



Community Mental Health and Medical Resources

Compiled by Tallahassee Community College

All service users should call any agency or facility to check correct times and locations, and to confirm what documents must be presented, such as a photo ID, student ID, proof of income, proof of residency, utilities bill, tax statement, or financial aid information.

Mental Health Referrals

Big Bend 211

<http://www.211bigbend.org/>

Call 211 for the Florida registry of cities and state the name of the city for which you are seeking service information. Also, you may call (850) 617-6333 or view <http://www.211bigbend.org/>.

This is a 24-hour crisis/information and referral line. Call for virtually any problem to speak to a phone counselor who will help with either telephone crisis counseling or referral to a servicing agency. You can access their Community Resource Directory online to cross-reference the presenting problem with an agency. This directory is comprehensive in scope and information. The service also has lists of local mental health professionals.

Hours: 24/7

Cost: Free

Tallahassee Community College Mental Health Services

(850) 201-7726

<http://www.tcc.fl.edu/mentalhealthservices>

Mental health counseling is offered by licensed mental health professionals on TCC's campus. Services include crisis intervention, assessment, and brief therapy. If needed or requested, referrals are made to professional mental health resources in the community.

Hours: Monday–Thursday, 9 am–6 pm; Friday, 9 am–5 pm

Cost: Free

TCC Disability Support Services

(850) 201-8430 (voice), 201-8429 (telecommunication device)

http://www.tcc.fl.edu/about_tcc/student_affairs/departments/student_success_center/disability_support_services2

Disability Support Services is on the ground floor of the Student Union, Room 172. Students must provide documentation of their disability to be eligible for academic support services. Beyond physical disabilities, students with ADD/ADHD, Schizophrenia and Bipolar Disorder (diagnosed and documented), and documented learning disabilities will receive services. Students are responsible for requesting services, such as note takers, interpreters, adaptive computer technology, and extended time testing.

Hours: Monday–Friday, 8 am–5 pm

Cost: Free

Florida State University Adult Learning Evaluation Center

(850) 644-3611 2207 Stone Building <http://www.epls.fsu.edu/alec/Index.htm>

Housed within the Department of Educational Psychology and Learning Systems, the center offers low-cost evaluations and interventions for students and adults who believe they have a Learning Disability (LD) or Attention Deficit/Hyperactivity Disorder (ADHD). Services include a free pre-screening to determine whether an evaluation is indicated. There is a fee for an evaluation. Other services: ADHD coaching, test anxiety reduction, and academic consultation.

Hours: Monday–Friday, 8 am–5 pm

Cost: \$450 each or \$800 for both LD and ADHD evaluations. Other services vary.

FSU Psychology Clinic

(850) 644-3006 1107 W. Call Street, Suite C-122 <http://www.psy.fsu.edu/community/clinic/>

The FSU Psychology Clinic offers outpatient mental health services to members of the Tallahassee community and nearby areas. Services are individual therapy, family therapy, child services, parent training, group therapy, and assessment. Assessments include: Intelligence Testing, Learning Disability Testing, Personality Testing, Disability Evaluations, Gifted Evaluations, and Attention-Deficit/Hyperactivity Disorder Testing. Call for a one-hour screening appointment, or view forms and information on website.

Within the clinic is the **Anxiety and Behavioral Health Clinic**, providing treatments for anxiety disorders and associated syndromes. (850) 645-1766. <http://www.anxietyclinic.fsu.edu/index.html>

Hours: Monday–Thursday, 8 am–9 pm; Friday 8 am–4 pm

Cost: Call for current fees for specific services.

FSU Human Services Center

(850) 644-3857 FSU Stone Building, Suite 214 <http://www.epls.fsu.edu/hsc/>

The Human Services Center offers mental health counseling to children, adolescents, adults, couples, and families in the Big Bend area. The counselors are graduate students supervised by faculty with clinical licensure. The center operates Fall and Spring semesters; it is closed during the summer.

Hours: Tuesday and Thursday, 4 pm–7:30 pm Cost: Free

FSU Center for Couple and Family Therapy

(850) 644-1588 540 West Jefferson Street http://www.chs.fsu.edu/mft_center

The center provides mental health counseling to individuals, couples, and families. The clinic serves students, staff, faculty, and community adults and adolescents. DUI evaluations are available. Services are provided by doctoral students supervised by an experienced licensed marriage and family therapist.

Hours: Monday–Thursday, 9 am–8 pm Cost: Sliding fee starts at \$20 per session.

Refuge House

(850) 681-2111 and (800) 500-1119 are 24-hour lines <http://www.refugehouse.com/>
Administrative office and general information and appointment number is (850) 922-6062
TDD (hearing impaired) is (800) 621-4202

Refuge House offers services to victims of sexual and domestic violence, including: emergency shelter; counseling for children, individuals, groups, and victims' families and friends; injunction assistance and legal referrals; victim advocacy; and sexual assault recovery services.

Hours: Vary by program

Cost: Free or sliding scale fees

Lee's Place

(850) 841-7733 216 Lake Ella Drive <http://www.leesplace.org/>

Lee's Place is a counseling center for children, adults, and families dealing with loss and grief due to death, abandonment, and divorce. Provides therapeutic and educational services, including seminars and workshops.

Hours: Vary by appointment

Cost: Sliding scale

Big Bend Hospice

(850) 878-5310, toll-free (800) 772-5862 1723 Mahan Center Boulevard
<http://www.bigbendhospice.org/>

This organization provides compassionate care to individuals with a life-limiting illness, comfort to their families, and emotional support to anyone who has lost a loved one. Also, a variety of grief support groups are offered throughout the year. Individual counseling is available for children, teenagers, and adults.

Hours: Call for information

Cost: Support groups are free. Call for information on other services.

Apalachee Center, Inc.

(850) 523-3308 2634-C Capital Circle NE <http://www.apalacheecenter.org/>

Tallahassee's community mental health center offering psychiatric services; case management and medication management for chronic mental illness; and day treatment and rehabilitation services to people 18 and older.

Hours: Monday–Friday, 8 am–5 pm

Cost: Sliding fees; Medicaid, Medicare accepted.

Tallahassee Memorial Hospital Behavioral Health Center

(850) 431-5100 1616 Physicians Drive <http://www.tmh.org/behavioral.cfm?id=43>

Provides psychiatric and psychotherapeutic treatment in various programs including Evaluation Services, Inpatient and Outpatient Services, Partial Hospital Programs, and the Chemical Dependency Program.

Hours: Monday–Friday, 8 am–5 pm; 24 hours for emergencies. Cost: Fees vary; Medicare, Medicaid, insurance.

A Woman's Place Counseling Services at Tallahassee Memorial Hospital

(850) 431-4922 1301 E. Sixth Avenue http://www.tmh.org/womensplace_content.cfm?id=195

Provides education and counseling to women on issues relating to emotional and physical health. The focus is on integrating the needs of the body, mind, and spirit in health promotion and the healing process.

Hours: Monday–Friday, 8 am–5 pm

Cost: Sliding scale with \$20 per hour minimum; accepts Blue Cross/Blue Shield insurance.

Veterans Administration Outpatient Treatment

(850) 878-0191, toll-free (800) 541-8387 1607 St. James Court
<http://www.northflorida.va.gov/visitors/tallahassee.asp>

Mental health treatment for qualified U.S. Military Veterans is available to veterans of all branches of service.

Hours: Call for an appointment Monday–Friday, 8:30 am–4:30 pm

Bethel Family Counseling and Outreach Center

(850) 577-1780 471 W. Tennessee Street <http://www.betheltally.org/>

Mental health counseling is offered to Medicaid-eligible students (low-income students with children). Psychiatric evaluations are done on site by a psychiatrist who also is in private practice. Services include family, individual, group, crisis, grief and loss, substance abuse, and sexual abuse counseling. Parenting education is also offered. Twelve sessions maximum annually.

Hours: Monday–Thursday, 9 am–5:30 pm; Friday, 9 am–12 pm

Cost: Free to Medicaid-covered individuals; co-pay with Vista, Magellan, Blue Cross/Blue Shield; and self-pay.

Catholic Charities Counseling Program

(850) 222-2180, Option #4 1380 Blountstown Highway <http://www.catholiccharitiesnwfl.org/Tallahassee>

Individual, couples, children, group, and family counseling by licensed clinicians and interns. You are not required to be of the Catholic faith to receive services. Problems treated include: anger, anxiety, stress, depression, grief, relationship issues. Severe mental disorders, violence, active substance abuse, and gambling are not treated. Also offers rent, utility, food, and prescription medication assistance on a limited basis.

Hours: Monday–Wednesday, 9 am–6 pm; Thursday, 9 am–4 pm

Cost: Sliding scale; some insurance accepted for mental health services; other services free.

Townsend Addiction Recovery Center (ARC)

(850) 656-5112

2898 Mahan Drive

<http://www.townsendarc.com/>

Provides comprehensive substance abuse/dependence and mental health treatment. Offers evaluation, assessment, detoxification, and aftercare services. Evening outpatient treatment is available. Family treatment is a component of all programs. Uses the 12-Step Model of Alcoholics Anonymous and Narcotics Anonymous. Web site lists useful links on local and national resources and drug education.

Hours: Monday–Friday, 9 am–5 pm

Cost: Insurance accepted; fees vary, call for more information.

DISC Village Adult Services Outpatient Program and TASC

(850) 561-0717

3333 W. Pensacola Street, Building #100

<http://www.discvillage.com/>

Across from TCC, turn left on entry from Pensacola Street to get to building #100. These programs provide outpatient treatment for individuals and families with chemical dependency. Admission is voluntary. Confidential initial consultations are without obligation. Intensive individual counseling is based on a program of abstinence. Case management and referrals to supportive community agencies (legal, medical, vocational, educational) are offered. TASC (Treatment Accountability for Safer Communities) offers similar services for persons in the criminal justice system.

Hours: Monday–Friday, 8 am–5 pm

Cost: Sliding scale; urinalysis (UA's) are \$20.

Turn About, Inc.

(850) 671-1920

2771 Miccosukee Road

<http://www.turnabout.org/>

Turn About is a substance abuse intervention program for children and adolescents. Turn About also provides early identification, intervention, and advocacy services to school children and their families experiencing behavioral problems and abuse or violence. **For college students:** Turn About provides individual counseling for young adults who are struggling with substance use/abuse, sexual assault, relationship problems, grief issues, suicidal issues, and childhood abuse trauma. Sessions are appropriate for college students who are experiencing unusual levels of stress including issues of attendance and academic decline.

Hours: Vary

Cost: Sliding fees; some insurance, including military, accepted.

A Life Recovery Center

(850) 224-9991

449 W. Georgia Street

A substance abuse treatment program for men and women. ALRC is a 28-bed facility licensed to provide day treatment and outpatient services. Transitional drug-free housing for people in recovery is provided.

Hours: Monday–Friday, 8 am–9 pm

Cost: \$200/month day treatment; \$100/month outpatient treatment; \$20 urinalysis; \$225 for the full program.

FaithWorks Professional Counseling

(850) 386-1560 211 Delta Court, Suite B

Provides psychotherapy for adults, adolescents, children, couples, and families. Also offers addiction treatment. Spanish-speaking clinician available.

Hours: Vary by appointment; Saturday appointments available

Cost: Capital Health Plan; other insurance plans; Medicare, not Medicaid. Reduced rates available, \$35 and \$55.

Emergency Mental Health Services

Apalachee Emergency Evaluation & Admission/Eastside Psychiatric Hospital/PATH Crisis Stabilization

(850) 523-3303 2634-B Capital Circle NE <http://www.apalacheecenter.org/>

Individuals with emergency mental health issues, including persons referred under the Baker Act, are evaluated and usually hospitalized for a few days for stabilization and medication treatment. Many patients have insurance, but persons experiencing a mental health emergency can be treated free of charge.

Hours: 24/7 Cost: Insurance coverage; sliding scale fees or free (if a Baker Act referral).

Tallahassee Memorial Hospital Emergency Center

(850) 431-0892 1300 Miccosukee Road <http://www.tmh.org/>

Individuals with emergency mental health issues, including persons referred via the Baker Act, are evaluated and may be hospitalized for a few days in the Behavioral Health Center for assessment, stabilization, and treatment. Many patients have insurance, but those experiencing a mental health emergency can be treated free of charge. Go to the emergency room and ask to speak to the Psychiatric Emergency Response Program (PERP) nurse.

Hours: 24/7 Cost: Insurance coverage or free (if a Baker Act referral)

Substance Abuse Services

Tallahassee Memorial Recovery Center

(850) 431-5910 1616 Physicians Drive <http://www.tmh.org/RecoveryCenter>

Provides an array of treatment options for substance abuse and addiction. Services include individual and family counseling, intensive outpatient treatment, and an ongoing after care program. Other components are drug screening, assessments, consultations, and detoxification.

Hours: Call for appointment Cost: Accepts insurance; reduced cost options for cash payment.

Medical Services

Leon County Health Department

(850) 606-8000

872 West Orange Avenue

<http://www.leoncountyfl.gov/lchd/index.asp>

School physicals/immunizations, prenatal care, HIV/AIDS services, sexually transmitted diseases and tuberculosis screening, and flu shots. Breast and cervical cancer clinics. WIC, nutrition counseling, and social services at 1515 Old Bainbridge Road clinic site.

Hours: Monday–Friday, 8 am–5 pm

Cost: Some services free; sliding scale fees; Medicaid.

Bond Community Health Center

(850) 576-4073 main number

1720 S. Gadsden Street

<http://www.bondchc.com/>

Health care services in a non-emergency environment. Physicals, immunizations, HIV/AIDS testing, STD treatment, obstetric care, general health assessments, and prescription medications are available.

Hours: Monday, Tuesday, Friday, 8 am–5 pm; Wednesday, Thursday, 8 am–7 pm

Cost: Sliding scale fees based on income (bring proof); Medicaid, Medicare, and private insurance accepted.

Neighborhood Health Services

(850) 224-2469

438 W. Brevard Street

<http://www.nhsclinic.org/>

Health care services in a non-emergency environment. Low-cost prescriptions for established patients, dental and vision screenings, and some specialty care available including psychiatry. FSU practitioners and a community psychiatrist donate their services. Students must make an appointment and be able to show financial need to become an “established patient” and receive prescriptions and treatment.

Hours: Monday–Thursday, 8 am–8 pm; Fridays, 8 am–7 pm. Walk-in scheduling at 7:30 am every day but Thursday. Call for night clinic appointment on Tuesday through Thursday only, 6 pm–8 pm.

Cost: Co-pay each visit is \$5. Sliding fee based on income (bring proof). Medicaid, Medicare, private insurance.

The Sally Bellamy Clinic

(850) 574-7455

2121 W. Pensacola Street, Suite B-2

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2154>

Women’s health care for students and community. Includes birth control, gynecology exams, STD testing and treatment, breast and cervical cancer screening, health education.

Hours: Monday, Wednesday–Friday, 9 am–5 pm; Tuesday, 10 am–6 pm

Cost: College student discounts; sliding scale fees.

North Florida Women's Health and Counseling Services, Inc.

(850) 877-3183

1345 Cross Creek Circle

<http://www.northfloridawomenshealth.com/index.html>

For more than 26 years, has provided reproductive health services, including abortion, birth control, and sexually transmitted infection testing. Other services include well-woman gynecological care with female nurse practitioners and free pregnancy testing.

Hours: Call for an appointment.

Veterans Administration Outpatient Medical Treatment

(850) 878-0191

1607 St. James Court

<http://www.northflorida.va.gov/visitors/tallahassee.asp>

Primary medical care for qualified U.S. Military Veterans of all branches of service. Specialty clinics are available. A van takes veterans to Lake City or Gainesville for extensive care or surgical procedures. Call for appointment.

Hours: Monday–Friday, 8:30 am–4:30 pm

Sherman Walk-in Center and Skin Clinic

(850) 562-1128

3721 North Monroe Street

<http://www.shermanclinic.com/>

General medical problems and urgent care needs are seen on a walk-in basis or by appointment. Skin disorders are attended to immediately or by appointment.

Hours: Monday–Thursday, 8 am–5 pm

Cost: Call for fees; also Blue Cross/Blue Shield providers.

Patients First

(850) 576-8988

505 Appleyard Drive (across from TCC)

<http://patientsfirst.com/>

(850) 878-8843

1160 Apalachee Parkway

Medical services for persons with medical insurance or on a fee-for-service basis. Walk-in appointments welcome. There are other locations in Tallahassee.

Hours: Monday–Friday, 8 am–5 pm

Cost: Fees vary based on treatment; insurance preferred.

Medical Insurance for Students

Insurance for Students, Inc. Health Insurance for TCC students. To find, click "insurance options" then "college/university plans" then scroll down to Tallahassee Community College.

eHealthInsurance Health insurance plans for college students enrolled with at least 9 credits.

Florida Health Care Options Information about free and low-cost health care coverage.

Local Insurance offices sell health care plans for students. Check the phone books or yellowpages.com.

For a variety of health care information, see FloridaHealthFinder.gov.