

Mental Health Resources



 **nAMIOn Campus**
National Alliance on Mental Illness
Florida State University

On and off campus directory

EMERGENCY:

1.) 2-1-1 Big Bend

Available 24/7

Phone: Call 2-1-1 from service area

Alternative Phone: (850) 617-6333

Web: 211bigbend.net

2-1-1 Big Bend works to provide assessment, emotional support, crisis assistance, education, training, and referrals with accurate up-to-date information. Visit the website for a full list of services, hotlines and volunteer information.

2.) FSU Police Department

Available 24/7

Phone: (850) 644-1234

Address: 830 W Jefferson St Tallahassee, FL 32304

-SAFE Connection

-Crime Prevention & Investigation, plus much more

3.) National Suicide Prevention Lifeline

Available 24/7

Phone: 1-800-273-TALK (8255)

•Counseling on substance abuse, economic worries, relationship & Family problems, sexual orientation, mental or physical illness, getting over abuse, depression, and loneliness.

4.) Tallahassee Memorial Hospital Emergency Center

Available 24/7

Main Phone: (850) 431-5100

Toll Free: (800) 549-4608

Address: 1300 Miccosukee Rd. Tallahassee, FL 32308

5.) Victim Advocate

Available 24/7

Weekday phone: 850-644-7167

Evening and weekend emergencies call FSU PD at 644-1234 and ask to speak to Victim Advocate.

Address: University Center A, Room 4138 or 4139

- 24hr crisis assistance
- Crisis Intervention
- Emotional Support
- Temporary Safe Lodging
- Assistant in Judiciary Process
- Much more...

ORGANIZATIONS at FSU:

6.) Hands of Hope (HOH)

Facebook: FSUHANDSOFHOPE

Address: A305 Oglesby Union, P.O. Box 3064026, Tallahassee, FL 32304

- Serves disabled community of the Big Bend area.
- Educates of different disabilities and their challenges.

7.) Healthy Noles

Email: tmwilkerson@fsu.edu

Facebook: www.facebook.com/HealthyNoles

*Best if contacted via email!

The mission of Healthy Noles is to advocate for health and wellness to all students on an off campus under the auspices of Healthy Campus 2020.

8.) NAMI (National Alliance on Mental Illness) on Campus FSU

Email: nami.on.campus.fsu@gmail.com

Facebook: www.facebook.com/groups/NAMIFSU

Visit Facebook or email for information about meeting dates and times.

- Hosts educational and informative speakers on the topic of mental health.
- Provides an open floor for people to express themselves
- Works on reducing the stigma associated with mental illness on campus through advocacy and educational events.

9.) Noles CARE: A Suicide Prevention Program

This program is sponsored by the University Counseling Center and teaches students skills important to suicide prevention. Request a presentation at counseling.fsu.edu/for-students/nolescure/

10.) RENEW (Realizing Everyone's Need for Emotional Wellness)

Phone: (850) 645-9772

Email: UCC-RENEW@admin.fsu.edu

Address: 201 Askew Student Life Building Tallahassee, FL 32306

RENEW is a peer education program sponsored by the University Counseling Center offering presentations on the following:

- Stress Management
- Time Management
- Study Skills
- Healthy Relationships
- Conflict Resolution

11.) Ribbons for a Cause

Email: ribbonsfsu@gmail.com

Facebook: <https://www.facebook.com/ribbons.fsu>

Mailing Address: A305 Oglesby Union, PO Box 3064026 #104 Tallahassee, FL 32306

•Awareness of Autism, Breast Cancer, Heart Disease, Cancer, and education through community service, fundraising, and educating others.

12.) TWLOHA (To Write Love on Her Arms)

Email: Twloha.fsu@gmail.com

Email for information about meeting dates and times.

•Presents hope and help for those struggling with depression, addiction, self-injury, and suicide.

FSU Resources:

13.) Center for Couple and Family Therapy

Phone: (850) 644-1588 *Call for appointment

Web: ccft.fsu.edu

Address: 540 W. Jefferson St. Tallahassee, FL 32306

Hours: Monday-Thursday 9:30am-8pm

Sessions cost \$20-\$85 each

- Relationship education
- Couple and Marital Enrichment
- Pre-marital Counseling
- Parenting and Stepparenting
- Couple Communication and conflict resolution
- Individual, couple and family stress
- Divorce and child custody
- Domestic violence and abuse
- Addictions and substance abuse
- Grief and loss

14.) Dean of Students

Phone: 850-644-2428

Web: deanofstudents.fsu.edu

Address: University Center A, Suite 4100

Hours: 8am-5pm

- Food Pantry
- Family Connection
- New Student & Family Programs
- Greek Life
- Student Rights & Responsibilities
- Student Disability Resource Center
- Victim Advocate Program
- Withdrawal Services

15.) FSU Psychology Clinic

Phone: (850) 644-3006

Address: 1107 West Call St. Tallahassee, FL 32306

Web: www.psy.fsu.edu/community/clinic

Hours: Monday-Friday, 8am-5pm

FSU Psychology Clinic offers affordable outpatient mental health services while providing experience for graduate students in the doctoral program in clinical psychology.

- Offers individual therapy
- Child services
- Parent Training
- Assessment services
- DBT Skills Training Group
- Parent Training Group

16.) FSU University Health Services

Phone: 850-644-6230

Appointments: 850-644-4567

Web: uhs.fsu.edu

Address: 960 Learning Way Florida State University Tallahassee, FL 32306-4178

University Health Services, staffed by a team of dedicated professionals, provides health care, prevention, education, and out reach services to a diverse student population and eligible recipients in a safe and supportive environment. See website for comprehensive list of services.

17.) Human Services Center

Phone: (850) 644-3857

Web: coe.fsu.edu/hsc

Address: Room 2207 in Stone Building, 1114 W. Call Street Tallahassee, FL

Hours: Open Thursday 5pm to 8pm

Email: hsc@coe.fsu.edu

Outpatient mental health services at no cost while providing counseling experience for graduate students. The center is currently open during the spring and summer semesters. Provides individual, couple, and family counseling.

18.) Multidisciplinary Evaluation and Consultation Center

Phone: (850) 644-2222

Web: mdc.fsu.edu

Address: 715 W. Gaines St. Tallahassee, FL 32306

- Psychological assessment of children and adolescents
- Specialized evaluations of children suspected of having an Autism Spectrum Disorder, Asperger's Disorder, or Attention Disorders
- Specialized evaluations for hearing impaired and bilingual children
- Audiological, speech and language evaluations
- School-based individual and group mental health services with children and adolescents
- Participation on school-based intervention teams
- Academic and behavioral consultation with teachers and school personnel
- Referral to and collaboration with appropriate community-based agencies or resources

19.) Student Disability Resource Center

Phone: (850) 644-9566

Address: 874 Traditions Way, 108 Student Services Building

Hours: Monday-Friday from 8am-5pm

Web: disabilitycenter.fsu.edu

Email: sdrc@admin.fsu

Collaborate with and empower students to create accessible and inclusive environment by identifying, minimizing, and where possible, eliminating barriers to equal access while encouraging equal participation for students with disabilities.

20.) Student Veterans Center

Phone: (850) 645-9867

Email: veteranscenter@fsu.edu

Address: Pearl Tyner House 1030 West Tennessee St. Tallahassee, FL

Hours: Monday-Friday from 8am-5pm

Provides support to FSU students who are veterans, veteran dependent, active duty personnel, reserve and national guard members, and ROTC cadets.

21.) University Counseling Center

Phone: (850) 644-2003

Web: <http://counseling.fsu.edu/>

2nd floor Askew Student Life Center

Monday-Friday from 8am-5pm

- Individual and Group Counseling
- Alcohol & Drug Services
- Couples Counseling
- Crisis Intervention
- Eating Disorder Treatment

Community Resources:

22.) Behavioral Health Center (TMH)

Phone: (850) 431-5100

Web: tmh.org/behavioral

Address: 1616 Physicians Dr. Tallahassee, FL 32308

- Adult Behavioral Health Treatment inpatient and outpatient psychiatric services
- The Recovery Center (alcohol/drug issues and emotional or behavioral issues)
- Adolescent and Children's services (inpatient and outpatient psychiatric services)
- Intensive Outpatient Mental Health Program
- Intensive Outpatient Substance Abuse Program
- Psychiatric Emergency Response Program
- Postpartum Depression Support
- Palliative Care

23.) Big Bend Mental Health Coalition

Email: bbmhvtally@gmail.com

Facebook: facebook.com/bbmhc

Mission: To unite individuals, families, and professionals into a coalition to advise mental health recovery in our community. BBRHC meets on the 2nd Monday of every month in Meeting Room A of the Leon County Public Library at 200 W. Park Ave. Tallahassee FL, 32301

24.) Depression and Bipolar Support Alliance

Phone: (850) 875-1556 (Mary Alice Linzy)

Address: 1616 Physicians Dr. Tallahassee, FL 32308

- Support group for people living with mood disorders.
- DBSA Tallahassee meets every Monday 7-8:30pm., at TMH Behavioral Center in the cafeteria (downstairs). Anyone is welcome, and there is no charge.
- Lift the phone by the door and tell them you are there for the DBSA meeting.

25.) Florida Council for Community Mental Health (FCCMH)

Phone: (850) 224-6048

Web: fccmh.org

Address: 316 E. Park Avenue Tallahassee, FL 32301

FCCMH is a Statewide association of 50+ community based mental health and substance abuse agencies. Visit website for a list of members, resources, services, education, training opportunities, and legislative information.

26.) NAMI (National Alliance on Mental Illness)Florida

Phone: (850) 671-4445

Web: namiflorida.org

Email: info@namiflorida.org

Hours: Monday-Friday from 8am-5pm

NAMI Florida's mission is to improve the quality of life of individuals and their families affected by mental illness through education, support, and advocacy.

•Contact or email for volunteer opportunities. See NAMI Tallahassee (See #27) for local resources.

27.) NAMI (National Alliance on Mental Illness) Tallahassee

Phone: (850) 841-3386

Web: nami-tallahassee.org

NAMI Tallahassee is a local affiliate of NAMI serving Leon and surrounding counties by striving to meet the NAMI mission through support, advocacy, education, and research for people with mental illness, their families, their friends.

NAMI Tallahassee sponsors educational programs including:

- Monthly group support
- “Family-to-Family” education program
- “Sharing Hope” for African-American congregations
- “NAMI Basics” for parents and care-givers of children and adolescents living with mental illness
- Crisis intervention training for law enforcement
- “Ending the Silence” a mental health education presentation for highschool students.

28.) The Apalachee Center, INC.

Phone: (850) 523-3303 (24hr evaluation and admissions)

Emergencies outside Leon County: (800) 226-2931

Web: apalacheecenter.org

Address: 2634 Capital Circle N.E. Tallahassee, FL 32308

The Apalachee Center provides comprehensive mental health services for Leon and surrounding counties. All ages are served and a sliding scale fee is available for persons without insurance. For a complete listing of the centers in-patient, out-patient, and residential services visit our website.

APPS



-Addiction Recovery-
“Recovery Key”

iPhone

-Anxiety-
“Stop Panic & Anxiety Self-Help”

Android

-Depression-
“QPR “

Android

-Eating Disorder Recovery-
“Recovery Record”

iPhone, Android

-PTSD-
“PTSD Coach”

iPhone, Android

-Relationships-

“td411”

iPhone, Android

“101 Relationship Tips”

Android

“Build Stronger Relationships”

Android

-Social Life-
“Meetup”

Android

-Sleep-
“Sleep as Android”

Android

“Sleep Bot Tracker Log”

Android

“Smart Alarm Clock”

iPhone

-Stress-
“T2 Mood Tracker”

iPhone, Android

“PTSD Coach”

iPhone, Android

“Breathe2Relax”

iPhone, Android

“The Worry Box “

Android

“EFT Clinic”

iPhone

-Women’s Health-
“Period Tracker “

Android

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Program design by: Angeline Kreucher