



FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE



Florida BH IMPACT
Improving Maternal and
Pediatric Access, Care and
Treatment for Behavioral Health



Pediatric Behavioral Health Resources

A Better Way Counseling, Inc.			
P: (850) 425-5025 F: (850) 425-5026 Email: abwtally@gmail.com	Sunshine, CMS, Staywell, Beacon, Magellan, UHC Cigna, Aetna (accepts healthy kids plan) (Anything except CHP, Tricare, Humana, Lighthouse)	Ages 3+ Scheduling week of or next week 1 Tallahassee location (on Ocala Rd), 1 Monticello location Male and female counselors	High functioning ASD Special needs support groups for adults every other Friday Trauma-focused CBT Play Therapy Most presenting problems EMDR (PTSD treatment) Grief Therapy Board Certified Behavioral Analyst *Spanish speaking translation available
Community Wellness Counseling and Support Services			
P: (850) 643-1033 F: (850) 643-5066	BCBS, Sunshine, CMS, Staywell, Beacon, Sliding Fee Scale, Aetna Better Health (need picture of insurance front /back)	All ages Natural environment services (home/school) Video and phone telehealth & in-person services available.	Anger management ADHD Evaluation (Limited) Play Therapy Grief Therapy Psychiatric Evaluation Individual/Family Therapy
Camelot Community Care			
P: (850) 561-8060 F: (850) 561-1143	Medicaid, Staywell, Sunshine, Lighthouse, Humana, Wellcare NO private pay	Starting to see clients in-person on a case-by-case basis	Behavioral Therapy Music Therapy Trauma-focused CBT Child Welfare Case Management Psychiatrist contracted
Turn About			
P: (850) 671-1720 F: (850) 671-1922	CHP Sliding fee scale	Ages 3-24 Tallahassee location	Counseling and psychological testing services for children and adolescents experiencing drug/alcohol use, bullying, domestic violence, child abuse, assault/robbery/kidnapping, behavioral problems, etc.
A Time to Change Counseling Center			
P: (850) 926-1900 F: (850) 926-1930 Email: admin@atimetochangecounselingcenter.com	CHP, UHC, Aetna, Beacon, Tricare, CMS, Staywell, Humana, Lighthouse, Cigna, Magellan	Ages 5 years+ TLH satellite location Crawfordville main location	EMDR (PTSD treatment) Domestic Violence Counseling ADHD Assessments Art therapy Play therapy Psychiatric Evaluations
FSU Behavioral Health™ at Apalachee Center			
P: (850) 644-6543 F: (850) 848-4400	Medicare, Medicaid, most commercial insurances	Ages 6 years+ Tallahassee location	Comprehensive Psychiatric Diagnostic Assessments Outpatient Psychotherapy Individual/Family Therapy Sessions Major Depression, Bipolar Disorder, PTSD, Generalized Anxiety Disorder, Panic, and most other anxiety and depressive disorders

Mental Health Council of the Big Bend Provider Directory

<https://bit.ly/mentalhealthbbdirectory>



Behavioral Health Apps

Mindshift



- Free Anxiety Management App
- User learns CBT techniques to help reduce stress, worry, and panic
- Exercises are presented in brief chunks to help integrate tools into daily life

What's Up?



- Free app that utilizes CBT and ACT methods
- Depression, Anxiety, Anger, Stress, and More
- Positive/Negative Habit Tracker, Grounding Game, Breathing Techniques

My Life Meditation



- Meditation and Mindfulness App for Teens and Young Adults
- Free or Premium Plans
- Personalized mindfulness and meditation

Stop, Breathe, Think for Kids



- Free Meditation and Mindfulness App for Kids
- Best for ages 5 - 10
- Guided meditation videos with animations

Sanvello: Anxiety and Depression



- Stress, Anxiety, and Depression
- Free or Premium Plans Available
- Self-care, Coaching, Therapy, Coping Techniques, Meditations, Check-in

Hotlines



Mobile Response Team (MRT) 800-342-0774

24/7 on-call crisis intervention service provided through Apalachee Center, Inc. Serves Leon, Liberty, Franklin, Gadsden, Jefferson, Madison, Taylor, and Wakulla Counties



Family Health Line 1-800-451-2229

The toll-free hotline offers callers information on helpful community resources and answers to basic questions about pregnancy, breastfeeding, childbirth education, family planning, infants and toddlers. The Family Health Line is available in English, Spanish, and Haitian Creole.



Call 2-1-1 or (850) 617-6333 for free, confidential hotline programs.



Abuse Hotline 800-962-2873

Florida Relay 711
TTY: 800-955-8771



National Suicide Hotline 800-273-8255

suicidepreventionlifeline.org