

**Tallahassee Senior Services  
Senior Resource Information**

**MENTAL HEALTH RESOURCES**

<b>INPATIENT FACILITIES</b>		
<b>CRMC Behavioral Health Center</b>	<a href="http://capitalregionalmedicalcenter.com">capitalregionalmedicalcenter.com</a>	<b>850-325-5757</b>
Offers inpatient behavioral health services for crisis stabilization and the treatment of psychiatric disorders for people age 18 and over.		
<b>The Apalachee Center, Inc.</b>	<a href="http://apalacheecenter.org">apalacheecenter.org</a>	<b>850-523-3333</b>
Offers a short term geriatric inpatient program as well as crisis stabilization, intensive treatment and detox service		
<b>TMH Behavioral Health Center</b>	<a href="http://tmh.org/services(mental%20health)">tmh.org/services (mental health)</a>	<b>850-431-5100</b>
Offers behavioral health, substance abuse and emergency response services.		
<b>HELPLINES &amp; HOTLINES</b>		
<b>Alzheimer’s Association Helpline 1-800-272-3900</b>	<b>Abuse Hotline: 1-800-96-ABUSE (2-2873)</b>	
<b>Elder Helpline: 1-800-96-ELDER (3-5337)</b>	<b>Consumer Hotline: 1-800-435-7352</b>	
<b>2-1-1 Big Bend: 617-6333 or 211</b>	<b>Medicare Hotline: 1-800-633-4227</b>	
<b>National Suicide Prevention Lifeline 1-800-273-8255</b>		
<b>OUTPATIENT COUNSELING AND THERAPY SERVICES</b>		
<b>2-1-1 Big Bend Help Line</b>	<a href="http://211bigbend.net">211bigbend.net</a>	<b>211 or 850-617-6333</b>
Telephone counseling, information/referral and crisis intervention, including suicide prevention.		
<b>Bond Community Health Center</b>	<a href="http://bondchc.com">bondchc.com</a>	<b>850-576-4073</b>
Provides counseling for adults, individual therapy, medication assessment and medication management.		
<b>Faithworks</b>	<b>No Website</b>	<b>850-386-1560</b>
Offers counseling and psychotherapy for a variety of issues, including anxiety and depression.		
<b>FSU Anxiety &amp; Behavioral Health Clinic</b>	<a href="http://anxietyclinic.fsu.edu">anxietyclinic.fsu.edu</a>	<b>850-645-1766</b>
Provides cognitive behavioral therapy for individuals, in person diagnostic assessment is \$50.		
<b>FSU Center for Couple &amp; Family Therapy</b>	<a href="http://ccft.fsu.edu">ccft.fsu.edu</a>	<b>850-644-1588</b>
Provides mental health counseling to individuals, couples and families.		
<b>FSU Human Services Center</b>	<a href="http://education.fsu.edu/centers-institutes">education.fsu.edu/centers-institutes</a>	<b>850-644-3857</b>
Offers no cost mental health counseling to individuals, couples and families from January to July.		
<b>FSU Psychology Clinic</b>	<a href="http://psy.fsu.edu/community/clinic">psy.fsu.edu/community/clinic</a>	<b>850-644-3006</b>
Offers assessments and individual/group therapy to individuals of all ages.		
<b>Neighborhood Medical Center</b>	<a href="http://neighborhoodmedicalcenter.org">neighborhoodmedicalcenter.org</a>	<b>850-224-2469</b>
Provides biopsychosocial assessments, counseling and medication management.		
<b>Tallahassee Senior Center</b>	<a href="http://talgov.com/seniors">talgov.com/seniors</a>	<b>850-891-4000</b>
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)		
<b>Tallahassee VA Outpatient Clinic</b>	<a href="http://northflorida.va.gov(mental%20health)">northflorida.va.gov (mental health)</a>	<b>850-878-0191</b>
Provides crisis prevention, substance abuse services, prescription refills, therapy/counseling and specialty treatments such as PTSD services.		
<b>The Apalachee Center, Inc.</b>	<a href="http://apalacheecenter.org">apalacheecenter.org</a>	<b>850-523-3333</b>
Offers mental health and substance abuse assessment/treatment, individual and family therapy as well as medication services. Additional services available through the <b>Apalachee Homeless Project</b> .		
<b>TMH Behavioral Health Center</b>	<a href="http://tmh.org/services(mental%20health)">tmh.org/services (mental health)</a>	<b>850-431-5100</b>
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](http://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](http://bigbendhospice.org) 850-878-5310  
Offers support and grief counseling for patients and those who have lost loved ones.

**Covenant Care** [choosecovenant.org](http://choosecovenant.org) 850-575-4998  
Provides support groups, individual counseling and ongoing educational Lunch & Learn programs.

**Lee's Place** [leesplace.org](http://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.

**The Living Room** [thelivingroomtlh.org](http://thelivingroomtlh.org) 850-391-8650  
Offers grief and loss support for anyone experiencing loss and feeling alone in their grief. Counseling is available for individuals, couples and families.

## SUPPORT AND ADVOCACY GROUPS

**Depression & Bipolar Support Alliance of Tallahassee** [tmh.org/services \(mental health\)](http://tmh.org/services(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](http://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](http://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.** [northfloridaoog.org](http://northfloridaoog.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](http://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](http://townsendarc.com) 850-656-5112  
Provides counseling for substance abuse and a variety of mental health issues.

**Alcoholics Anonymous** [intergroup5.org](http://intergroup5.org) 850-224-1818  
15 online meeting options; 24 hotline

**Narcotics Anonymous** [bb.naflorida.org/meetings](http://bb.naflorida.org/meetings) 850-224-2321  
Several online meeting options

## TELEMEDICINE

**FSU TeleHealth** [med.fsu.edu/fsutelehealth/home](http://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](http://medicare.gov) or calling 1-800-633-4227.