



“Boots On The Ground”

RESOURCE DIRECTORY

Tampa Bay

2026-2027

Message from the CEO

As we continue our mission at First Contact, Inc., it remains clear that access to timely, accurate, and compassionate support is essential for those who have served our communities at every level. This new Military Veterans and First Responders **"Boots On The Ground" Resource Directory** reflects our commitment to helping meet those needs with clarity, purpose, and respect.

Our organization was founded on the belief that no one should navigate life's challenges alone. Veterans, active-duty service members, first responders, and their families often shoulder unique burdens—visible and invisible—that require coordinated care and trusted information. By bringing together critical resources across behavioral health, housing, financial stability, benefits navigation, and crisis support, we aim to make it easier for those who serve to connect with the help they deserve quickly.

Thank you to our partners, community providers, and the many individuals who contributed their expertise to this effort. Most importantly, thank you to the men and women who protect, defend, and uphold the safety and wellbeing of our communities. We are honored to support you.



Micki Thompson
President/CEO

A handwritten signature in black ink that reads "Micki Thompson". The script is fluid and cursive.

President & CEO
First Contact, Inc.

Table of Contents

Veteran Sections:

VA Benefits & Claims Assistance

- Pinellas County Veteran Services
- Hernando County Veteran Services
- Veterans Service Office Pasco County
- Disabled American Veterans (DAV)
- Pinellas County Veterans

Healthcare

- Bay Pines VA Medical Center
- Veterans Health Administration
- Empath Health

Mental Health & Substance Use

- Windmoor Healthcare
- WestCare
- Steps to Recovery
- K9 Partners for Patriots

Housing & Homeless Services

- Pinellas Housing Authority
- St. Petersburg Housing Authority
- Heaven on Earth for Veterans
- St. Vincent de Paul Cares
- Homeless Empowerment
- Duval Park GP

Employment & Workforce Development

- ServiceSource
- Florida Department of Economic Opportunity
- Veterans Action Project

Financial Assistance & Basic Needs

- Catholic Charities
- Salvation Army
- St. Vincent de Paul South
- Celebrate Outreach

Table of Contents

Veteran Sections (cont):

Legal Services

- Gulf Coast Legal Services
- Community Legal Services of Mid Florida

Family, Peer & Community Support

- My Warrior's Place
- Circle of Veterans & Families
- Veterans of South Pinellas County

Transportation

- PSTA
- DAV Transportation Programs

Crisis Response Resources

- 211
- Pinellas County Emergency Management
- American Red Cross

First Responder Sections:

Mental Health & Counseling

- 360 Counseling
- Tampa Bay Psychology
- Front Line Wellness
- Dr. Bob Arnold at Mid-Pinellas Counseling & Psychological Services
- Collaborative Therapeutic Service
- Dr. A's Coaching Group – The Resilience Collaborative
- Tampa Counseling and Wellness
- Thin Line Counseling
- Harmonia Wellness Mental Health Counseling
- Meg Young, LCSW
- Life Solutions Services
- Speak Now for Mental Health

Table of Contents

First Responder Sections (cont) :

Trauma, PTSD & Critical Incident Recovery

- Dr. A's Coaching Group – The Resilience Collaborative
- Life Solutions Services
- Thin Line Counseling
- REBOOT First Responders
- The Franciscan Center – Operation Restore
- Resilient Retreat
- My Warrior's Place
- Peacekeepers Initiative

Substance Use & Addiction Treatment

- Windmoor Uniform Personnel Program
- American Addiction Centers – River Oaks Treatment Center

Inpatient & Residential Behavioral Health

- HCA Florida First Responder Protocol
- Windmoor Uniform Personnel Program
- American Addiction Centers – River Oaks Treatment Center

Financial Assistance

- Terry Farrell Firefighters Fund
- Hook-A-Hero
- Pinellas County Property Tax Exemption

Specialized First Responder Resources

- eTMS
- First Responder Hopeline
- Verizon FirstNet
- AT&T FirstNet and Family

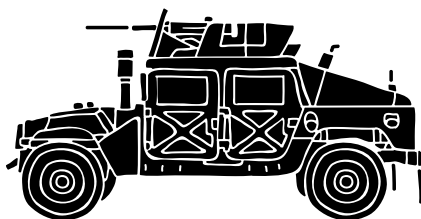
Military Members, Veterans, and Families

United States

Army - Navy

Marine Corps - Coast Guard

Air Force - Space Force



VA Benefits & Claims Assistance

Pinellas County Veteran Services (727)464-8460

Assists Pinellas County veterans, dependents and survivors with accessing VA, state and local benefits, including disability compensation, pensions and claims assistance.

Veterans Service Office Pasco County (727) 834-3282

County Veteran Service Officers provide assistance with VA claims, benefits counseling, appeals and military records.

Disabled American Veterans (727) 312-7444

Provides veterans assistance with VA claims, benefits and appeals through accredited service representatives.

Hernando County Veteran Services (352) 754-4033

Helps veterans, survivors and dependents with VA benefits, healthcare benefits, housing/financial benefits, education claims, military records and discharge-related matters

Health Care

Bay Pines VA Medical Center (727) 398-6661

VA medical center providing primary, specialty, mental-health and other healthcare services to veterans in the Tampa Bay/Southwest Florida region.

United States Veterans Health Administration

(877) 222-8397

Provides VA primary care, specialty care and related medical and social-support services to eligible veterans.

Empath Health, Inc.

(727) 467-7423

Provides hospice, home health, palliative care, personal care, grief services, medical services and other supportive healthcare.

Mental Health & Substance Use

Windmoor Healthcare, Inc.

(727) 541-2646

Specially designed to fit the needs of veterans and all adults. Provides recreational, psychosocial, and medical care.

WestCare, Gulf Coast Florida, Inc.

(727) 502-0188

Provides behavioral-health, substance-use, housing and supportive services, including services for people experiencing homelessness.

Steps to Recovery, Inc.

(727) 848-8100

Veteran-focused recovery services, addiction treatment, transitional housing, aftercare and supportive services for veterans and people experiencing homelessness.

K9 Partners for Patriots, Inc.

(352) 397-5306

A non-profit organization located in Brooksville, Florida, that pairs veterans battling post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and military sexual trauma (MST) with rescue dogs through a hands-on service dog training program provided at no cost.

Housing & Homeless Services

Pinellas County Housing Authority, Inc.

(727) 443-7684

Provides affordable housing and Housing Choice Voucher/Section 8 assistance for eligible households.

St. Petersburg Housing Authority, Inc.

(727) 323-3171

Provides public housing and subsidized rental opportunities, including housing assistance programs.

Heaven On Earth for Veterans, Inc.

(727) 440-9005

A non-profit organization based in St. Pete Beach, Florida, that helps veterans of the United States Armed Forces find safe and affordable housing.

St. Vincent de Paul Cares, Inc.

(727) 896-3300

A non-profit organization dedicated to ending homelessness and poverty by providing dignified, affordable housing and stabilization support

Homeless Empowerment Program, Inc.

(727) 442-9041

Provides emergency shelter and supportive services for homeless individuals and veterans, including basic needs, healthcare and workforce support.

Duval Park GP

(727) 522-1400

88-unit permanent supported housing community for veterans with service-connected disabilities and their families; includes employment, education, financial and transportation supports.

Boley Centers, Inc.

(727) 821-4819

Provides veteran housing, homelessness assistance, employment services, case management, training and supportive services.

Catholic Charities, Inc.

(727) 893-1314

Provides affordable housing, emergency shelter, financial/housing assistance, rapid rehousing, disaster assistance and veteran transition services.

Employment & Career Services

ServiceSource, Florida Regional Office, Inc.

(727) 538-7370

Provides employment assistance, vocational rehabilitation, job placement, housing support, benefits counseling and household/work clothing for veterans with disabilities.

Florida Department of Economic Opportunity

(866) 482-4473

Supports veteran employment through Florida's workforce system, including veteran employment specialists, job-search assistance, training and the Employ Florida Veterans system.

Veterans Action Project

(727) 841-7329

Provides local assistance to veterans facing barriers to safety, mobility and self-sufficiency; programs have included transportation, emergency financial and employment-related assistance

Boley Centers, Inc.

(727) 339-3501

Veteran employment program provides outreach, case management, training, job development and job-placement assistance.

Financial Assistance & Basic Needs

Catholic Charities, Inc.

(727) 893-1314

Provides emergency financial assistance, food, shelter, housing counseling, rent/utility assistance and other support services.

Celebrate Outreach, Inc.

(727) 300-4026

Provides meals and basic-needs support at varying locations throughout the community.

Salvation Army, Saint Petersburg Inc.

(727) 822-4954

Provides emergency shelter, meals, food assistance, clothing assistance and other supportive services.

St. Vincent de Paul South

(727) 823-2516

Provides food, clothing and other emergency assistance to individuals and families.

Veterans of South Pinellas County, Inc.

(727) 322-5217

Provides charitable assistance to veterans, including emergency assistance, mobility aids, home repairs, transportation support and scholarship assistance.

Legal Services

Gulf Coast Legal Services, Inc. (727) 821-0726

Gulf Coast Legal Services, Inc. — Provides free civil legal assistance to eligible individuals, including assistance involving housing and other legal protections.

Community Legal Services of Mid-Florida, Inc.

(800) 405-1417

Provides civil legal assistance, including veteran-related legal matters such as VA disability claims, rating issues and discharge upgrades.

Service Animals & Mental Health Support

K9 Partners for Patriots, Inc. (352) 397-5306

Provides trained service dogs and support for veterans, with programs designed to promote independence and mental wellness.

Family, Peer, & Community Support

The Circle of Veterans & Families, Inc.

(813) 972-2000

Veteran community organization providing transitional housing, food assistance, education, social connection and alternative therapies such as equine/animal activities.

My Warrior's Place, Inc.

(813) 321-0880

Retreat center and support organization for veterans, military members, first responders and their families, with programs focused on healing, peer support and recreation.

Transportation

Pinellas Suncoast Transit Authority (PSTA)

(727) 540-1900

Public transportation throughout Pinellas County, including trip-planning and transit assistance. All Veterans ride for free.

Veterans Action Project, Inc.

(727) 841-7329

Has included transportation assistance among its veteran-support programs.

Government & General Veteran Resources

Pinellas County Government, Inc.

(727) 464-3000

County government provides access to veteran services and other county human-service programs.

United States Department of Veterans Affairs / Veterans Health Administration

(800) 698-2411

Federal VA system providing benefits, healthcare, housing and other services for veterans.

Veterans Funeral Care, Inc.**(727) 540-1900**

Provides funeral and cremation services for veterans and families, assistance with VA benefits and burial reimbursement claims, military honors, burial flags and National Cemetery arrangements.

Crisis Response/Resources

First Contact**211**

Call 211 for crisis intervention, health, utility financial assistance, legal and other community resources

Pinellas County**Emergency Management Department (727) 464-3800**

Emergency information, disaster assistance, flood information, evacuation zones and routes, shelter locator and more

Pinellas County Emergency Management**Public Disaster Shelters****(727) 452-3150**

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

Community Law Program**(727) 582-7475**

Free legal assistance. Post disaster housing databanks and referrals, tenant rights information and counseling

Disability Achievement Center**Disaster Recovery Services (727) 539-7550**

Post disaster recovery assistance for people with a disability including debris removal and help filing a claim. Also provide durable medical equipment and repair existing equipment

DisasterAssistance.gov**(800) 621-3362**

Disaster claims information, FEMA disaster assistance online and via telephone

FEMA, Disaster Assistance**(202) 646-2500**

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

Intercultural Advocacy Institute**Hispanic Outreach Center****(727) 445-9734**

Post disaster crisis counseling, interpreter service mental health counseling and legal clinics

Small Business Administration (SBA)**(305) 536-5521****Disaster Assistance Loans****(800) 659-2955**

Provides assistance to homeowners and business owners affected by disaster. Eligibility requirements apply.

Report Service Issues

Clearwater Gas**General****(727) 562-4900****Gas leaks****(727) 462-6633****Duke Energy****Report outages****(800) 228-8455****Frontier****(800) 921-8101**

Report Service Issues -Cont.

Spectrum	(855) 222-0102
TECO Peoples Gas	
Report outages	(877) 588-1010
Gas leaks	(877) 832-6747
WOW!	(866) 745-3685

First Responders & Families

Law Enforcement

Fire Rescue

Emergency Medical Service Personnel



Mental Health & Counseling

360 Counseling

(727) 804-8623

Counseling practice founded by a former first responder, offering personalized therapy specifically for emergency personnel.

Tampa Bay Psychology

(727) 648-2725

Mental-health services specializing in first responders, with a dedicated 24/7 first-responder line.

First Responder Line: (727) 463-4349

Front Line Wellness

(727) 316-0798

First-responder counseling provided by clinicians with first-responder experience.

Dr. Bob Arnold / Mid-Pinellas Counseling & Psychological Services

(727) 417-6517

Counseling specializing in first responders.

Collaborative Therapeutic Service

(813) 951-7346

Couples counseling with a specialty in first responders; evening and weekend appointments available.

Dr. A's Coaching Group/The Resilience Collaborative

(813) 473-2278

Individual and couples therapy for first responders and families, including CPT, EMDR and mindfulness-based therapy.

Tampa Counseling and Wellness

(813) 520-2807

Counseling specializing in veterans and first responders.

Thin Line Counseling

(813) 695-3467 or (813) 515-0720

Counseling for veterans, first responders and family members, including EMDR and CPT.

Harmonia Wellness Mental Health Counseling

(941) 529-7675

Mental-health counseling specializing in veterans and first responders.

Meg Young, LCSW

(941) 462-4807

First-responder trauma and burnout therapy offered in person and by telehealth.

Life Solutions Services

(754) 800-3261

Trauma-focused counseling for police, EMTs and firefighters, including PTSD and EMDR services.

Peer Support & Support Groups

All First Responders Matter

Provides PTSD/stress education, training opportunities and fellowship for active and retired fire, EMS, law enforcement and 911 dispatchers.

First Responder Hopeline

(866) 435-4376

Confidential 24/7 peer-support and resource-referral line for first responders and their loved ones.

REBOOT First Responders

Twelve-week faith-based, peer-led program helping first responders and families recover from critical-incident stress and trauma.

Hook-A-Hero**(813) 461-3552**

Provides mental-health, financial and peer support for first responders and families, along with outdoor activities.

Peacekeepers Initiative**(727) 914-9988**

Peer-supported wellness activities such as fishing, scuba diving and equine activities designed to reduce occupational and post-service stress.

PTSD & Critical Incident Recovery

The Franciscan Center**(813) 229-2695**

Operation Restore — Confidential three-night/four-day program for first responders dealing with critical incidents, line-of-duty deaths and career-related stress.

Resilient Retreat**(941) 343-0039**

Free, confidential, evidence-based programs for first responders addressing trauma, compassion fatigue and burnout.

My Warrior's Place**(813) 321-0880**

Retreat center serving veterans, military members, law enforcement, firefighters and their families, with programs supporting healing and recovery.

Life Solutions Services**(754) 800-3261**

Trauma specialist providing PTSD/EMDR treatment and first-responder post-trauma support.

Substance Use & Addiction Treatment

Windmoor Uniform Personnel Program

(727) 742-1306

Specialized behavioral-health program for active-duty personnel, veterans and first responders addressing mental health, substance use and dual-diagnosis disorders.

American Addiction Centers

(813) 412-5807

River Oaks Treatment Center — Recovery program specifically identified for first responders, with inpatient and outpatient services.

PTSD & Critical Incident Recovery

HCA Florida First Responder Protocol **(727) 460-3193**

Specialized inpatient mental-health protocol for first responders and adult family members, emphasizing privacy, confidentiality and discreet access.

Windmoor Uniform Personnel Program **(727) 742-1306**

Dedicated behavioral-health unit for first responders, veterans and active-duty personnel with inpatient, PHP and IOP options.

American Addiction Centers

(813) 412-5807

River Oaks — First-responder recovery program with inpatient and outpatient locations.

Healthcare & Physical Wellness

Life Scan Wellness Centers**(727) 258-4817**

Public-safety physicals and preventive screening focused on early detection of heart disease and cancers; designed for police and fire personnel.

eTMS**(813) 734-7767**

Free, drug-free, non-invasive treatment for veterans and first responders for conditions including insomnia, depression, anxiety and PTSD.

Legal Services

Bichler & Longo**(866) 245-8977**

The First Responder Law Firm — Legal assistance involving disability pensions, workers' compensation, Heart and Lung Bill claims, retirement benefits and related matters.

Pinellas County Property Tax Exemption**(727) 464-3207**

Property-tax relief for qualifying line-of-duty-disabled first responders and eligible surviving spouses.

Hancock Law Firm**(727) 222-0529**

Offers free consultations and discounted legal services for first responders involving estate planning, family law and divorce.

Family & Caregiver Support

Badge Wives**(813) 943-4560**

Provides support for law-enforcement families and promotes stronger relationships within those families.

Hook-A-Hero (813) 461-3552

Supports first responders and their families through mental-health, financial, peer and recreational programs.

Collaborative Therapeutic Service (813) 951-7346

Couples counseling with specialized first-responder services.

Dr. A's Coaching Group, The Resilience Collaborative
(813) 473-2278

Individual and couples therapy for first responders and families.

Thin Line Counseling (813) 695-3467

Counseling for veterans, first responders and family members.

HCA Florida First Responder Protocol

Largo West: (727) 460-3193; West Tampa: (813) 999-1431

Inpatient mental-health services also available to adult family members of first responders.

Life Scan Wellness Centers (727) 258-4817

Provides preventive-health physicals and screening for public-safety personnel.

Retreats & Wellness Programs

The Franciscan Center (813) 229-2695

Operation Restore — Four-day retreat-style program providing confidential treatment for first responders following critical incidents and occupational stress.

Resilient Retreat**(941) 343-0039**

Free, confidential programs focused on trauma, compassion fatigue and burnout.

My Warrior's Place**(813) 321-0880**

Retreat and healing programs for veterans, military members, first responders and families.

Peacekeepers Initiative**(727) 914-9988**

Wellness and peer-support activities designed to reduce job-related and post-service stress.

Misc.

First Responder Hopeline**1-866-435-4376**

24/7 confidential peer support and connection to vetted resources.

Verizon FirstNet

Priority wireless and mobile-broadband services designed for first responders. Available through local Verizon stores.

AT&T FirstNet and Family

Public-safety communications network providing priority connectivity, speed, reliability and 5G services for first responders. Available through local AT&T stores.

All First Responders Matter**milton@allfirstrespondersmatter.org**

Facilitates educational opportunities for first responders and chaplains through courses and training. Hosts monthly First Friday First Responder breakfast at several locations throughout Pinellas county, as well as other counties.





CONNECTING YOU TO HOPE & HELP

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



Get Connected. Get Help.™