



COUNSELING SERVICES

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APPLY TO SPC

REQUEST INFO

TITANS CARE RESOURCES

- Counseling Services
- Food Pantry
- Free Bus Rides
- Resources for Life Issues
- SPC CARES Act
- Technology Lending



Learn more about mental health 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.

If you are experiencing a crisis, please call one of the following local emergency resources below for immediate assistance:

- **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?
HAVE AN ACCOUNT?	QUESTIONS?

VIRTUAL THERAPY

St Petersburg College partners with 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 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
- Customized for the student experience

Take charge of your mental well-being.

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

Created by the nation's leading DBT expert for college students, Carla Chugani, PhD, LPC, a professor at the University of 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 emergency resources below for immediate assistance -

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REQUEST INFORMATION

[APPLY TO SPC](#)

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