

## **No-Cost Wakulla County Mental Health Services**

- **Apalachee Center**
  - Apalachee Children's Outpatient Program provides psychiatric evaluations, medication management, therapy and case management services. Services are provided in the home, at the office, or at school. School based services include individual counseling and case management.
  - 43 Oak Street, Crawfordville, FL 32327
  - Contact Anne Vinson at 926-5900 for more information
  
- **Big Bend Hospice**
  - The Caring Tree is designed to meet the needs of children and teens who are grieving. This program creates a safe and therapeutic environment in which young people and the adults around them can learn to understand and cope with loss. Both short and long term services are available.
  - Services offered include group or individual grief counseling either in the school or at the Crawfordville office.
  - Any student who has experienced loss is eligible for services.
  - Contact 850-878-5310 for more information
  
- **Capital City Youth Services (CCYS)**
  - The Family Place offers non-residential counseling services to families who may or may not be in crisis (with school age youth) in the Big Bend region of North Florida. Services are generally available within 24-48 hours. We offer family, individual, and group counseling; early intervention for families in crisis, consultation and referrals to other agencies; comprehensive assessment, treatment planning and case management. Services provided are free and confidential.
  - Contact Emily Hayes-Youth and Family Advocate-850-509-5802
  - Contact Alecia Potzler-Youth and Family Advocate-850-728-4637
  - Crawfordville location at Wakulla One Stop Community Center 318 Shadeville Hwy
  
- **DISC Village-New Horizons**
  - New Horizons is an evidence-based substance abuse prevention program for students. The program offers a safe and supportive environment for students to discover and strengthen their abilities to make positive life choices. In this program students will learn positive decision-making, coping skills, communication skills, healthy self-esteem, anger management, healthy and unhealthy relationships, and the dangers of alcohol, tobacco and other drugs.
  - New Horizons programs available at WHS, WMS, RMS
  - Maggie Savage (WHS) Junee Arisme (WMS) Justin Hall (RMS)
  
- **NAMI Wakulla**
  - NAMI offers a variety of educational and supportive programs that help build better lives for the millions of Americans affected by mental illness.

- NAMI Basics—A free six-week program for parents and caregivers of youth who are showing signs of mental illness or behavioral issues. This program provides coping skills, information on the right diagnosis and treatment, as well as education and support for the entire family. The group meets for six sessions, 2.5 hours per session.
  - NAMI Family-to-Family (F2F)—A free 12-week program for family member and caregivers of individuals with mental illness. F2F provides family members and caregivers with communication and problem solving techniques, coping mechanisms and the self-care skills needed to deal with their loved one's mental illness as well as its impact on the family
  - Open to any person in need of supportive services in reference to living with a mental illness or a family member with a mental illness.
  - For more information call 850-926-1033 or visit 2140-C Crawfordville Hwy
- Wakulla One Stop Center
    - Counseling services for youth (17 years old and younger) and families available free of charge.
    - Pam Pilkinton-Volunteer and Referral Coordinator 850-745-6042
    - 318 Shadeville Hwy, Crawfordville, FL 32327

## Wakulla County Mental Health Services

- A Time To Change
  - Offers both family and individual counseling services at their Crawfordville location.
  - A variety of insurances are accepted
  - 2140-B Crawfordville Highway, Crawfordville, FL 32327
  - Phone: 850-926-1900
  
- Camelot Community Care, Inc.
  - Camelot Community Care's Counseling Program provides community based individual and family counseling and psychiatric services to clients in their home, school or their office. Camelot addresses various aspects of child and adolescent mental health including emotion, behavior and conduct disruptions. This program serves children ages 4-18 who have qualifying Florida Medicaid.
  - 1000 West Tharpe Street, Suite 7, Tallahassee, FL 32303
  - For more information call 850-561-8060
  
- Discovery Place
  - Discovery Place provides comprehensive counseling services providing traditional psychotherapy and substance abuse treatment. Meditation, relaxation techniques, art, writing and music therapy are all used to promote personal growth and gain awareness in self and others.
  - 3295 Crawfordville Hwy #11, Crawfordville, FL 32327
  - Accepts a variety of insurances and all ages are eligible
  - Contact Rita Haney at 850-502-2912 for more information
  
- Florida Therapy Services, Inc.
  - Florida Therapy provides psychiatric consultation, medication management, individual and family therapy utilizing cognitive behavioral, insight-oriented and supportive therapy, and group therapy to develop interpersonal skills and problem-solving strategies.
  - Main office located at 1834-A Jaclif Court, Tallahassee, FL 32308
  - Medicaid eligible starting at age 4 as well as self-pay options
  - Contact 850-681-6001 for more information
  
- Kate Jensen, LCSW
  - Kate specializes in therapy for children and adults having experiences trauma, grief and loss. Individual, family, and group therapy is offered at her Panacea location.
  - Accepts a variety of insurances and all ages eligible for services
  - 1509 Coastal Hwy, Panacea, FL 32346
  - Contact 850-984-5283 for more information

## Helplines and Hotlines

- 2-1-1 Big Bend
  - 24-hour counseling, suicide prevention, community information and referrals
  - Dial 2-1-1 or 850-617-6333--For TTY (Hearing/Speech Impaired) dial 850-921-4020
- National Suicide Prevention Hotline
  - 24-hour suicide prevention and mental health counseling
  - 800-273-TALK (8255)
- Family Health Line
  - Information, referrals, and counseling on prenatal, infants, children and family planning
  - Toll Free in Florida---800-451-2229
- Parent Help Line
  - Information, referrals and counseling for parents
  - Toll Free in Florida---800-352-5683

## Community Programs

- 2-1-1 Big Bend—Help Me Grow
  - Help Me Grow works with families who have children birth to 8 years of age. Help Me Grow links children and families to community based services and supports. We also offer developmental and behavioral screenings and care coordination. Help Me Grow is part of 2-1-1 Big Bend. 2-1-1 offers 24 hour supportive counseling, crisis intervention, information, and referrals to human service programs.
  - For more information, dial 2-1-1 and ask for the Help Me Grow Program
- Capital Area Community Action Agency—“Getting Ahead in a Just-Gettin’-By World”
  - Participants, called Investigators, work in groups to examine the impact of poverty on themselves and their communities and to explore the world through the lens of economic class. During the course of the 15-weekly sessions, investigators discover why poverty exists and discuss what resources a person needs in order to move out of poverty.
  - Eligibility-- total gross household income cannot exceed 125% of poverty.
  - Wakulla County residents, call (850) 926-3122 for more information
- Florida CHAIN (Community Health Action Information Network)
  - This program connects you with individuals that can assist with Marketplace navigation and help you to find the best health insurance for you and your family.
  - Contact Tomica Smith at 850-879-6298 or [Tomica@FloridaCHAIN.org](mailto:Tomica@FloridaCHAIN.org)
- Wakulla One Stop Center
  - The One Stop Community Center is designed to be a one stop shop for anyone who has questions regarding available services in the Wakulla community (i.e. counseling, housing, TANF, etc.). Referrals and information can all be obtained at their Wakulla location.
  - Pam Pilkinton-Volunteer and Referral Coordinator 850-745-6042
  - 318 Shadeville Hwy, Crawfordville, FL 32327