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Directories and Hotlines

National:

- Crisis Text Line: Text HOME to 741741
- Suicide Prevention Lifeline: Text or call 988
- The Trevor Project Lifeline for LGBTQ+ Individuals: 1-866-488-7386 or text Start to 678678
- Domestic Violence Hotline: 1-800-799-7233 or text Start to 88788
- Veterans Crisis Line: 1-800-273-8255, Press 1 or text 838255
- National Grad Crisis Line: 1-877-472-3457
- National Sexual Assault Hotline: 1-800-656-4673
- First Responder Peer Support Hotline: 1-267-893-5400

Local:

- 2-1-1 Big Bend Hotline and Provider Assistance: 211
- Mobile Response Team (MRT): 1-800-342-0774
- Leon County Sheriff's Office: 850-606-3300
- Tallahassee Police Department: 850-891-4200
- Apalachee Central Receiving Facility: 850-523-3483
- HCA Florida Capital Hospital and University Mental Health and Wellness Center: 850-325-5000
- Tallahassee Memorial Hospital Behavioral Health Center: 850-431-5105

Directories:

- Mental Health Council of the Big Bend Provider Directory
 - https://mentalhealthcouncil.org/directory-by-topic/ click on the mobile or web browser link
- Tallahassee Memorial Healthcare Provider Directory
 - https://www.tmh.org/find-a-doctor/
- Tallahassee Primary Care Provider Directory
 - o https://www.tallahasseeprimarycare.com/providers/
- Insurance Network Provider Directories
 - o Blue Cross Blue Shield: https://www.bcbs.com/find-a-doctor
 - UnitedHealthcare: https://www.uhc.com/find-a-doctor
 - o Cigna: https://hcpdirectory.cigna.com/web/public/consumer/directory/search
 - o Aetna:
 - https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchLanding&site_id=asa&language=en
 - o Humana: https://finder.humana.com/finder/medical?customerId=1
 - Optum: https://lookup.optumcare.com/find-doctors/
 - o Wellcare: https://www.wellcare.com/en/Find-a-Provider
 - Medicare: https://www.medicare.gov/care-compare/
 - o Capital Health Plan: https://capitalhealth.com/directories/provider-directory
 - AvMed: https://www.avmed.org/web/mdc/find-a-provider

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FSU Neuromodulation Resource List

Molina Healthcare: https://molina.sapphirethreesixtyfive.com/?ci=fl-molina&network_id=14&geo_location=30.44249999999995,-84.2986&locale=en_us

Last Updated: 3 Jan 2024

o Health First: https://hf.org/find_physician/

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General Mental Health Services

Florida State University Psychology Clinic

Website: https://psychology.fsu.edu/services/psychology-clinic

o Address: 1107 West Call Street, Tallahassee, FL 32306

o Phone: (850) 644-3006

Anxiety and Behavioral Health Clinic

Website: https://abhcfsu.wixsite.com/website-1
 Address: 1107 W Call St, Tallahassee, FL 32304

Phone: (850) 645-1766Email: abhcfsu@psy.fsu.edu

• Better Brain Care, LLC

Website: https://data.tallahassee.com/living-here/better-brain-care-llc/

Address: 1725 Capital Cir NE, Tallahassee, FL 32308

o Phone: (850) 656-1129

• NAMI Tallahassee

o Website: https://www.nami-tallahassee.org/

o Phone: (850) 841-3386

o Email: admin@nami-tallahassee.org

TMH Behavioral Health Center

Website: https://www.tmh.org/location/tallahassee-memorial-behavioral-health-center

Address: 1616 Physicians Dr, Tallahassee, FL 323008

o Phone: (850) 431-5105

FSU Counseling and Psychological Services

Website: https://counseling.fsu.edu/students/counseling
 Address: 942 Learning Way, Tallahassee, FL 32306

o Phone: (850) 644-8255

FSU BehavioralHealth at Apalachee Center

o Website: https://med.fsu.edu/fsubehavioralhealthapalacheecenter/home

o Address: 1126 B Lee Ave, Tallahassee, FL 32303

o Phone: (850) 644-6543

• Mental Health Council of the Big Bend Provider Directory

Website: https://mentalhealthcouncil.org/directory-by-topic/ click on the mobile or web browser link

HCA Florida Capital Hospital Mental Health & Wellness Outpatient Services

Website: https://www.hcafloridahealthcare.com/locations/capital-hospital/specialties/mental-health-and-wellness/?utm-campaign=corp-listings-mgmt&utm-source=google&utm-medium=business-listing

Address: 2626 Care Drive, Suite 200, Tallahassee, FL 32308

o Phone: (850) 325-5000

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Therapy/Psychiatric Services for High Risk (Crisis, SI, HI, Self-harm, Multiple Hospitalizations)

- Apalachee Center, FL Assertive Community Treatment (FACT)
 - Website: http://www.apalacheecenter.org/fact/
 - o Address: 471 W Tennessee St, Tallahassee, FL 32301
 - o Phone: (850) 523-3333 Ext. 2368
- HCA Florida Capital Hospital Mental Health & Wellness Inpatient Services
 - Website: <a href="https://www.hcafloridahealthcare.com/locations/capital-hospital/specialties/mental-health-and-wellness/?utm_campaign=corp_listings_mgmt&utm_source=google&utm_medium=business_listing

- o Address: 2626 Care Drive, Suite 200, Tallahassee, FL 32308
- o Phone: (850) 325-5000
- Apalachee Center, Eastside Psychiatric Hospital
 - Website: https://eastsidepsychiatric.org/
 - o Address: 2634 Capital Circle NE, Bldg B Tallahassee, FL 32308
 - o Phone: (850) 523-3300 Ext. 4340
- DISC Village
 - Website: https://discvillage.org/
 - o Address: 1000 W Tharpe St, Ste 14, Tallahassee, FL 32303
 - o Phone: (850) 561-0717

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Psychological Testing

Capital Psychology Consultants

Website: https://doctorguilford.com/

o Address: 3050 Highland Oaks Terrace Suite #1, Tallahassee, Florida 32301

o Phone: (850) 224-5801

Email: doc@doctorguilford.com

Florida State University Psychology Clinic

Website: https://psychology.fsu.edu/services/psychology-clinic

Address: 1107 West Call Street, Tallahassee, FL 32306

o Phone: (850) 644-3006

Thought Wise

Website: https://thoughtwise.com/

o Address: 2840 Remington Green Cir Unit #3, Tallahassee, FL 32308

o Phone: (888) 876-9784

Email: info@thoughtwise.com

Powers of Mind Psychological Services

Website: https://drpowerstherapy.com/evaluation/

o Address: 267 John Knox Road Suites 105, 110, 114, Tallahassee, FL, 32303

o Phone: (850) 807-9801

• Florida State University Adult Learning Evaluation Center (ALEC)

Website: https://education.fsu.edu/alec

o Address: 1114 W Call Street, Tallahassee, FL 32306

Phone: (850) 644-3611Email: coe-alec@fsu.edu

Behavioral Health Solutions Tallahassee

Website: https://behavioralhealthtallahassee.com/

o Address: 2898 Mahan Drive, Tallahassee, FL 32308

o Phone: (850) 552-0691

North Florida Neuropsychology

Website: https://www.northfloridaneuropsych.com/

Address: Online onlyPhone: (850) 765-7292

Email: info@northfloridaneuropsych.com

Tallahassee Counseling Center – ADHD and ADD Evaluations

Website: https://www.tallahasseecounselingcenter.com/

o Address: 2888-4 Mahan Dr, Tallahassee, FL 32308

o Phone: (850) 385-9046

Apalachee Center, Children's Outpatient Services

Website: https://apalacheecenter.org/children-services/

o Address: 2634 Capital Circle NE, Bldg C Tallahassee, FL 32308

o Phone: (850) 523-3333

 Note: Apalachee's Children's Outpatient Program provides psychiatric evaluations, medication management, therapy, and case management services.

Capital City Psychiatry

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Last Updated: 3 Jan 2024

o Website: https://www.capitalcitypsychiatry.com/services/psychological-testing/4/

o Address: 2606 Centennial PI Tallahassee, FL 32308

o Phone: (850) 205-0189

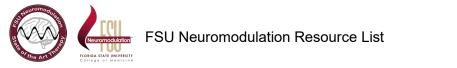
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Chronic Pain/Illness/Neurological Condition Services

- American Chronic Pain Association
 - o Website: https://www.acpanow.com/
 - Note: Offers information and resources for those with chronic pain. Also has information on virtual support groups.

- U.S. Pain Foundation
 - Website: https://uspainfoundation.org/
 - o Phone: (800) 910-2462
 - Email: contact@uspainfoundation.org
 - Note: Offers information and resources for those with chronic pain. Also has information on virtual support groups.
- Comprehensive Counseling Services, LLC
 - Website: https://www.counselingintallahassee.com/services/chronic-illness-counseling.html
 - o Address: Telehealth services only
 - o Phone: (850) 688-2244
- Big Bend AHEC Big Bend Rural Health Network
 - Website: https://bigbendahec.org/programs/lupus/
 - o Address: 2815 Remington Green Circle Suite 100, Tallahassee, Florida 32302
 - o Phone: (850) 224-1177
 - o Email: ygillette@bigbendahec.org
 - Note: Lupus resources
- Elder Care Big Bend
 - o Website: https://www.eldercarebigbend.org/home
 - o Address: 2518 W Tennessee St, Tallahassee, FL 32304
 - o Phone: (850) 921-5554
- TMH Parkinson's and Movement Disorders Treatment
 - Website: https://www.tmh.org/services/neurosciences/parkinsons-and-movement-disorders-treatment
 - o Address: 1300 Miccosukee Road, Tallahassee, FL 32308
 - o Phone: (850) 431-1155
- Tallahassee Multiple Sclerosis Support Group
 - Website: https://tlhmsgroup.org/
 - o Phone: (850) 888-2414
 - o Email: tallahasseemsgroup@gmail.com
- Tallahassee Memorial Parkinson's Center Support Group
 - Address: 1401 Centerville Rd, Ste 504, Tallahassee, FL 32308 (Meeting location: Tallahassee Memorial Hospital, 4-North, Bryan Robinson Classroom)
 - o Phone: (850) 431-5002
 - Email: sonnie.mayewski@tmh.org
 - Note: For young onset and newly diagnosed patients.
- Big Bend Parkinson's Support Group
 - o Address: 1122 Thomasville Rd, Tallahassee, FL 32303
 - o Phone: (850) 222-4208

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- Email: menendezj@ecsbigbend.org
- Note: Meets every 3rd Saturday at 11am
- Big Bend Brain Injury Support Group
 - Address: Tallahassee Memorial Hospital Ground Room Conference A, 1300 Miccosukee Rd, Tallahassee, FL 32303

- o Phone: (850) 421-3890 or 850-431-1155
- o Note: Meets every 2nd Monday from 7:30pm to 9:00pm.
- TMH Physician Partners Chronic Pain Management
 - Website: https://www.tmh.org/location/tmh-physician-partners-chronic-pain-management
 - o Address: 1633 Physicians Dr, Tallahassee, Florida 32308
 - o Phone: (850) 431-3276
- Southern Interventional Pain Center
 - Website: https://www.sipaincenter.com/?utm source=gmb auth
 - o Address: 1931 Welby Way Ste 4, Tallahassee, Florida 32308
 - o Phone: (850) 404-9400
- Cancer Center Support Group
 - Website: https://www.tmh.org/assets/images/healthwellness/support-group-flyer.pdf
 - o Address: 1775 One Healing Place (Tallahassee Memorial Cancer Center)
 - o Phone: (850) 431-1680
 - Email: jessica.widner@tmh.org
 - Note: Meets last Tuesday every month from 5:30pm to 6:30pm.

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Women's Specific Services/Support

• The Oasis Center for Women and Girls

O Website: https://theoasiscenter.net/

Address: 317 E Call St, Tallahassee, FL 32301

o Phone: (850) 222-2747

Email: admin@theoasiscenter.net

• La Belle Breastfeeding Boutique

o Website: https://www.tmh.org/location/la-belle-breastfeeding-boutique

 Address: 1300 Miccosukee Rd, Tallahassee, FL 32308 (Tallahassee Memorial Hospital Women's Pavilion)

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o Phone: (850) 431-4920

• La Leche League of Florida

Website: https://www.lllflorida.com/about
 Pregnancy Help and Information Center (PHI)

Website: http://phicenter.org/

o Address: 1710 S Gadsden St, Tallahassee, FL 32301

o Phone: (850) 222-7177

• Breastfeeding Support Group

 Address: 1300 Miccosukee Rd, Tallahassee, FL 32308 (Tallahassee Memorial Hospital Women's Pavilion)

o Phone: (850) 431-4928

 Note: Meets every Wednesday from 10:30am to 12:00pm, open to moms and babies.

Volunteers of America (VOA)

Website: https://www.voa.org/

o Phone: (703) 341-5000

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Family Services/Support

• The Children's Learning Clinic (CLC)

o Website: https://psy.fsu.edu/clc/

o Address: FSU Department of Psychology - 1107 W. Call St., Tallahassee, FL

32306

o Phone: (850) 645-7423

Disc Village Family Services

Website: https://discvillage.org/family-services

o Address: 1000 W Tharpe St, Tallahassee, FL 32303

o Phone: (850) 561-0717

• Apalachee Center Children's Services

Website: https://apalacheecenter.org/children-services/
 Address: 2634 Capital Circle NE, Tallahassee, FL 32308

o Phone: (850) 523-3333

• Capital City Youth Services, The Family Place

Website: https://www.ccys.org/

o Address: 2407 Roberts Ave Tallahassee, FL 32310

Phone: (850) 576-6000Email: info@ccys.org

Children's Home Society, NCD Family Connection

Website: https://chsfl.org/locations/big-bend-tallahassee/

o Address: 325 John Knox Rd, Bldg F, Tallahassee, FL 32303

o Phone: (850) 921-0772

Big Bend Homeless Coalition – HOPE

o Website: https://familypromisebigbend.org/what-we-do/#veteran

Phone: (850) 576-5566Email: <u>info@bigbendhc.org</u>

Volunteers of America (VOA)

Website: https://www.voa.org/

o Phone: (703) 341-5000

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LGBTQ+ Services/Support

- Mickee Faust Club
 - Website: https://www.mickeefaust.com/
 - Address: 609 Railroad Sq, Tallahassee, Florida 32310
 - o Phone: (850) 561-7287
 - o Email: admin@mickeefaust.com
 - Note: Theater for the weird! You can join as a member or just head over to the shows.
- Queer Tallahassee Artists Collective
 - Website: https://www.queertallahassee.com/
- Queer Tallahassee Discord server
 - Website: https://discord.gg/geQ9N2Q
- Tallahassee Gay Athletic Association
 - Website: https://www.facebook.com/gayintallahassee
- Tallahassee Front Runners
 - Website: https://www.facebook.com/groups/TallahasseeFrontRunners/
 - o Note: Running and fitness club for LGBTQ+ and their friends and allies.
- Common Ground Books
 - Website: https://cgbtallahassee.carrd.co/
 - o Address: 128 N Bronough St, Tallahassee, Florida 32301
 - o Phone: (850) 999-1386
 - Email: cgbtallahassee@gmail.com
- PFLAG
 - Website: https://pflag.org/
 - o Note: Provides links to resources and local support.
- Capital Tea
 - Website: https://capitaltea.org/
 - Address: 1111 E. Tennessee St, Tallahassee, FL 32308
 - Phone: (850) 999-9553Email: info@capitaltea.org
 - Note: Hosts support group meetings and provides resources.
- The Family Tree: LGBT Community Center
 - Website: https://www.facebook.com/TheFamilyTreeCC/
 - o Phone: (850) 222-8555
- Integrity Tallahassee
 - Website: https://www.integritytallahassee.org/
 - o Email: integrity.tallahassee@gmail.com
 - Note: LGBTQ+ Christian support and resources.
- Tallahassee Prime Timers
 - Website: https://tallahasseeprimetimers.org/
 - o Phone: (850) 270-3435
 - Email: talprime@tallahasseeprimetimers.org
 - Note: Social organization for gay and bisexual men.
- Local LGBTQ+ Friendly Places of Worship

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- o St. John's Episcopal Church
 - https://www.saint-john.org/ / (850) 222-2636
- Unitarian Universalist Church of Tallahassee
 - https://www.uutallahassee.org/ / (850) 385-5115
- o St. Stephen Lutheran Church
 - https://ststephenlutherantally.com/ / (850) 385-2728
- United Church in Tallahassee
 - https://www.uctonline.org/ / (850) 878-7385
- Good Samaritan United Methodist Church
 - https://goodsamtally.org/ / (850) 893-4919

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Therapy/Psychiatric Services for Eating Disorders

Association of Anorexia Nervosa and Associated Disorders (ANAD)

Website: https://anad.org/get-help/eating-disorders-helpline/

o Phone: 1 (888) 375-7767

• National Eating Disorders Association

o Website: https://www.nationaleatingdisorders.org/help-support/contact-helpline

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o Phone: (800) 931-2237

National Alliance for Eating Disorders

Website: https://www.allianceforeatingdisorders.com/

o Phone: 1 (866) 662-1235

Diabulimia Helpline

Website: http://www.diabulimiahelpline.org/

o Phone: 1 (425) 985-3635

Better Living Solutions

o Website: https://blscounseling.net/services/eating-disorder-treatment/

o Address: 820 E Park Ave Ste I-100, Tallahassee, FL 32301

o Phone: (850) 765-6769

 Canopy Cove, Residential Program for Eating Disorder Treatment for Adolescent Girls or Adult Women

Website: https://canopycove.com/residential-programs/adolescent-program/

o Phone: (850) 893-8800

 Note: Canopy Cove is a private, residential Eating Disorder Treatment Center helping others overcome Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and other associated eating disorders.

• Overeaters Anonymous

Website: https://oa.org/

 Address: 1616 Physicians Dr, Tallahassee, FL 32308 (local support group meeting location)

o Phone: (850) 728-3269

o Email: oatallahassee@gmail.com

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Therapy/Psychiatric Services for Substance Use

- Apalachee Center, Primary Care Detox Unit
 - Website: https://apalacheecenter.org/primary-care-detox/
 - Address: 2634 Capital Circle NE, Bldg B Tallahassee, FL 32308
 - o Phone: (850) 523-3333
 - Note: Assessment for Substance Use Disorders, Detoxification, Inpatient Substance Use Disorder Treatment Facilities, Substance Use Disorder Counseling, Substance Use Disorder Crisis Intervention
- HCA Florida Capital Hospital Substance Abuse Intensive Outpatient Program
 - Website: <a href="https://www.hcafloridahealthcare.com/locations/capital-hospital/specialties/mental-health-and-wellness/?utm_campaign=corp_listings_mgmt&utm_source=google&utm_medium=business_listing

- o Address: 2626 Care Drive, Suite 200, Tallahassee, FL 32308
- o Phone: (850) 325-5000
- DISC Village, Juvenile Outpatient/Intervention Services
 - Website: https://discvillage.org/youth
 - o Address: 1000 W Tharpe St, Ste 14, Tallahassee, FL 32303
 - o Phone: (850) 575-4025
- DISC Village
 - Website: https://discvillage.org/index
 - o Address: 1000 W Tharpe St, Ste 14, Tallahassee, FL 32303
- Alcoholics Anonymous
 - Website: https://www.tallyalanon.org/
 - o Phone: (888) 425-2666 (National hotline)
- Townsend Addiction Recovery Center
 - Website: http://www.townsendarc.com/
 - o Address: 2724-8 Capital Cir NE, Tallahassee, FL 32308
 - o Phone: (850) 656-5112
- Southern Interventional Pain Center
 - Website: https://www.sipaincenter.com/?utm source=gmb auth
 - o Address: 1931 Welby Way Ste 4, Tallahassee, Florida 32308
 - o Phone: (850) 404-9400
 - Note: Provides treatment for opioid addiction.
- Volunteers of America (VOA)
 - Website: https://www.voa.org/
 - o Phone: (703) 341-5000

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Veteran's Services

American Red Cross, Armed Forces Emergency Services

Website: http://www.redcross.org/local/florida/north-florida/
 Address: 1115 Easterwood Dr, Tallahassee, FL 32311

o Phone: (850) 878-6080

Big Bend Homeless Coalition, Home Front Veterans Community

Website: https://rightservicefl.org/node/19987

o Address: 2729 West Pensacola St, Tallahassee, FL 32304

o Phone: (850) 576-5566

Big Bend Homeless Coalition

o Website: https://familypromisebigbend.org/what-we-do/#veteran

o Phone: (850) 792-9440

o Email: veteran@bigbendhc.org

• FDVA, Leon County Veterans Resource Center

Website: http://cms.leoncountyfl.gov/Home/Departments/Office-of-Human-Services

o Address: 615 Paul Russell Rd, Tallahassee, FL 32301

o Phone: (850) 606-1940

Florida Veterans Support Line

Website: https://www.myflvet.com/

o Address: One Crisis Center Plaza, Tampa, FL 33613

o Phone: (844) 693-5838

Tallahassee Veterans Village

Website: https://www.voaflorida.org/locations/tallahassee-veterans-village/

o Address: 1280 Kissimmee St, Tallahassee, FL 32310

o Phone: (850) 575-3140

Email: tallahasseeinfo@voa-fla.org

• Volunteers of America (VOA)

Website: https://www.voa.org/

o Phone: (703) 341-5000

• USVA, Tallahassee Outpatient Clinic

Website: https://www.va.gov/north-florida-health-care/locations/sergeant-ernest-i-boots-thomas-va-clinic/

o Address: 2181 E Orange Ave, Tallahassee, FL 32311

o Phone: (850) 878-0191

Veterans Crisis Line

Website: http://veteranscrisisline.net/

Phone: 988 and Press 1

 Note: National Veterans Crisis Line is a part of the National Suicide Prevention Lifeline. Persons also have the option of a confidential live veterans chat via the website or by texting to 838255.

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