



SENIOR DIRECTORY

Hernando

2025

United Way Hernando First Contact Senior Directory Hernando 2025

Our goal at United Way Hernando/First Contact is to have a community that is connected and informed regarding health, mental health, crisis response and human service information.

If you or someone you know needs help
please call 211 or message us at www.firstcontact.org.

Caring people are available 24 hours per day 7 days per week to provide help, hope and connection to community resources.

Organizations or companies that would like to be listed in the First Contact database, please email our First Contact Database Office at updates@firstcontact.org

Disclaimer: Some listings in this directory may have changed after printing. Please call 211 or visit us online at <https://www.firstcontact.org/> for additional information.

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This publication was developed
as part of the Disaster Support
Services for Seniors and
Caregivers Grant



United Way
of Hernando County

FIRSTCONTACT

CONNECTING YOU TO HOPE & HELP



Call 211



www.firstcontact.org
www.UnitedWayHernando.org/211

Hernando Senior Directory

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Alzheimer's & Dementia Care/Caregiving/Respite

Alzheimer's Association Florida

Gulf Coast

(800) 272-3900

24-hour helpline providing emotional support.

Caregiver/care receiver support groups,
disease/disability information

Dementia Spotlight Foundation

(888) 695-1596

Various forms of support for families and
individuals facing the diagnoses of dementia or
Alzheimer's, support groups, in person and online
group meetings

Elder Options

Caregiver Training and Support

(800) 262-2243

Education and resources for caregivers
of individuals with dementia. Free
in-person or online classes

Family Caregiver Alliance

(800) 445-8106

Connecting caregivers to resources and services
both in-person and online providing multiple tools
to help navigate the complexities of caregiving

Florida Department of Elder Affairs

Senior Housing

(850) 414-2000

Senior housing information and referral via website
search with information for assisted living facilities,
adult family care homes, adult day care centers and
nursing homes

Mid Florida Community Services

Senior Services

(352) 796-1426

Offers a wide array of services to help seniors, their caregivers and their families

Project Safe Return

Hernando Sheriff's Office

(352) 754-6830

Helps first responders in search and rescue for at risk individuals who are prone to wander and/or getting lost. Register here
hernandosheriff.org/applications/ProjectSafeReturn/

United States Department of Veteran

Affairs, Caregiver Support Line

(855) 260-3274

Veterans enrolled in the VA healthcare system and their caregivers can receive services including but not limited to; counseling with a social worker, monthly education calls, and a variety of support services. Some programs have financial assistance to assist with respite care for eligible applicants

United Way of Hernando

Caregivers Support Group

(352) 688-2026

On-going dementia care support groups for all caregivers caring for loved ones with Alzheimer's or dementia. In partnership with Dementia Spotlight Foundation

Disaster Resources

Disaster Preparedness

Center for Independent Living

North Central Florida

(352) 378-7474

Help with creating a disaster plan for those with a disability and guidance for inclusion on the special needs registry

FEMA, Ready.gov

(202) 646-2500

A tool to help people prepare for and mitigate emergencies. Order free preparedness materials that make emergency planning easy and quick

FEMA, Ready.gov, Build a Kit

(800) 621-3362

Tips and checklists to help people build an emergency kit that allows them to survive on their own for a few days

FEMA, National Flood

Insurance Program

(800) 621-3362

Provides affordable flood insurance for property owners of private or public structures

Hernando County Emergency Management

(352) 754-4083

Find information such as evacuation zones and routes, special needs registration, preparation checklists, shelter locator and more

Special Needs Registries

Center for Independent Living

North Central Florida

(352) 378-7474

Guidance for inclusion on the special needs registry for those with a disability and help with creating a disaster plan

Hernando County Special Needs

Evacuation Assistance

(352) 754-4083

Assistance for residents with medical, functional or special transportation needs in an emergency.

Example: need oxygen, need electricity, need assistance with routine care, medication and more. Registration required. Service animals only – please make arrangements for pets

Crisis Response/Resources

First Contact

211

Call 211 for crisis intervention, health and community resources, rent/utility assistance

Hernando County Emergency Management

Shelter Information

(352) 754-4083

Community storm shelters, evacuation information, disaster related animal shelters, special needs registry

Crisis Response/After Disaster

American Red Cross Central Florida

Tampa Bay Chapter

(813) 348-4820

Disaster related emergency supplies
and assistance plus other forms of disaster relief

DisasterAssistance.gov

(800) 621-3362

Disaster claims information, FEMA disaster assistance
online and via telephone

Endeavors, Disaster Case Management (813) 947-9952

Provides disaster case management to survivors who
have unmet needs by connecting them with resources
and services that can help, including creating a
recovery plan that includes sustainable assistance for
recovery

FEMA, Disaster Assistance

(202) 646-2500

Assistance programs for individual citizens after
disaster, online and via telephone

Salvation Army Hernando County

Social Services

(352) 796-1186 X 104

Emergency utility assistance for electric, gas or water
bills, clothing vouchers and emergency food assistance

United Way of Hernando County

(352) 686-2026

Assesses unmet needs after a local disaster, provides
and connects residents to support services focused
through volunteer management, assistance services,
short-term and long-term recovery efforts

Report Service Issues

Duke Energy

Report outages

(800) 228-8455

Frontier

(800) 921-8101

Spectrum

(855) 222-0102

TECO Peoples Gas

Report outages

(877) 588-1010

Gas leaks

(877) 832-6747

Withlacoochee River

Electric Cooperative

(352) 567-5133

WOW!

(866) 745-3685

Hernando County Health Department

Sanitary Nuisances

(352) 540-6812

Investigates alleged nuisance complaints

ex: failing septic systems, sewage leaks, diseased animals, fly and mosquito control

Education

Continuing Education & Lifelong Learning

AARP, Senior Planet

(888) 713-3495

Live, online classes for seniors. Learn about finance, wellness, fitness, computers and technology. Register online at seniorplanet.org/classes or call the hotline

University of South Florida

Osher Lifelong Learning Institute (813) 974-5848

A member-based learning community of adults 50+.

Online and in-person classes, workshops, lectures,

events and social networking, over 300 classes

annually on a variety of topics

Employment

Center for Independent Living

North Central Florida (352) 378-7474

Employment services that assist people with disabilities

find and retain competitive employment.

Job search/placement, special needs job development

Employ Florida Marketplace, Inc. (800) 438-4128

A one-stop statewide online resource for

job listings, reemployment & career building

assistance, education and training for state

government agencies/departments

Florida Department of Economic

Opportunity, CareerSource Hernando (727) 484-3400

Comprehensive job assistance centers for people

considering a job change, seeking training or

underemployed. Support with all aspects of career

development

Pinellas County Urban League

Urban Seniors Jobs Program (888) 310-7770 X 1

Meets the needs of unemployed, economically insecure seniors by preparing them for and assisting them in finding employment

VetJobs (877) 696-7226

Provides helpful job search tools for veterans, transitioning military and their family members. services include job banks, job search/placement and military transition assistance

Division of Vocational Rehabilitation

Brooksville (352) 610-5212

Helping people with disabilities find and maintain employment and enhance their independence

Financial Assistance/Taxes

Elder Options

Emergency Home Energy Assistance

Program (800) 262-2243

Financial assistance for seniors facing a home energy crisis (heating/cooling). Some eligibility requirements apply

Home and Community Based Care (800) 262-2243

Financial assistance for services in an Assisted Living Facility

Hernando County Housing Authority

***Housing Choice Voucher Program* (352) 754-4160**

Qualified applicants may receive assistance with paying rent. People receiving housing choice vouchers find housing on their own and use voucher from the housing agency to help pay the rent

***Very Low-Income Set Aside Program* (352) 754-4160**

Assists low-income eligible tenants who want to lease a home as their primary residence at an affordable market rate for the long term.

Low income/Subsidized private rental housing

Mid Florida Community Services

Emergency Home Energy Assistance for Elderly Program

(352) 796-1425

Assists low-income seniors experiencing a home energy heating/cooling emergency with service payment assistance

Salvation Army Hernando County

Social Services

(352) 796-1186 X 104

Emergency utility assistance for electric, gas or water bills, clothing vouchers and emergency food assistance

United Way of Hernando County

(352)-688-2026

Limited/restricted emergency assistance support for electric, rent/mortgage, utilities, and misc. Duke Energy assistance also available

Taxes

AARP Foundation, Tax Aide Program (888) 227-7669

Provides virtual and in-person tax preparation assistance free of charge

United Way Hernando, VITA Tax Sites (352) 688-8502

Free tax preparation, call to find a location near you

Fitness & Recreation

Elder Options

Healthy Aging Workshops (800) 262-2243

Workshops designed to help older adults maintain health and independence. Focus on fall prevention with Tai Chi and classes that improve balance

Florida Fish & Wildlife Conservation Commission

(850) 488-4676

Licensing for outdoor activities such as fishing and hunting

Hernando County Cooperative

Extension Service (352) 754-4433

Providing educational opportunities for gardening, landscaping and horticulture

Hernando County Parks & Recreation (352) 754-4031

Athletic fields/courts, recreation centers, team sports/leagues

Jerome Brown Community Center (352) 540-3835
Athletic and recreational facility with multipurpose center for the community and educational purposes

NAMI Hernando Recovery Community Center (352) 684-0004
Art classes and chair yoga classes

YMCA of the Suncoast Hernando County (352) 688-9622
Multiple programs for seniors including but not limited to: aquatic exercise, group exercise, pickleball and circuit training. Programs such as Silver Sneakers, Silver and Fit and Active Renew are accepted. Membership provides access to physical, social, and recreation activities

Food & Nutrition

NAMI Hernando Recovery Community Center (352) 684-0004
Food and nutrition educational classes to encourage and educate the community on healthy eating

Food Stamp/SNAP Assistance

Department of Children and Families (DCF) ACCESS (850) 300-4332
DCF access to assistance programs: Food, medical and cash assistance. EBT card services, food stamps/SNAP, Medicaid and TANF applications

Department of Children and Families (DCF)

SNAP Hernando

(866) 762-2237

Formerly "Food Stamp Program" provides nutritional support for low-income seniors on fixed incomes and help completing SNAP applications

Hernando County Growers Association

Fresh Access Bucks SNAP

Senior Farmers Market Program

(352) 270-3071

Operates the Brooksville Farmers Market, a mobile market throughout Hernando County. They accept Fresh Access Bucks SNAP to purchase fresh produce

Meal Service

Food with Care

(877) 578-9938

Frozen meals that are microwaveable delivered to your home for a small fee. Call to see which day they will be in your city. Service authorization is required to begin service

Mid Florida Community Services

Senior Services

(352) 796-1426

Provides nutrition education, home-delivered meals and operates congregate meal sites

People Helping People

Sunday Blessings and Senior Blessings

(352) 686-4466

Free hot meals served Sundays at 3:30 pm to qualifying seniors. Supplemental pantry items delivered to seniors in low income subsidized housing communities

Food Pantries & Farmers Markets

Daystar Life Center Brooksville

Food Pantry

(352) 799-5930

Food pantry for Hernando residents

Feeding Tampa Bay

(813) 254-1190

Mobile food banks, call for locations near you

Hernando County Growers Association

Fresh Access Bucks SNAP

Senior Farmers Market Program

(352) 270-3071

Operates the Brooksville Farmers Market, a mobile market throughout Hernando County. They accept Fresh Access Bucks SNAP to purchase fresh produce. Call for locations near you

Jericho Road Ministries, Food Barn

(352) 799-2912

Food distribution for Hernando residents in need

Salvation Army

Brooksville/Hernando County

Food Pantry

(352) 796-1186

Provides food for those in need, free of charge

Spring Hill Calvary Church of the Nazarene

Food Pantry

(352) 683-0587

Food pantry, with non-perishable foods

SpringLife Church

Food Pantry

(352) 683-2600

Drive- thru food pantry with staples and canned goods to those in need. Bread and baked goods monthly

Society of St. Vincent DePaul

Food Pantry

(352) 688-3331

Providing food for those in need, free of charge,
some eligibility requirements apply

Healthcare Resources

Health Insurance

Elder Options

SHINE – Serving Health Insurance

Needs of Elders

(800) 262-2243

Free, personalized, confidential

Medicare counseling. Explore Medicare options,
supplemental and advantage plans, prescription drug
coverage, long term care planning and more

Premier Community Health Care

(352) 518-2000

Education on insurance affordably programs, assistance
with ACCESS, CHIP and Health Insurance Marketplace
applications

Suwannee River Area Health Education **(352) 647-2751**

Free enrollment services for Marketplace, Medicaid and
Healthy Kids. Education about health insurance options and
referrals to healthcare resources

Health Support Services

ALS Association Florida Chapter (813) 637-9000

Information, education, referral support groups, respite and equipment loan closet with augmentative communication

Alzheimer's Association Florida

Gulf Coast (800) 272-3900

24-hour helpline providing emotional support, caregiver/care receiver support groups, disease/disability information

Arthritis Foundation Florida (813) 402-8712

Disease/disability information, health/disability related support groups, health related advocacy groups

Center for Independent Living

North Central Florida (352) 378-7474

Provides information and referrals for those with disabilities and independent living skills training. Additional services include: durable medical equipment and installation of wheelchair ramps

Deaf and Hard of Hearing Services

Of Florida Pasco/Hernando (727) 853-1010

Free amplified phone distribution, American sign language instruction, audiological evaluations, support groups, information and referral to statewide relay services

Eldercare Locator Helpline (800) 677-1116

A public service of the U.S. Administration on Aging that connects seniors to services in their community with a variety of helpful resources online

Elder Options**(800) 262-2243**

Provides information, referrals and choices to assist with accessing a variety of services available to elders, people with disabilities and their caregivers

DEEP- Diabetes Empowerment***Education Program***

A 6-week class designed to help diabetics or caregivers of diabetics understand the disease and prevent complications

Florida Alliance for Assistive**Services & Technology****(813) 844-7591**

Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

Healthwell Foundation**(800) 676-8416**

Assistance with medical care expenses, medical equipment expenses and prescription expenses

Lighthouse for the Visually Impaired and Blind**Vision Store & Magnification Screening (352) 754-1132**

Educates, empowers and employs people who are visually impaired or blind. Assistive technology equipment sales, low vision aids and independent living skills

Mid Florida Community Services**Senior Services****(352) 796-1426**

Provides a variety of services to help seniors stay healthy and maintain an independent living situation. Services include but are not limited to: in-home respite care, home-delivered meals, homemaker and personal care service, and telephone reassurance

Patient Advocate Foundation (866) 512-3861

Co-pay relief for qualified patients includes prescription copays

Premier Community Health Care (352) 518-2000

Health support services for ALL people. Services include: family health, women's health, dental, behavioral health, education and training sessions with patients to ensure continuity of care, education on insurance affordability programs, assistance with ACCESS, CHIP and health insurance marketplace applications

Sertoma Speech & Hearing Foundation of Florida (727) 312-3881

Audiological evaluations, hearing augmentation aid donation programs, specialized telecommunications equipment

Telecommunications Equipment Distribution (800) 222-3448

Distributes telecommunications equipment to qualified Floridians who are deaf, hard of hearing, deaf/blind and speech impaired at no charge

YMCA of the Suncoast, Hernando County Healthcare Support Programs (352) 688-9622

Chronic disease self-management and support programs such as Diabetes Prevention, Pedaling for Parkinson's, Livestrong (cancer survivors), Enhance Fitness (arthritis) and Moving for Better Balance

Senior Health Clinics

Brooksville VA Clinic

(352) 597-8287

Primary care, laboratory and pathology, pharmacy, mental health care, psychiatry, psychology, social work and more
(See Veterans – page 35)

Hernando County Health Department

Adult Chronic Disease Program

Brooksville

(352) 540-6800

Spring Hill

(352) 540-6800

Screens for diabetes, cholesterol, cancer, cardiovascular risks and more plus medications for diabetes, epilepsy and rheumatic fever are available. Sliding scale for payment

Hernando County Health Department - Continued

Adult Immunizations

Brooksville

(352) 540-6800

Spring Hill

(352) 540-6800

Flu vaccines, hepatitis B, measles/mumps/rubella, pneumonia and chickenpox immunizations

InnovaAge

(813) 937-9267

All-inclusive primary care clinic for seniors, featuring medical suite, dental suite, physical, occupational and speech therapy, respite care, transportation, homecare and more. Medicare and Medicaid services. Eligibility requirements apply

People Helping People

Free Health Clinic

(352) 686-4466

Free health care for uninsured low-income individuals,

Tuesdays from 10:00 am – 1:00 pm at the Help Center.

Appointments necessary

Dental Clinics/Vision/Hearing

Dental

Premier Community Health Care

Dental Services

(352) 518-2000

General dentistry, hygiene and screening. Services

include: digital X-rays, fillings, oral exams, teeth cleaning,

deep cleaning, bridges/crowns, dentures and treatment for

gum disease. Appointment necessary, eligibility requirements

apply

Vision

EyeCare America, Inc.

Seniors Program

(877) 887-6327

Eye care services for medically underserved seniors

who qualify. Program includes one free eye exam

and up to one year of follow up care for any

condition diagnosed during the initial exam

Lighthouse for the Visually Impaired and Blind

Educates, empowers and employs people who

are visually impaired or blind.

Independent Living Skills

(352) 754-1132

Instruction in daily living, braille, white cane/safe
movement

(Continued on next page)

(Continued)

Lighthouse for the Visually Impaired and Blind

Vision Store & Magnification Screening **(352) 754-1132**

Assistive technology equipment sales and
low vision aids

New Eyes, Eye Glasses

E-Voucher Program **(973) 376-4903**

Provides e-vouchers for new prescription eyeglasses
but does not cover eye exams

Hearing

Center for Independent Living

North Central Florida

Sign language interpreting services **(877) 629-8840**

FAAST Assistive Technology Program **(352) 378-7474**

Provides a variety of assistive technology, device
trainings, information and assistance, device loans
and financing programs

Deaf and Hard of Hearing Services

Of Florida Pasco/Hernando **(727) 853-1010**

Free amplified phone distribution, American sign
language instruction, audiological evaluations,
support groups, information and referral to statewide
relay services

Florida Alliance for Assistive

Services & Technology **(813) 844-7591**

Assistive listening devices, assistive technology
equipment loan and expense assistance,
wheelchairs/wheeled mobility

Florida Telecommunications Relay, Inc. (800) 222-3448
(TTY) (888) 447-5620

Free amplified phone distribution, information and referral to 711 the statewide relay service

Sertoma Speech & Hearing Foundation of Florida (727) 312-3881

Audiological evaluations, hearing augmentation aid donation programs, specialized telecommunications equipment

Telecommunications Equipment Distribution (800) 222-3448

Distributes telecommunications equipment to qualified Floridians who are deaf, hard of hearing, deaf/blind and speech impaired at no charge

Medications & Prescriptions

**Florida Prescription Drug Price Website
RX Drug Price Finder** (850) 412-3600

Interactive website providing pricing information and comparisons for the 300 most commonly used prescriptions in Florida. Find the lowest prices in your area at www.MyFloridaRX.com or call the Agency for HealthCare Administration (AHCA) at the number above

Florida RX Card (800) 726 4232

Prescription drug discount cards

Healthwell Foundation (800) 676-8416
Assistance with medical care expenses, medical equipment expenses and prescription expenses

Hernando County Health Department
Adult Chronic Disease Program (352) 540-6800
Medications for diabetes, epilepsy and rheumatic fever are available. Sliding scale for payment

Hernando County Health & Human Services
Free RX Discount Prescription Card (352) 540-4338
Offers the Coast2CoastRX free prescription discount card that saves up to 80% on brand name or generic drugs and may cover dental, vision, hearing, diabetic equipment/supplies, lab & imaging services, veterinary and much more. Some eligibility requirements apply

NeedyMeds (978) 281-6666
Prescription drug discount cards

Patient Advocate Foundation (866) 512-3861
Co-pay relief for qualified patients includes prescription copays

United Way of Hernando
SingleCare RX Card (352) 688-2026
Average savings are almost 40% and can be as high as 75%. SingleCare cards can be used at most pharmacies, including all chain pharmacies and groceries nationwide

Medical Equipment & Supplies

Center for Independent Living

North Central Florida

(352) 378-7474

Provides a variety of assistive technology, device trainings, information and assistance, device loans and financing programs. Additional services include: durable medical equipment (wheelchairs, walkers, canes, scooters and sliding boards) and installation of wheelchair ramps

Crescent Community Clinic

(352) 610-9916

Improving the health and well-being of all people regardless of the ability to pay. Providing health care and health literacy. Some eligibility requirements apply

Deaf and Hard of Hearing Services

Of Florida Pasco/Hernando

(727) 853-1010

Free amplified phone distribution, American sign language instruction, audiological evaluations, support groups, information and referral to statewide relay services

Florida Alliance for Assistive

Services & Technology

(813) 844-7591

Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

Lighthouse for the Visually Impaired and Blind, Vision Store

(352) 754-1132

Assistive vision technology equipment sales and low vision aids

Telecommunications Equipment

Distribution

(800) 222-3448

Distributes telecommunications equipment, to qualified Floridians who are deaf, hard of hearing, deaf/blind and speech impaired at no charge

Veterans Action Project, Inc.

(727) 841-7329

Provides general assistance on a case by case basis, for veterans, including; food, motorized & mechanical wheelchairs, walkers, furniture, hearing aids and dentures, free of charge

Home Assistance Programs

Always Near Home Care

(352) 293-3222

Provides non-medical home care services; such as companionship/caregiver respite and support housekeeping, meal prep/cooking/laundry/pet care/plant watering/medication reminders/errand running and shopping assistance

Elder Options

Home and Community

Based Care

(800) 262-2243

Provides counseling and screening for seniors, caregivers and families to access a variety of programs that allow individuals to maintain an independent living situation Services include but are not limited to personal care (bathing etc.), respite care, housecleaning, meal delivery and more. Many services are free, some have eligibility requirements

Home Instead Senior Care**(352) 269-1797**

Offers a variety of individual, compassionate care services to seniors in their own home. CAREgivers assist elderly clients with daily activities like showering, cooking, cleaning, errands and transportation

Mid Florida Community Services**Senior Services****(352) 796-1426**

Helps seniors live an independent lifestyle by providing in-home respite care, home delivered meals, homemaker assistance, personal care and telephone reassurance. Many services are free, some have eligibility requirements

Home Improvements & Modifications

Center for Independent Living**North Central Florida****(352) 378-7474**

Installation of wheelchair ramps

Hospice Services

Chapters Health**HPH Hospice, Inc. - Brooksville****(352) 544-1181**

Quality palliative care, in-home, facility or hospital.

No one denied due to financial hardship, accepts Medicare, Medicaid, Tricare with all-inclusive services

Legal

Community Legal Services of Mid-Florida

(800) 405-1417

Professional, free legal advice on various issues including elder law and advocacy, family law, housing, public benefits, tax controversy assistance and veteran benefits assistance

Equal Employment Opportunity Commission

(800) 669-4000

Employment discrimination assistance (age, disability, race, etc.)

Florida Department of Agriculture and Consumer Services,

Landlord/Tenant Rights Florida

(800) 352-9832

Landlord rights information and counseling

Florida Department of Elder Affairs

Long-Term Care Ombudsman Program

(888) 831-0404

North Central Florida Office (Ocala)

(352) 620-3088

Advocating for the health, safety, welfare and rights of those in long-term care facilities

Florida Statewide

Senior Legal Helpline

(888) 895-7873

Free legal resource for seniors, their advocates and caregivers

Mental Health

First Contact

211

Call 211 for crisis intervention, health and community resources, rent/utility assistance

988 Suicide & Crisis Lifeline

988

24/7 free and confidential support for people in distress. Callers are connected to crisis and suicide counselors

BayCare Behavioral Health

(352) 540-9335

Individual counseling, family counseling, psychiatric outpatient services, group counseling and case management, wellness and prevention services

Elder Options

PEARLS – Program to Encourage Active

Rewarding Lives

(800) 262-2243

Empowers older adults to develop skills they need for self – sufficiency and independence. Focus on identifying depression and overwhelm

Hernando County Veteran Services

(352) 754-4033

Assists veterans, dependents and survivors with reintegration counseling and a variety of other services

LGBT National Senior Hotline

(888) 234-7243

Telephone peer support

NAMI Hernando Recovery**Community Center****(352) 684-0004**

Support groups and education for people living with mental illness and substance misuse. Support groups and education for family members, caregivers and friends of those living with mental illness or substance misuse

National Domestic Violence Hotline**(800) 799-7233**

Expert advocates available 24/7 to talk confidentially to those experiencing domestic violence, seeking resources and information or to discuss unhealthy aspects of your relationship

Operation PAR**Hernando County: Spring Hill****(888) 727-6398**

Comprehensive outpatient medication- assisted treatment for drug use disorder with counseling services

People Helping People**Free Health Clinic****(352) 686-4466**

Free mental health screening and referral resources for uninsured low-income individuals, Tuesdays at the Help Center. Appointments necessary

Premier Community Health Care**(352) 518-2000**

Mental Health professionals provide individual, family and group therapy, general mental health screening and education. Additional services: psychological assessment, cognitive/ behavioral modification, grief/trauma/stress management, coping skills, substance use disorder program and crisis intervention

Springbrook Hospital

Bridges Senior Mental Health Program (352) 306-2714

Comprehensive treatment program for seniors suffering from addiction and mental health issues such as anxiety, depression, eating disorders and more

Trauma and Counseling Solutions, Inc. (813) 328-6034

Counseling services for those experiencing trauma, anxiety, depression, fears/phobias and more provided by EMDR Certified Therapists

Support Groups

Alcoholics Anonymous

Hernando County Intergroup (352) 683-4597

Alcohol use disorder in person and online support groups and alcohol use hotline which is available 24/7

Chapters Health

HPH Hospice, Inc. - Brooksville (352) 544-1181

Terminal illness and grief support groups

Clutterer's Anonymous (866) 402-6685

Hoarding support group. A 12-step program like AA. Share experiences, strength and hope to help each other recover

Co-Dependents Anonymous

Words of Wisdom, Brooksville (352) 596-2492

A fellowship of people whose common purpose is to develop healthy relationships

Dawn Center**Hernando County, Inc.****(352) 688-8430**

Support services to survivors of domestic violence and sexual violence through shelter, outreach programs and legal advocacy

Depression and Bipolar Support**Alliance****(800) 826-3632**

Support groups for families/friends of individuals with mental health disorders such as depression and other mood disorders. Also support groups for people who have mood disorders

Florida Council on Compulsive**Gambling****(888) 236-4848**

Support for those suffering with compulsive gambling. Help line, email, text line and live chat available 24 hours per day

Gamblers Anonymous Florida**(855) 222-5542**

12-step support groups for adults who gamble compulsively and have a desire to stop

Gulfcoast North Area**Health Education Center****(813) 929-1000 X203**

Smoking addiction support groups, options for in-person group quit or online groups

Hernando County Sheriff's Office**Care Line****(352) 797-3660**

A life-line to well being for those living alone who would like daily contact with someone who cares. Registration required

**Lighthouse for the Visually Impaired and
Blind, Support Groups (352) 754-1132**

Disability and health related support groups for individuals, veterans, parents of children who are blind, caregivers/family members and one-on-one counseling

Mended Hearts (888) 432-7899

Offers peer-to-peer support, resources and education for those with heart disease, their families and caregivers

**NAMI Hernando Recovery
Community Center (352) 684-0004**

Support groups and education for people living with mental illness and substance misuse and for their families, caregivers, and friends. Grief support groups, Recovery Dharma, Connections, Smart Recovery, Women in Recovery and individual peer-to-peer support.

**Narcotics Anonymous
River Coast Area of NA (352) 754-7200**

Support group using 12-step program and local recovery meetings to aid in substance use recovery

Nicotine Anonymous (877) 879-6422

Support group using 12-step program to achieve abstinence from nicotine

Overeaters Anonymous, Inc. (505) 891-2664

Support to help people abstain from compulsive overeating

Parkinson's Foundation**(800) 473-4636**

Connecting individuals and families affected by Parkinson's to support and resources in their area and on-line

Rehability**(352) 701-0494*****Parkinson's Support Group***

Free group for individuals dealing with Parkinson's disease as well as family members and caregivers. Includes group discussion, peer support, education and resources

Stroke of Hope

Free group for stroke survivors as well as family members and caregivers. Includes group discussion, peer support, education and resources

United Way of Hernando**Caregivers Support Group****(352) 688-2026**

On-going dementia care support groups for all caregivers caring for loved ones with Alzheimer's or dementia. In partnership with Dementia Spotlight Foundation

Pet Resources

Always Near Home Care, LLC, Inc.**(352) 293-3222**

Assistance with pet care is one of the services provided among many other in-home care services

Hernando County Emergency Management**Pet Friendly Shelters****(351) 754-4111**

Provides pet friendly shelter locations that are open during declared county emergencies

Humane Society of the Nature Coast

Pet Pantry

(352) 796-2711

Pet owners who need help with pet supplies can visit the food pantry just outside the main gate on Mobley Road. First come, first served basis. Come inside if the pantry is empty during business hours

Jericho Road Ministries, Food Barn

(352) 799-2912

Food distribution for Hernando residents and their pets

PetLuv, Inc

(352) 799-9990

Provides affordable spay and neuter services, vaccines and more

Laps of Love Veterinary Hospice

(813) 407-9441

Provides compassionate, in-home end-of-life care for your pet

Technology

Deaf and Hard of Hearing Services of Florida

Pasco/Hernando

(727) 853-1010

Provides a variety of free equipment for those with hearing loss including telephones, amplification equipment resources and support services

Federal Communications Commission

Affordable Connectivity Program

(877) 384-2575

Helps low-income households pay for internet services via discounted internet pricing

**Florida Alliance for Assistive
Services & Technology**

(813) 844-7591

Assistive listening devices, assistive technology equipment
loan and expense assistance, wheelchairs/wheeled mobility

**Lighthouse for the Visually Impaired and
Blind**

(352) 754-1132

Computer literacy training opportunities,
assistive technology training and product demonstration

MedicAlert

(800) 432-5378

Bracelet or necklace that offers emergency medical
information and personal identification in an emergency

**NAMI Hernando Recovery
Community Center**

(352) 684-0004

Computers available for community use in the resource
center

**Sertoma Speech & Hearing Foundation
of Florida**

(727) 312-3881

Specialized telecommunications equipment

Transportation

Disabled American Veterans, Florida

(352) 331-0945

Offers transportation to VA medical appointments
and provides a variety of additional services to disabled
veterans In Florida including help with VA claims for
disability compensation

Mid Florida Community Services, Inc.

***Transportation Services* (352) 799-1510**

Safe, low cost transportation for seniors for medical, nutritional and shopping needs. Must complete an application for service. Trans Hernando is Hernando's designated Community Transportation Coordinator (CTC)

***Veteran Ride Program* (352) 799-1510**

Trans Hernando offers a reduced fare for veterans and their spouse in Hernando. Proof of service required

***Veteran Shuttle* (352) 799-1510**

Trans Hernando travels to and from James A. Haley VA Hospital in Tampa. Reservations required

The Bus (352) 754-4444

Public bus transportation service that also has ADA service operations. Provided by Hernando County

Veterans

Clinics

Brooksville VA Clinic (352) 597-8287

Primary care, laboratory and pathology, pharmacy, mental health care, psychiatry, psychology, social work and more

***Mental Health Care* (352) 597-8287 X4140**

Counseling and support for your mental health and emotional well-being. All VA health care facilities offer same-day help when needed

James A. Haley Veterans' Hospital

Medical Center - Main Campus-Tampa (813) 972-2000

Primary care, specialty health services, mental health care and more

***Diabetes Care* (813) 972-2000**

Treatment for diabetes. Monitoring, diet and education

***Geriatric Care* (813) 972-2000**

A range of medical and support services including memory problems, sleep problems, falls, and more

***Mental Health Care* (813) 631-7100**

Counseling and support for your mental health and emotional well-being. All VA health care facilities offer same-day help when needed

Crisis Response/Resources

American Red Cross Central Florida

Tampa Bay Chapter (813) 348-4620

Armed forces emergency services, career placement for veterans

Disabled American Veterans, Disaster Relief

St. Petersburg VA Regional Office (727) 319-7444

Supports veterans, service members surviving spouses and families after isolated/specific disasters including, cash grants, clothing, emergency supplies and food

Employment

James A. Haley Veterans' Hospital - Main Campus **Readiness & Employment (813) 972-2000 X7621**

Veterans with physical and mental challenges receive help finding jobs and and long-term support to ensure success

VetJobs (877) 696-7226

Provides helpful job search tools for veterans, transitioning military and their family members. including job banks, job search/placement and military transition assistance

Financial Assistance

Angel Wings for Veterans (757) 318 - 9174

Provides free air and ground transportation for veterans, wounded warriors and their families for specialized medical evaluation, diagnosis and treatment.

Air Ambulance

Freedom Alliance, Scholarship Fund (800) 475-6620

Fund that honors veterans who have sacrificed life or limb defending our country by providing educational scholarships for their children

Hernando County Veteran Services (352) 754-4033

Assists veterans, dependents and survivors with Federal/State benefits including but not limited to military transition assistance, veteran benefits assistance, compensation/pension benefits, life insurance, reintegration counseling and survivors benefits

Navy-Marine Corps Relief Society Financial

Assistance and Counseling (850) 230-3307

Provides urgent financial assistance with free budgeting counseling through interest Free loans or grants upon approval

Operation Homefront Veterans

Critical Financial Assistance (877) 264-3968

Financial assistance to help with mortgage/rent, food, utilities, vehicle repair/payment/insurance and other urgent needs for those currently serving military families, post 9/11 wounded, ill or injured veterans

United States Department of Veterans Affairs, Veterans Administration

Housing Counselors (800) 698-2411

Helps service members, veterans and eligible surviving spouses become homeowners. Home loans, mortgage delinquency and default counseling

Veterans Action Project, Inc. (727) 841-7329

Provides general assistance on a case by case basis, for veterans, including; food, motorized & mechanical wheelchairs, walkers, furniture, hearing aids and dentures, free of charge

Veterans Affairs

Veterans Benefits Office (800) 827-1000

Administers all federal government veteran programs including; CHAMPVA, TRICARE Extra/Prime/Standard, benefit assistance, burial benefits, education benefits, life insurance and pension programs

Home Assistance Programs

Elder Options

Veteran Directed Care

(800) 262-2243

For veterans who are in need of nursing home level care but want to stay in their home. Services include but are not limited to; eating, bathing, bathroom, dressing, grooming and more

Mental Health

United Way Hernando/First Contact

Veteran Peer Support Line

211

Case/care management, veteran specific information and referrals, veteran/military hotlines

988 Suicide & Crisis Lifeline

988

24/7 free and confidential support for people in distress. Callers are connected to crisis and suicide counselors

Hernando County Veteran Services

(352) 754-4033

Assists veterans, dependents and survivors with reintegration counseling and a variety of other services

K9 Partners for Patriots, Inc.

(352) 397-5306

Helps match veterans who have PTSD with rescue shelter dogs and teach veterans how to train the K9 to be a service dog while developing a strong bond of trust

The Veterans' H.E.A.T. Factory, Inc.

(352) 251-7015

Empowering veterans & first responders who have PTSD to achieve lifelong success and re-enter civilian life

Support Groups

NAMI Hernando Recovery Community

Center - Homefront

(352) 684-0004

Support groups for veterans living with mental illness or substance misuse. Support groups also available for their families, caregivers and friends.

United States Department of Veteran

Affairs, Caregiver Support Line

(855) 260-3274

Veterans enrolled in the VA healthcare system and their caregivers can receive services including but not limited to; counseling with a social worker, monthly education calls, and a variety of support services. Some programs have financial assistance to assist with respite care for eligible applicants

Transportation

Disabled American Veterans, Florida

(352) 331-0945

Offers transportation to VA medical appointments and provides a variety of additional services to disabled veterans In Florida including help with VA claims for disability compensation

Mid Florida Community Services, Inc.

Veteran Ride Program

(352) 799-1510

Trans Hernando offers a reduced fare for veterans and their spouse in Hernando. Proof of service required

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Volunteer Opportunities

United Way Lend a Hand Hernando

Numerous volunteer opportunities in a wide variety of nonprofit organizations serving Hernando

Visit our website:

unitedwayhernando.org/volunteerism

First Contact

(727) 888-5211

Volunteers needed to assist in public education and outreach events as well as authorized calls to seniors

Boys and Girls Clubs of Hernando County

Before & After School Programs

(352) 666-0068

Child care volunteers needed for before and after school programs and event setup/clean up

Daystar Life Center Brooksville

Food Pantry

(352) 799-5930

Multiple opportunities for volunteers including food collection, food sorting and packing, office help

Thrift Store

(352) 799-2636

Thrift shop support volunteer opportunities

Deaf and Hard of Hearing Services of Florida

Pasco/Hernando

(727) 853-1010

Volunteers needed for data entry/word processing filing, receptionist and more, training provided

For Each 1 Reach 1

Mentoring Program

(352) 556-2768

Mentoring and tutoring opportunities in math and reading

Hernando County Cooperative

Extension Service

(352) 754-4433

Gardening volunteer opportunities for University of Florida's Agriculture Sciences extension.

Providing educational opportunities for gardening, landscaping and horticulture

Hernando County Sheriff's Office

Care Line

(352) 754-6830 X 53660

Friendly volunteers needed for Care Line operators and telephone reassurance for those living alone who would like daily contact with someone who cares

Humane Society of the Nature Coast

(352) 796-2711

Animal shelter attendant volunteer opportunities

Jericho Road Ministries, Inc.

(352) 799-2912

A variety of volunteer opportunities to help those in need including, donation pick up, donation sorting and packing, grant development, fundraising and van/bus driver

Lighthouse for the Visually Impaired and Blind

Independent Living Skills

(352) 754-1132

Volunteer opportunities include; braille transcription, disability related reading services, event coordination, event setup/cleanup

People Helping People**(352) 686-4466**

Help support PHP programs, logistical needs or administrative functions for two to five hours per week. Opportunities include but are not limited to, cooking, data entry, gardening, janitorial, food bagging, transportation and more

Salvation Army, Hernando**(352) 796-1186 X 104**

Numerous volunteer opportunities include, food sorting and packing, fundraising event help, receptionist and more

Senior Corps, Corporation for National and Community Service**(800) 942-2677**

Connects seniors with organizations that need them

United Way of Hernando County**Hernando Volunteer Reception Center (352) 688-2026**

Help ensure the community is ready in the aftermath of a disaster. Volunteer to help the community organizations and emergency management via, amateur radio operation, chainsaw operators, damage assessment, shelter assistance, search and rescue and more

Youth and Family Alternatives**New Beginnings Youth Shelter****(352) 540-6015**

Numerous volunteer opportunities to help youth ages 10 – 17 who are in crisis. Opportunities include; meal preparation & serving, tutoring, donation of bedding/linen/toys and games

YMCA of the Suncoast**Hernando County****(352) 688-9622**

Offers a variety of volunteer opportunities for seniors

United Way Hernando First Contact

**Providing help, hope and
connection to
community resources**

**Crisis intervention and community
resources for medical equipment,
prescriptions, health insurance assistance,
financial assistance for utilities, legal
assistance, grief support groups and so
much more.**

If you or someone you know needs help
please call 211 or message us at www.firstcontact.org.

Caring people are available 24 hours per day 7 days per week to
provide help, hope and connection to community resources.

Additional Resources: Florida Elder Helpline: 1-800-963-5337,
Florida Senior Abuse Hotline: 1-800-962-2873, Senior Legal
Helpline: 1-888-895-7873



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United Way
of Hernando County

FIRSTCONTACT

CONNECTING YOU TO HOPE & HELP



Call 211



**www.firstcontact.org
www.UnitedWayHernando.org/211**