



LOCAL RESOURCES

TAMPA/PINELLAS, FLORIDA



Diabetes Liaison:

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1. Obtaining Insulin and/or Medical Supplies

- **Help a Diabetic Child:**

Contact Joe or Tami Balavage at 239-821-5051 or email at hlpdiabeticchild@aol.com

Website: www.helpadiabeticchild.org

Apply for help with getting supplies at helpadiabeticchild.org.

2. Social Support

- **JDRF Tampa Bay Chapter:**

The local chapter serves as a hub for JDRF information and events. Connect to find support, community and events within the area Tampa Bay area.

To find out more information about community news or events visit <https://www.jdrf.org/tampabay/>

Phone: 727-344-2873

email: tampabay@jdrf.org

- **Beyond Type 1:**

Aims to change what it means to live with a chronic illness through story sharing, helpful advice and programs targeted to those living with T1D.

Website: <https://beyondtype1.org>

- **Online Forums:**

Website: <https://forum.typeonenation.org/>

3. Transportation and/or Distance Issues

- **BayCareAnywhere:**

24/7 Virtual Doctor Visits BayCareAnywhere provides 24/7 access to a live doctor through a smartphone, tablet or a computer with a webcam.

Website: <https://baycare.org/baycareanywhere>

- **Wheelchair and Ambulatory Transportation:**

Website: <https://www.careridellc.com/>

- **StayWell/ Medicaid Plan Benefits:**

Free, unlimited, non-emergency medical transportation

Website: <https://www.wellcare.com/Florida/Members/Medicaid-Plans/Staywell/Benefits/Transportation>

- **Sunshine Lane:**

Door-to-door transportation and bus passes for elderly, low-income, and individuals with disabilities

Website: <https://www.hillsboroughcounty.org/en/residents/social-services/transportation/door-to-door-transportation>

- **Uber and Lyft Apps:** Sometimes very affordable within limits.

4. In Between Visits – Education, Who to Call for Questions, Resources, Free Clinics

- **BRIDGE Healthcare Clinic:**

The BRIDGE Healthcare Clinic is a student-run free clinic located on the 5th floor of the Carol & Frank Morsani Center for Advanced Healthcare on USF's Campus. BRIDGE provides medical, pharmacy, physical therapy, public health and social work patient services.

Phone: (813) 526-9684

Website: <https://health.usf.edu/bridge>

- **Red Crescent Clinic of Tampa Bay:**

Free healthcare and other services for the medically underserved in the Tampa Bay area.

Phone: (813) 246-5006

Website: <http://www.redcrescenttampa.org/>

- **The Outreach Clinic:**

Volunteer clinic providing free medical care for low income and/or uninsured Hillsborough County residents

Phone: (813) 654-1388

Website: <https://theoutreachclinic.com/>

- **Clearwater Free Clinic:**

Clearwater Free Clinic provides health care to low-income uninsured residents of upper Pinellas County by means of office visits, medications, lab work, x-rays, and specialty referrals.

Website: <https://www.clearwaterfreeclinic.org/>

- **Bayside Health Clinic:**

Bayside Health Clinic provides free basic medical care to individuals residing in Pinellas County.

Phone: (727) 453-7866

Website: www.pinellascounty.org/humanservices/hch.htm

- **Judeo Christian Health Clinic:**

The Judeo Christian Health Clinic serves Tampa Bay area patients who are uninsured and/or cannot afford to see a physician privately.

Phone: (813) 870-0395

Website: <http://www.judeochristianhealthclinic.org/index.html>

5. Food Assistance and Nutritional Help

- **St. Petersburg Free Clinic – St. Petersburg:**

In addition to health care and housing services, St. Petersburg Free Clinic has an extensive food pantry as the primary emergency food distributor in Pinellas County. The food bank distributes free food every month.

Phone: 727-821-1200

Address: 863 3rd Ave N, St. Petersburg, FL 33701

Pantry Hours: Mon 8:30 a.m.-2:30 p.m., Tue-Thu 8:30 a.m.-3:30 p.m., Fri 8:30-11:30 a.m.

- **Christ Cornerstone Church Homeless Ministry – Pinellas Park:**

Christ Cornerstone Church Homeless Ministry holds a food pantry and other resource services on the fourth Saturday of every month from 10 a.m. to noon.

Phone: 727-547-6280

Address: 5545 62nd Ave N, Pinellas Park, FL 33781

Pantry Hours: Fourth Saturday of each month, 10 a.m.-Noon

- **RCS Food Bank – Clearwater:**

Serving families throughout Pinellas County, RCS Pinellas operates a food pantry from their Clearwater warehouse. They also deliver food around the county to other pantries, homeless shelters, housing programs and more. Individuals and families can access the RCS food bank once per month.

Phone: 727-443-4031

Address: 700 Druid Rd, Clearwater, FL 33756

Pantry Hours: Mon-Fri 12:30-3:30 p.m., Thu 12:30-6:45 p.m.

For additional pantries in Pinellas County visit: <https://pinellascf.org/pantries/>