



1669 Mahan Center Blvd.
Tallahassee, FL 32308

CAPSTONE CENTER
Counseling • Education • Consulting

ph. (850) 219-8985
f. (850) 219-8982

LOCAL RESOURCES

2-1-1 Big Bend

Dial 2-1-1 or 850-617-6333

Telephone hotline providing crisis counseling, suicide prevention, and referrals.

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

Alzheimer's Project

850-386-2778

Support including respite and support groups for persons living with Alzheimer's Disease or dementia. Also support for caregivers.

<http://www.alzheimersproject.org>

Apalachee Center, Inc.

850-523-3333

Short term inpatient, crisis stabilization, detox services for persons experiencing a mental health crisis.

This is a Baker Act Receiving Facility.

<http://www.apalacheecenter.org>

Area Agency on Aging for North Florida

850-488-0055

A private, non-profit organization that contracts with the Florida Department of Elder Affairs to administer federal and state programs for elders and their care partners. Services include aging and disability resource center (1-800-963-5337), SHINE Program (Serving Health Insurance Needs of Elders), Elder Abuse Prevention, advocacy and community outreach.

<http://www.aaanf.org>

Camelot Community Care

850-561-8060

Programs focus on keeping children safe through ending the cycle of abuse and the effects of mental illness; and providing a permanent nurturing stable home environment for children. Services include: Treatment Foster Care, In-Home Counseling, Outpatient Counseling, and Comprehensive Behavioral Health Assessment.

<http://www.camelotcommunitycare.org>



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Canopy Cove Eating Disorder Treatment Center

850-893-8800

Canopy Cove is a leading private, residential Eating Disorder Treatment Center with 25 years' experience helping women and teens overcome Anorexia Nervosa, Bulimia Nervosa, and all other associated Eating Disorders.

<http://www.canopycove.com>

Capital Area Action Agency

850-222-2043

This agency can direct people from low and moderate income families to grants for bills, and also programs that can help people become self-sufficient over the long term. Programs include: Emergency Food Assistance Program (TEFAP),

Direct Emergency Assistance Program, [medical bill help](#), Low Income Home Energy Assistance Program (LIHEAP) and Weatherization.

<http://capitalareacommunityactionagency.com/>

Capital City Youth Services (CCYS)

850-576-6000

Provides hope for youth and families. CCYS provides counseling and support services, and emergency short-term shelter for at-risk youth. Programs include The Family Place Counseling Program, Going Places Street Outreach Program, Someplace Else Youth Shelter, and Transitional Living Residential Program.

<http://www.ccys.org>

Capital Regional Behavioral Health Center

850-325-5757

Inpatient treatment provided for psychiatric disorders including bipolar disorder, schizophrenia and depression for adults. Outpatient treatment provided for psychiatric/co-occurring disorders, crisis situations, depression/anxiety, Post Traumatic Stress Disorder and more. Also offers the Maternal Mental Health Intensive Outpatient Program. *This is a Baker Act-Receiving Facility.*

<http://capitalregionalmedicalcenter.com/>

Compassionate Friends of Tallahassee

850-422-8404

The Compassionate Friends is a 501(c)3 non-profit organization serving those who have suffered the death of a child, grandchild, or sibling. They offer monthly chapter meetings, a library of grief books, pamphlets, a quarterly e-newsletter and other support resources. A Worldwide Candle lighting event is hosted on the second Sunday every December in memory of loved ones.

<http://www.tcftally.org>



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Depressive Bipolar Support Alliance (DBSA) - Tallahassee Chapter

850-875-1556

Depression and bipolar disorder can be isolating illnesses, but DBSA support groups can help you connect with others who have been there as well.

<http://www.dbsalliance.org>

Disc Village

850-575-4388

DISC Village, Inc. is a private, non-profit corporation that provides a full continuum of services from prevention and intervention to residential treatment and aftercare services for individuals adversely affected by alcohol and other drug abuse, and those who may be involved in the criminal and/or juvenile justice systems.

<http://www.discvillage.com>

Disc Village Medication Assisted Treatment (MAT)

850-561-0707

Provide MAT for treatment of substance use disorders incorporating use of prescribed medications such as Suboxone and Vivitrol. Offers a comprehensive array of treatment services including individual and group counseling.

<https://discvillage.com/adultMAT.html>

Family Tree

850-222-8855

The Family Tree is Tallahassee's lesbian, gay, bisexual, and transgender community center and positions itself at the center of LGBT life in the Big Bend Region of North Florida

<http://www.familytreecenter.org>

Florida State University College of Medicine

Provides a comprehensive list of Mental Health services and resources in Leon County and Surrounding Areas

<https://med.fsu.edu/index.cfm?fuseaction=library.mentalResourceList>

Golden Age at Home

Coming Soon

850-926-930

Mission is to empower the lives of seniors through advocacy, care & connection.

Website: coming soon



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Legal Services of North Florida (LSNF)

850-385-9007

LSNF is a not-for-profit organization serving only low-income individuals and families in sixteen counties across the central and western panhandle. Offer free legal services to meet the needs of children, elderly, victims of abuse, and those with disabilities. Cases can involve family law, housing, public benefits, employment, education, and health care issues.

<https://www.lsnf.org>

LOSS Team of Tallahassee (Local Outreach to Suicide Survivors)

850-888-5677 (LOSS)

Mission is to prevent suicide through increased public awareness and education and by providing support, referral, and a sense of hope to survivors of suicide loss.

<http://www.LossteamoftheBigBend.com>

NAMI-Tallahassee

850-671-4445

A local affiliate of [NAMI \(National Alliance on Mental Illness\)](http://www.nami.org) serving Leon and surrounding counties. Founded in 1979, the national organization has become the leading voice on mental illness. NAMI includes over 1,200 affiliates in every state who join together to meet the NAMI mission through support, advocacy, education, and research for people with mental illness, their families and friends.

<http://www.nami-tallahassee.org/>

Refuge House

24 Hour Crisis Line 850-681-2111 or 800-500-1119

Mission is to provide direct services to battered women, their children, and sexual assault survivors. Offer a variety of programs including: emergency shelter, hotline, transitional housing, sexual violence, children's program, community and professional education, courthouse program, sexual assault nurse examiner, and community outreach.

www.refugehouse.com

Tallahassee Memorial Health Care Behavioral Health Center

850-431-5100

Provide comprehensive psychiatric mental health & substance abuse services. We provide support for substance abuse and mental health disorders for adults and children. *This is a Baker Act Receiving Facility.*

<https://www.tmh.org/services/mental-health-substance-abuse/mental-health>



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Tallahassee Senior Center

850-891-4000

The mission of Tallahassee Senior Center is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.

<http://www.talgov.com/seniors/seniorservices.aspx>

Tallahassee Veterans Legal Collaborative

Provide free legal consultations or referrals for all veterans, regardless of income or citizenship.

850-644-9928

<https://tvlc.legal/>

Upslide (Utilizing and Promoting Social Engagement for Loneliness, Isolation, and Depression in the Elderly)

850-891-4066

Upslide helps combat loneliness and isolation by helping seniors 50+ become socially engaged. Services include assessment visits, individual counseling, friendly chat groups and social engagement support.

www.TallahasseeSeniorFoundation.org