

SUPPORT STARTS HERE

YOUR KEY TO ACCESS MENTAL HEALTH SUBSTANCE USE & ADDICTION TREATMENT

CARE ABOUT ME IS NOT A CRISIS LINE

Care About Me offers easy, safe and confidential assistance with identifying the right service provider for you. Plus we help schedule your appointments so you don't have to!

WHO IS CARE ABOUT ME FOR?

Short answer: Everyone!

Finding the right care can be an overwhelming experience. Care About Me supports you every step of the way by confidentially assessing your situation, matching you with a provider, and booking an appointment to get you the help you need. We are here to support you and connect you with care in a friendly, hassle-free way. Care About Me is your guide and ally on your journey to wellness.

HOW DOES CARE ABOUT ME WORK?

- 1 Email, Call, Text, Chat**
If you are in need of support, contact us for help.
- 2 Speak with Care About Me**
Our trained specialists will confidentially learn about your situation and present options developed just for you.
- 3 Make an Appointment**
Our specialists will help navigate the scheduling process, so all you have to do is show up.

"I am a PTSD survivor and sometimes things simple to some like scheduling appointments can trigger and cause anxiety and frustration. This system and team have helped me gain support with the scheduling process knowing there is someone other than myself on the line. I am so encouraged by the program you all offer and the peace it is helping me remain positive and see a healthy recovery for myself. Thank you!"

-Pinellas County Resident

CARE ABOUT ME IS A CONFIDENTIAL LINE FOR PINELLAS RESIDENTS TO SEEK APPOINTMENTS FOR MENTAL HEALTH, SUBSTANCE USE, AND ADDICTION TREATMENT.

LEARN MORE!



**OR CALL/TEXT
1.888.431.1998**

HOURS OF OPERATION:

**Mon-Fri: 8 am - 10 pm
Sat: 10 am - 6 pm
(holidays included)**