

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	cft.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.		

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.

The Living Room 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 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. Visit the website or call the number above for more information.

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.