

## Highlands County Quick Guide To Community Resources

This guide is a listing of most frequently requested community resources. If you would like information about these programs, or you need a referral to a program to meet your need, Dial (888) 370-7188. Via text (text your zip code to 898-211).

Email: [uw211help@gmail.com](mailto:uw211help@gmail.com)

### ABUSE: ALCOHOL & DRUGS

Alcoholics Anonymous	382-2694
Hotline #	800-622-2255
Alpha-Omega Crisis Center	699-1685
Florida Center for Addictions	452-3858
Narcotics Anonymous	863-683-0630
Tri-County Human Services	452-0106

### ABUSE: CHILD & SPOUSE

FL Abuse Hotline	800-962-2873
Children's Advocacy Center	402-6845
Guardian Ad Litem Program	402-6969
Peace River Center Domestic Violence Shelter - Men, Women & Families Crisis Line (Safe House)	386-1167

### ADOPTION

Alpha-Omega Crisis Center	699-1685
Children's Home Society	382-0007

### AIDS AWARENESS

Highlands Co. Pub. Health	386-6040
CDC (Center for Disease Control) Info Network	800-458-5231

### CHILDREN'S HEALTH SERVICES

Dept. of Children & Families	866-762-2237
FL Healthy Kids Program & Kidcare	800-367-3253

### CLINIC-MULTI SERVICE

Central Florida Health Care	452-3000
Highlands Co. Public Health	386-6040

### COUNSELING SERVICES: FAMILY/INDIVIDUAL/GROUP/GRIEF

Alpha-Omega Crisis Center	699-1685
Bethany Center	863-968-1707
Children's Home Society	382-0007
Florida Epilepsy Services	(863) 686-5880

FL Diagnostic & Learning Resource	800-316-7057x. 228
Highlands Co. School Bd	452-4300/471-5555
Tri-County Human Services	452-0106

### CRISIS INTERVENTION

Peace River Center - Crisis Mental Health	800-627-5906
Rape Crisis Hotline	877-688-5077
We Care Suicide Hotline	800-273-8255

### DAY CARE-CHILDREN

Early Learning Coalition	314-9213
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### DISABILITY SERVICES

Avon Park Cluster	452-5141
Central Fla Speech & Hearing	(863)686-3189
Agency For Person w/Disabilities	866-273-2273
Disability Rights Florida	(800) 342-0823
Fla. Div. of Blind Services	800-500-6412
Easter Seals SW Fla	800-807-7899
Florida Epilepsy Services	(863)686-5880

Florida Telecommunications Relay	7-1-1 1-800-955-8771 (TTY)
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Ridge Area ARC, Inc.	452-1295
Heartland Horses & Handicapped	452-0006

### DISASTER RELIEF

American Red Cross - MidFlorida Region	863-294-5941
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### ELDERLY SERVICES

Meals on Wheels	402-1818
Medicare	<b>1-800-633-4227</b>
Nu-Hope Elder Care Services, Inc.	382-2134
West Central FL Agency on Aging	800-336-2226

### EMPLOYMENT AND JOB TRAINING

Alpha-Omega Crisis Center	699-1685
Career Source Heartland	385-3672

Job Corps (800)733-JOBS or (800)733-5627	
Experience Works (Seniors)	385-3672
Veterans Rep - Employment	863-385-3672
Vocational Rehabilitation	386-6077
Welfare Transition Program.	385-3672
Workforce Investment Act (WIA)	385-3672

### FINANCIAL COUNSELING

Clearpoint Credit Counseling Solutions	1-800-720-9537
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### HEALTH SERVICES/EDUCATION

American Cancer Society	1-800-227-2345
Central Fla Speech & Hearing	(863)686-3189
Children's Services Council	402-6845
Florida Hospital Diabetes Center	402-0177
Highlands Co. Public Health	386-6040/465-2252
Highlands Regional Medical Center	385-6101
Florida Hospital Heartland	314-4466

### HOME HEALTH SERVICES

Florida Hospital Home Care Svcs	385-1400
Good Shepherd Hospice	402-1066
Heartland Home Health Services	385-1400
Nu-Hope Elder Care Services, Inc.	382-2134

### HOUSING/CONSTRUCTION/LOW INCOME LOANS

Florida Non-Profit Housing	385-2519
Habitat for Humanity	385-7156
Highlands Co. Housing Office	402-6648
Highlands County Ship Program	402-6648
Housing Authority, Avon Park	452-4432
Martin Luther King Terrace	382-1467

### HOUSING/EMERGENCY SHELTERS

Children's Home Society	382-0007
George Harris Youth Shelter	(800)786-8614

New Testament Church & Mission 385-0035  
Peace River Center Safe House 386-1167

### HOUSING/TRANSITIONAL

Children's Home Society 382-0007  
Safe House Crisis Line 386-1167

### LEGAL SERVICES

Heart of Florida Legal Aid Society (Divorces Only) 877-530-5663 x403  
Fl Rural Legal Services (Civil Matters Only) 1-800-277-7680

### MEDICINE/FOOD/FINANCIAL AID

Alpha-Omega Crisis Center 699-1685  
American Red Cross (Disaster Only) 386-4440  
Church Service Center 452-6464  
Dept. of Children & Families 866-762-2237  
Highlands County Human Services 402-6626  
Meals on Wheels 402-1818  
Nu-Hope Elder Care Svcs. 382-2134  
Salvation Army 385-7548  
Samaritan's Touch Care Ctr. 471-1870

### MENTAL HEALTH SERVICES

Florida Hospital-Lake Placid 465-3777  
Peace River Crisis Line 800-627-5906

### PERSONAL DEVELOPMENT

Alpha-Omega Crisis Center 699-1685

Avon Park 452-1295  
FL Ridge Big Brothers/Big Sisters 402-9001  
Boy Scouts, Gulf Ridge Council (813)872-2691  
Florida Environmental Institute – DJJ (Last Chance Ranch) 699-3785  
Girl Scouts, West Central Florida 800-232-4475  
Highlands Co. Family YMCA 382-9622  
Highlands County School Board 471-5555  
Parks and Recreation Department 402-6783  
Ridge Area Arc 452-1295  
Salvation Army 385-7548  
South FL State College 453-6661/382-6900

### PARENTING

Alpha-Omega Crisis Center 699-1685  
Children's Home Society 382-0007  
Florida Baptist Children's Home (863)688-4981  
Healthy Families 402-6628  
Healthy Start Program 226-7230  
Highlands Co. Public Health 386-6040/465-2252

### YOUTH SHELTERS

George Harris Youth Shelter (800)786-8614  
New Beginnings Youth Shelter (877) 506-2721

### TRANSPORTATION

Driver's License 402-6685  
Nu-Hope Elder Care Svcs, Inc. 382-2134  
Tax Collector 402-6685  
Community Transportation (Medicaid)

Avon Park 452-0139  
Sebring 382-0139  
Lake Placid 699-0995

### TOLL FREE HELP LINES

Alcohol 24-Hour Helpline 800-252-6465  
Blind Children's Center 800-222-3566  
Braille Library Services 800-226-6075  
Moffit - Cancer Answers 888-663-3488  
Child Support Enforcement Dept of Revenue 800-622-5437  
Elder Helpline 800-262-2243  
FDLE Missing Children 888-356-4774  
Lupus Foundation of America 800-558-0121  
Natl Clearinghouse Alcohol/Drug TDD 800-487-4889  
The Family Source of Florida 800-352-5683  
Substance Abuse Hotline 800-662-4357

### VETERANS SERVICE

Veterans Administration 800-827-1000  
Veterans Service Office 402-6623  
Veterans Rep – Employment 863-385-3672

### YOUTH SERVICES

We Care Hotline 24/7 at 800.274.8255  
or 908.232.2880 7 a.m. to 11 p.m.

*One call to find help, whether you're looking for family counseling, camps for kids, or assistance for an aging parent in Polk, Hardee, and Highlands County. 2-1-1's trained referral specialists will connect you with a program that can help you. Dial (888) 370-7188. Via text (text your zip code to 898-211). Email: [uw211help@gmail.com](mailto:uw211help@gmail.com)*

## FIND HELP FAST

You can access 2-1-1 by:

- 1) Phone: (888) 370-7188
- 2) Email: [uw211help@gmail.com](mailto:uw211help@gmail.com)
- 3) Via text (text your zip code to 898-211)
- 4) Website: [www.uwcf.org](http://www.uwcf.org)

Click on **FIND HELP/SEARCH RESOURCES**

