

**Tallahassee Senior Services
Senior Resource Information**

MENTAL HEALTH RESOURCES

INPATIENT FACILITIES		
CRMC Behavioral Health Center	capitalregionalmedicalcenter.com	850-325-5757
Offers inpatient behavioral health services for crisis stabilization and the treatment of psychiatric disorders for people age 18 and over.		
The Apalachee Center, Inc.	apalacheecenter.org	850-523-3333
Offers a short term geriatric inpatient program as well as crisis stabilization, intensive treatment and detox service		
TMH Behavioral Health Center	tmh.org/services (mental health)	850-431-5100
Offers behavioral health, substance abuse and emergency response services.		
HELPLINES & HOTLINES		
Alzheimer’s Association Helpline 1-800-272-3900	Abuse Hotline: 1-800-96-ABUSE (2-2873)	
Elder Helpline: 1-800-96-ELDER (3-5337)	Consumer Hotline: 1-800-435-7352	
2-1-1 Big Bend: 617-6333 or 211	Medicare Hotline: 1-800-633-4227	
National Suicide Prevention Lifeline 1-800-273-8255		
OUTPATIENT COUNSELING AND THERAPY SERVICES		
2-1-1 Big Bend Help Line	211bigbend.net	211 or 850-617-6333
Telephone counseling, information/referral and crisis intervention, including suicide prevention.		
Bond Community Health Center	bondchc.com	850-576-4073
Provides counseling for adults, individual therapy, medication assessment and medication management.		
Faithworks	No Website	850-386-1560
Offers counseling and psychotherapy for a variety of issues, including anxiety and depression.		
FSU Anxiety & Behavioral Health Clinic	anxietyclinic.fsu.edu	850-645-1766
Provides cognitive behavioral therapy for individuals, in person diagnostic assessment is \$50.		
FSU Center for Couple & Family Therapy	ccft.fsu.edu	850-644-1588
Provides mental health counseling to individuals, couples and families.		
FSU Human Services Center	education.fsu.edu/centers-institutes	850-644-3857
Offers no cost mental health counseling to individuals, couples and families from January to July.		
FSU Psychology Clinic	psy.fsu.edu/community/clinic	850-644-3006
Offers assessments and individual/group therapy to individuals of all ages.		
Neighborhood Medical Center	neighborhoodmedicalcenter.org	850-224-2469
Provides biopsychosocial assessments, counseling and medication management.		
Tallahassee Senior Center	talgov.com/seniors	850-891-4000
Provides counseling by a licensed marriage and family therapist and the UPSLIDE Program for those suffering from social isolation and loneliness (see UPSLIDE on back)		
Tallahassee VA Outpatient Clinic	northflorida.va.gov (mental health)	850-878-0191
Provides crisis prevention, substance abuse services, prescription refills, therapy/counseling and specialty treatments such as PTSD services.		
The Apalachee Center, Inc.	apalacheecenter.org	850-523-3333
Offers mental health and substance abuse assessment/treatment, individual and family therapy as well as medication services. Additional services available through the Apalachee Homeless Project .		
TMH Behavioral Health Center	tmh.org/services (mental health)	850-431-5100
Incorporates the services of psychiatrists, social workers and nurses to provide evaluation and therapy.		

OVER

LONLINESS AND ISOLATION

UPSLIDE Program (TLH Senior Center) talgov.com/seniors 850-891-4066
Professional individual and group counseling and support specifically for those feeling lonely and/or isolated.

GRIEF COUNSELING

Big Bend Hospice bigbendhospice.org 850-878-5310
Offers support and grief counseling for patients and those who have lost loved ones.

Covenant Care choosecovenant.org 850-575-4998
Provides support groups, individual counseling and ongoing educational Lunch & Learn programs.

Lee's Place leesplace.org 850-841-7733
Provides grief and loss counseling for individuals and families who are adjusting to loss through death, divorce, abandonment or other certain life changing events.

SUPPORT AND ADVOCACY GROUPS

Depression & Bipolar Support Alliance of Tallahassee [tmh.org/services \(mental health\)](http://tmh.org/services%20(mental%20health)) 850-431-5160
Supports patients with mood disorders as well as their families and friends.

National Alliance for the Mentally Ill nami-tallahassee.org 850-841-3386
Provides support, education, research and advocacy for people living with mental illness and their families/friends.

Alzheimer's Project Family Caregiver Support Groups alzheimersproject.org 850-386-2778
Supports family caregivers of persons with dementia, opportunity to share challenges and solutions as caregivers share with each other important knowledge, strategies and techniques on caring for a loved one.

GUARDIANSHIP (COMPETENCY)

Office of the Public Guardian, Inc. northfloridaopg.org 850-487-4609
Serves adults with mental and/or physical disabilities as their court-appointed legal guardian when they are incapable of managing some or all of their affairs.

Elder Law naela.org 850-891-4043
There are many elder law attorneys available in Leon County to assist seniors and their families with guardianship, power of attorney and other matters. A list of these attorneys and other, related resources can be found at the web site above or by calling the number above.

ADDICTION RECOVERY

Townsend Addiction Recovery Center townsendarc.com 850-656-5112
Provides counseling for substance abuse and a variety of mental health issues.

Alcoholics Anonymous intergroup5.org 850-224-1818
15 online meeting options; 24 hotline

Narcotics Anonymous bb.naflorida.org/meetings 850-224-2321
Several online meeting options

TELEMEDICINE

FSU TeleHealth med.fsu.edu/fsutelehealth/home 850-644-1543
Provides behavioral healthcare by a Geriatric Psychiatrist to patients 65 and above.

MISCELLANEOUS

Medicare now covers many mental health screenings at no cost; however, not all providers are eligible for the Medicare payment. Always ask whether your health care provider will accept your insurance/Medicare or other form of payment before you receive services. Questions about Medicare coverage can usually be answered by reviewing information at: medicare.gov or calling 1-800-633-4227.