

\*\*\*\*\*

# COUNSELING & MENTAL HEALTH

\*\*\*\*\*

**Access Center** 1616 Physician's Drive ~ Talla, FL 32308 (850) 431-0892

Provides 24-hour psychiatric evaluations for in-patient psychiatric admission and care, and provides outpatient referrals, for people dealing with substance abuse and mental health disorders. Located at the Tallahassee Memorial Hospital Behavioral Health Center.

\*\*\*\*\*

**Achieve Higher Ground** (850) 321-7756  
Email: agnesfurey@gmail.com

Achieve Higher Ground is a restorative justice centric organization that advocates for the adoption of restorative justice practices by the criminal justice system. The organization provides support services and support groups for crime survivors, victim impact programs that help prisoners lower their risk of reoffending, and support groups for family members of people who have been accused, arrested, or jailed, whether or not they have been convicted or imprisoned.

\*\*\*\*\*

**Apalachee Center** 2634 Capital Circle NE ~ Talla, FL 32308 (850) 523-3333  
[www.apalacheecenter.org](http://www.apalacheecenter.org)

Provides a full range of care for families and individuals seeking help and recovery from psychiatric and addiction crises. Apalachee Center's Central Receiving Facility provides assessment and referral services 24 hours a day for mental health and substance abuse related crises.

Inpatient services include Eastside Psychiatric Hospital, PATH Crisis Stabilization unit, Short-term residential program and a Detox unit. Residential facilities include 4 - 16 bed units for legally involved clients; a 16 bed facility for clients being discharged from a State Treatment facility and a 16 bed facility in Madison County for clients needing a structured living environment as well as a 16 bed Satellite apartment program. Outpatient services include psychiatric evaluations, medication management, individual therapy, care management, and psychosocial rehabilitation.

\*\*\*\*\*

**Bethel Family Counseling & Outreach Center** (850) 577-1780  
[www.betheltally.org](http://www.betheltally.org) 471 W. Tennessee Street ~ Talla, FL 32301 Email: bfcoc@betheltally.org

Provides individual, group and family counseling, psychiatric evaluations, and medication management. Generally, counseling involves twelve (12) sessions designed to reduce symptoms and improve functioning. Interventions help consumers cope with major depression, panic disorders, schizophrenia, obsessive-compulsive disorders, and bi-polar disorder, and addictions. Provides evaluation, diagnosis, and treatment for adults and children exhibiting symptoms of ADD/ADHD. Accepts most Medicaid plans and offers sliding-scale fees. The center is open Mon-Thu 9-5:30 and Fri 9-3. Call or email to schedule an appointment.

\*\*\*\*\*

**Butterfly Life Journeys** 1400 Village Square Blvd., Ste, 3-282 ~ Talla, FL 32312 (850) 590-7540  
[www.butterflylifejourneys.com](http://www.butterflylifejourneys.com) Email: mspatricia@butterflylifejourneys.com

Provides inspirational speaking, mentoring and training to teach success strategies to others to grow wings in their professional and personal lives.

The mission of Butterfly Life Journeys is to be a vessel to inspire others to recover from adversity, uncover strengths and discover the power of words, and how we think about ourselves, in order to equip people with the strength to grow wings and become a beautiful butterfly by serving their life purpose.

\*\*\*\*\*

**Capital City Youth Services**  
[www.ccys.org](http://www.ccys.org)

2407 Roberts Ave. ~ Tallahassee, FL 32310

(850) 576-6000

Helps youth and families resolve crises through prevention and early intervention services, including health and dental care, prescriptions, pregnancy and STD testing, substance abuse and mental health counseling. Accepts Medicaid. Offers outpatient counseling for youths 6 to 17; crisis shelter for youth ages 10 - 17 for up to two weeks; transitional living for youth ages 16 - 19.

**Capital City Youth Services, Going Places Street Outreach**  
[www.goingplaces.ccys.org](http://www.goingplaces.ccys.org)

1017 Commercial Dr. ~ Tallahassee, FL 32310

Drop-in Center: (850) 408-1469

Amanda: (850) 274-8689

Taylor: (850) 294-6044

Provides outreach services for youth (11 to 21) on the streets: housing, shelter, tents and/or tarps for living outdoors. Provides help with employment, financial aid, ID acquisition, food stamps, bus tickets home if not from local area, calls home for safe and well notification. Helps clients obtain Medicaid, health and dental care, prescriptions, pregnancy and STD testing, substance abuse and mental health counseling.

\*\*\*\*\*

**Catholic Charities**  
[www.ccnwfl.org](http://www.ccnwfl.org)

1380 Blountstown Hwy ~ Tallahassee, FL 32304

(850) 222-2180

Offers individual and family counseling for people seeking help in areas such as domestic violence, sexual assault, anger management, stress management, anxiety, depression, bereavement, and other trauma resolution, divorce recovery, job counseling, mental health screenings, self-esteem. Call for an appointment. Sliding-scale fees.

\*\*\*\*\*

**Children's Home Society, Family Connections Counseling Program**  
[www.chsfl.org](http://www.chsfl.org)

1801 Miccosukee Commons Dr. ~ Tallahassee, FL 32308

(850) 921-8989

Provides counseling for children 3 - 18 years old and families struggling with depression, anxiety, family changes or transitions, grief, loss, and anger. Services for families in crisis, struggling to communicate, or traumatized by abuse or neglect. Accepts Medicaid.

\*\*\*\*\*

**Depression and Bipolar Support Alliance (DBSA)**  
**Behavioral Health Care Center**  
[www.dbsalliance.org](http://www.dbsalliance.org)

1616 Physicians Drive ~ Tallahassee, FL 32317

(850) 570-1916

Offers support group every Monday from 7 - 8:30 as well as social events for individuals with a mood disorder and their friends and family members. Group offers motivation to follow treatment plan, help rediscovering strengths and humor, mutual acceptance, understanding, and opportunities for self-discovery. Call for more information and directions or walk-in to attend support group. Call from telephone on wall.

\*\*\*\*\*

**Family Resources, Inc.**  
[www.famresources.com](http://www.famresources.com)

1684 Metropolitan Circle ~ Tallahassee, FL 32308

(850) 222-5511

Offers individual, marriage and family therapy, family enrichment group for parents and teens to facilitate communication between all members of the family. Specific services include psychotherapy for anxiety, bipolar disorder, addictions, anger management, parenting, educational assessments, custody evaluations, premarital counseling, addiction recovery and expert court testimony. Email and telephone counseling are also available. Schedule appointments on website.

\*\*\*\*\*

\*\*\*\*\*

**Family Tree, LGBT Community Resource Center** P.O. Box 38477 ~ Talla, FL 32315  
[www.familytreecenter.org](http://www.familytreecenter.org)

(850) 222-8555  
Email: [staff@familytreecenter.org](mailto:staff@familytreecenter.org)  
Referral Hotline: (850) 222-8555  
The Trevor Lifeline (866) 488-7386 / LGBT National Hotline (888) 843-4564  
National Youth Talkline (800) 246-PRIDE

Provides services that promote the well-being of lesbian, gay, bisexual, and transgender persons. Provides a place where everyone is welcome, and provides a safe place for LGBT community life. Website offers a list of LGBT friendly counseling services.

\*\*\*\*\*

**Lee's Place** 216 Lake Ella Drive ~ Talla, FL 32303  
[www.leesplace.org](http://www.leesplace.org)

(850) 841-7733

Grief, loss, and trauma therapy center provides professional mental health counseling for children and adults. Can help with various life changing events, including divorce, separation, or break-up, victims of crime, trauma, domestic violence, or abuse of any kind, abandonment, including foster care and adoption, incarceration, life transitions (moves, change in finances/job, away from home for the first time), illnesses, including long term and caregiver needs, and anticipatory grief, death, suicide, homicide. Sliding fee scale.

\*\*\*\*\*

**Life in Focus / Anger Management** 228 Gaile Ave. ~ Talla, FL 32305  
[www.actlh.com](http://www.actlh.com)

(850) 877-2287

Offers Release & Refocus Anger Management courses. Life in Focus provides faith-based counseling services through classroom instruction, one-on-one teaching, and support groups. For more information or to register for classes, contact Daniel Huba at (850) 877-2287.

\*\*\*\*\*

**National Alliance on Mental Illness, Florida** PO Box 961 ~ Talla, FL 32301  
[www.nami-tallahassee.org](http://www.nami-tallahassee.org)

(850) 841-3386

Provides peer training, advocacy, information and referrals, education, lending library and support groups for families and friends of mentally ill persons. Meetings the second Tuesday of each month from 7 – 8:30 at St. John's Episcopal Church library, 211 N. Monroe St.

\*\*\*\*\*

**Neighborhood Medical Center** (850) 224-2469  
[www.neighborhoodmedicalcenter.org](http://www.neighborhoodmedicalcenter.org)  
The Lincoln Center, 438 W. Brevard St. ~ Talla, FL 32301 ~ (850) 224-2469  
Smith-Williams Center, 2295 Pasco St. ~ Talla, FL 32310 ~ (850) 224-2409  
Richardson-Lewis Center, 872 W. Orange Ave. ~ Talla, FL 32310 ~ (850) 606-8226

Provides mental health care services to uninsured and underinsured adults, including diagnoses, treatment and medication, individual and group counseling, substance abuse counseling and mental health case management.

\*\*\*\*\*

**Oasis Center for Women and Girls** 317 E. Call St. ~ Talla, FL 32301  
[www.theoasiscenter.net](http://www.theoasiscenter.net)

(850) 222-2747

Provides counseling for women using a strengths-based approach, focusing on women's inherent strengths, resources, and coping skills. Clients are active participants in the change process as they learn to recognize, marshal, and enhance their abilities. Services available regardless of insurance, and based on ability to pay. Call to schedule an appointment.

\*\*\*\*\*

\*\*\*\*\*

**Refuge House Domestic Violence and Rape Crisis Programs**

(850) 681-2111

[www.refugehouse.com](http://www.refugehouse.com)

Provides counseling, support groups, case management, emergency shelter and transitional housing for battered women and their children. Safe shelter services for men individually arranged; individual and group counseling for women and children in shelter and in outreach offices; information and referral to other services.

\*\*\*\*\*

**TMH, Behavioral Health Center**

1616 Physicians Drive ~ Talla, FL 32308

(850) 431-1155

[www.tmh.org](http://www.tmh.org)

Provides support for dealing with substance abuse and mental health disorders in adults and children and outpatient psychiatric care. **Inpatient Services** provides short-term inpatient care to adults, children and adolescents) for depression, bipolar disorder, anxiety, schizophrenia, substance abuse and dependence. **Co-occurring Disorders Inpatient Program** offers treatment for dual diagnosis patients with psychiatric disorders and substance abuse or addiction who meet criteria for admission. **Outpatient Program** provides treatment plans for patients based on their unique needs. Treatment plans may include counseling for mental health, relationships and/or substance abuse, Electroconvulsive Therapy (ECT), pain management, support groups, and psychiatric medication management.

\*\*\*\*\*

**Townsend ARC**

2724 Capital Circle NE, Suite 8 ~Talla, FL 32308

(850) 656-5112

[www.townsendarc.com](http://www.townsendarc.com)

Email: [6565112@gmail.com](mailto:6565112@gmail.com)  
or [jackr@townsendarc.com](mailto:jackr@townsendarc.com)

Provides comprehensive mental health services as well as alcohol and drug addiction outpatient treatment. Does not accept Medicaid but most other insurance accepted.

\*\*\*\*\*

**Turn About, Outpatient Service**

2771 Miccosukee Rd. ~ Talla, FL 32308

(850) 671-1920

[www.turnabout.org](http://www.turnabout.org)

Offers weekly outpatient counseling to children, adolescents and young adults, ages 5-24, experiencing a wide variety of problems including: substance abuse, behavioral problems, poor school attendance, depression, anxiety, anger and family issues. Family counseling is also available. Reduced fee, sliding scale fee, and private pay. Free and reduced fees for people with substance abuse issues and for victims and witnesses of crime.

\*\*\*\*\*

**USVA, Tallahassee Vet Center, Readjustment Counseling Center**

(850) 942-8810

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

2002 Old St. Augustine Rd. Building A, Suite 100 ~ Talla, FL 32311

Provides non-medical help focusing on readjustment counseling for veterans and their families. Support groups, counseling and referral to VA benefits and medical facilities. All services free. Walk-ins welcome.

\*\*\*\*\*