

MENTAL HEALTH RESOURCES

COVID-19 ONLINE OPTIONS & COVID-19 SPECIFIC RESOURCES

The resources noted below are known to be available at this time. Many organizations are continually adapting to being able to provide services virtually.

Big Bend 2-1-1

2-1-1 or 850-617-6333

211bigbend.org

Counseling, hotlines, resource referral

National Alliance on Mental Illness (NAMI) COVID-19

nami.org/covid-19-guide

Comprehensive guide that provides extensive information and resources for dealing with COVID-19; can be downloaded or viewed on line.

National Alliance on Mental Illness (NAMI) Tallahassee

Helpline: 850-841-3386

nami-tallahassee.org

Online support groups

Suicide Prevention Resource Center

1-800-273-TALK (8255)

sprc.org/covid19

Provides a comprehensive list of mental health resources for parents, caregivers, community leaders, professionals and laypeople for coping with the effects of COVID-19

UPSLIDE

Tallahassee Senior Center

8 am – 4 pm M-F 850-891-4066

Talgov.com/seniors/seniorservices

Counseling/support for loneliness and isolation

Alcoholics Anonymous

24 hour hotline: 850-224-1818

intergroup5.org

15 online meeting options

Narcotics Anonymous

850-224-2321

bb.naflorida.org/meetings

Several online meeting options

INPATIENT FACILITIES

Capital Regional Medical Center 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

Tallahassee Memorial Hospital Behavioral Health Center

tmh.org/services (mental health)

850-431-5100

Offers behavioral health, substance abuse and emergency response services.

OUTPATIENT COUNSELING & THERAPY SERVICES

Mental Health Services Online Search Tool-

med.fsu.edu/bssm/mental-health-services-resource

Find mental health resources by zip code, insurance accepted, and issue of need.

Big Bend 2-1-1 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

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 during the spring and summer semesters.

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

nhscclinic.org

850-224-2469

Provides biopsychosocial assessments, counseling and medication management.

Tallahassee Senior Center

talgov.com/seniors

850-891-4032

Provides counseling by a licensed marriage and family therapist. Also provides individual and group counseling specific loneliness through the UPSLIDE Program

Tallahassee VA Outpatient Clinic

northflorida.va.gov/locations/tallahassee.asp

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.

The Apalachee Homeless Project

apalacheecenter.org/homeless-project

850-523-3333

Provides clinical assessment, case management, medication management and support services.

Tallahassee Memorial Hospital 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.

Townsend Addiction Recovery Center

townsendarc.com

850-656-5112

Provides counseling for substance abuse and a variety of mental health issues.

UPSLIDE

Tallahassee Senior Center

850-891-4066

www.talgov.com/seniors/seniorservices

Professional individual and group counseling and support specifically for those feeling lonely and/or isolated.

TELEMEDICINE

Telemedicine, and more broadly Telehealth, is the remote delivery of healthcare services, allowing providers to care for a patient without the requirement of an office visit

FSU TeleHealth

www.med.fsu.edu/fsutelehealth/home

Provides behavioral healthcare by a Geriatric Psychiatrist to patients 65 and above.

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

covenanthospice.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

Alzheimer's Project Family Caregiver Support Groups

www.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.

Depression & Bipolar Support Alliance of Tallahassee

tmh.org

850-431-5160

Supports patients with mood disorders as well as their families and friends.

National Alliance on Mental Illness (NAMI)

nami-tallahassee.org

850-841-3386

Provides support, education, research and advocacy for people living with mental illness and their families/friends and provides resources.

Recovery Support Group for Individuals with Mental Illness

ability1st.info

850-575-9621

Provides support for individuals with mental illness in order to help them reach their full potential. Ability 1st also sponsors groups dealing with recovery support and AD/HD for adults.

SUICIDE PREVENTION

Call 211 locally or the National Suicide Prevention Lifeline, 1-800-273-8255

GUARDIANSHIP (COMPETENCY)**Office of the Public Guardian, Inc.**

bigbendopg.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.

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.

Mental Health Resources were researched and written by
[Nick Schrader](#), MSW, Southside Outreach Assistant Coordinator.
Senior resources are a service of Tallahassee Senior Center & Foundation.

*Information on this resource card is not guaranteed to be all-inclusive and does not imply
endorsement of any persons, offices, or agencies by Tallahassee Senior Services
April 2020*