

thrive on campus and off.

Produced by the award-winning digital mental health provider

Mantra Health, Mantra Self Care is a digital skills-building program founded on dialectical behavior therapy (DBT) principles. Self-guided

- Accessible from any device Easy-to-use platform
- Backed by science
- Inclusive to diverse populations

Take charge of your mental well-being. Reduce stress

Customized for the student experience

- Build emotional balance Calm down
- Improve focus
- Boost your sleep hygiene
- Build healthy relationships Manage intense emotions
- Change your life through acceptance

Pittsburg School of Medicine, who brings her own mental health experiences and clinical expertise to the lessons, teaching you how to cope, problem-solve, communicate, and develop a greater awareness of self. Important: Mantra Health is not an emergency or crisis resource. If you are experiencing a crisis, please call one of the local

Created by the nation's leading DBT expert for college students,

Carla Chugani, PhD, LPC, a professor at the University of

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- service resources.

REQUEST INFORMATION

APPLY TO SPC

- > EMPLOYMENT
- EVENTS

CONNECT

- > CONTACT SPC > EMERGENCY
 - PREPAREDNESS

> ALUMNI ASSOCIATION

> NEWSROOM & BLOGS

> ACCESSIBILITY

RESOURCES

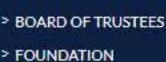
SERVICES

- SAFETY AND SECURITY > STUDENT SERVICES
- > TITLE IX

> ACADEMIC CALENDAR > ACCREDITATION & IR

- - > LEADERSHIP > LOCATIONS
- > TECHNICAL SUPPORT STRATEGIC PLAN





ABOUT



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St. Petersburg

College

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