



FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE



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



PEDIATRIC

Behavioral Health

RESOURCES



Hotlines

Abuse Hotline



800-962-2873

Florida Relay 711 | TTY: 800-955-8771

Offers callers 24/7 access to report of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult.
<https://www.myflfamilies.com/services/abuse/abuse-hotline>

988 Suicide & Crisis Lifeline



9-8-8

Call, text or chat 24/7 this free and confidential support for people in distress or considering suicide.

211 Big Bend



2-1-1 or 850-617-6333

Free 24/7 access to emotional support, crisis counseling, suicide prevention, information & referrals.

Family Health Line



800-451-2229

Free hotline available in English, Spanish, and Haitian Creole, providing community resources and answers to basic questions about pregnancy, breastfeeding, childbirth education, family planning, infants and toddlers.

USF BH Collaborative Pediatric Hotline



866-487-9507

Free hotline offering coaching between child and adolescent psychiatrists and pediatric primary care providers.
<https://www.myflfamilies.com/hopeflorida>

DCF Hope Florida Program



800-300-HOPE (4673)

A free, 8a-5p service providing one-on-one support to achieve economic self-sufficiency, identify goals and barriers and provide connection to local, community-based partners
<https://www.myflfamilies.com/hopeflorida>

Mental Health Council of the Big Bend Provider Directory

Provider Search

<https://bit.ly/mentalhealthbbdirectory>



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



Download
the app

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, Copy Techniques, Mediations, Check-in

DIRECTORY

Whole Child Leon & FSU Pediatric Behavioral Health Hub



850-692-3134

Whole Child Leon, Tallahassee Behavioral Health Center and the Florida State University Hub bridges this care gap and connects with patients and pediatric clinicians quickly. Clinicians are contacted within 2 business days of a referral to us.

Behavioral Health Contacts

◆ Community Wellness Counseling and Support Services

📞 P: (850) 643-1033 📠 F: (850) 643-5066 ✉️ cwcssbehavioralhealth@gmail.com

Services Offered

Anger Management
Grief Therapy
Psychiatric Evaluation
Medical Management
Individual/Family Therapy
Ages 5+

Locations

10611 Florida Highway 20
Bristol, FL 32321

2940 E Park Ave
Tallahassee, FL 32301

Video telehealth & in person
services available

Natural environment services
(home/school)

Insurance Accepted

BCBS, Sunshine, CMS,
Staywell, Beacon, Sliding Fee
Scale, Cigna, Ambetter United
Health Care, Humana
Commercial, Amerisys,
Optum:VA CNN,Tricare,
Champva Aetna Better Health
(need picture of insurance
front/back)

◆ A Time to Change Counseling Center

📞 P: (850) 926-1900 📠 F: (850) 926-1930 ✉️ admin@atimetochangecounselingcenter.com

Services Offered

Outpatient psychotherapy including
individual, couples, family and groups.
Specialties offered include EMDR, TF-CBT,
DBT, CBT, play therapy trained but not
certified,
Ages: 5+

Spanish speaking, Korean speaking,
after hours appts, and we have a
Certified ADHD Professional.

Counselors of color and other
ethnicities available

Locations

1363 East Lafayette
Street, Tallahassee, FL
32301.

2140-B Crawfordville
Highway, Crawfordville, FL
32327

Insurance Accepted

All insurance except
straight Medicaid and
Lighthouse Medicaid

◆ Elite DNA Therapy Services

📞 P: (850) 671-4600 📠 F: (850) 878-2863 ✉️ <https://elitedna.com/locations/tallahassee/>

Services Offered

Offers counseling and med
management via APRNs.
Specializing in trauma, and
can provide CBT, DBT and
ACT
Ages 6+
Male, Female, and
Counselors of color available

Locations

1965 Capital Circle NE, Ste
102
Tallahassee, FL 32308

Telehealth & in person
services available.

Insurance Accepted

All insurance
except Humana
Medicaid and CHP

◆ Camelot Community Care

📞 P: (850) 561-8060 📠 F: (850) 561-1143 ✉️ ellis@camelotcommunitycare.org

Services Offered

Behavioral Therapy
Music Therapy
Trauma-focused CBT
Child Welfare Case
Management
Psychiatrist contracted
Ages: 5-17
Male, Female, and
Counselors of color available

Locations

1000 West Tharpe Street,
Suite 7,
Tallahassee, Florida 32303

Counseling services offered
in home, office, school or
community throughout the
Big Bend.

Insurance Accepted

Medicaid, Medicaid MMAs,
Staywell, Sunshine,
Lighthouse, Humana,
Wellcare

No private pay

◆ North Florida Cares

Dr. Angela L. Henderson

📞 P: (850) 656-1192 📠 F: (850) 386-1300 ✉️ <https://www.northfloridacares.com/>

Services Offered

ADHD, ASD and most
other psychological
needs

Locations

1535 Killeran Center Blvd D
Tallahassee, FL 32309

Telehealth & in person
services available

Insurance Accepted

Aetna, Anthem, Cigna,
Humana, Tricare East,
Medicare, CHP, Florida Blue,
BCBS, Magellan, Optum,
UHC, VA CCN.

Does not accept Medicaid.

◆ Tallahassee Psychology Group

Dr. Chika Hooper

📞 P: (850) 561-8060 📠 F: (850) 561-1143 ✉️ <https://tallahasseepsychgroup.com/>

Services Offered

ADHD, ASD, provides
educational testing

**Ages 3+ for ASD eval
Ages 5+ for all other
services**

Locations

1030 East Lafayette Street
Suite 3
Tallahassee, FL 32301

Services can be provided
in person only in her
office or in the community
(no telehealth)

Insurance Accepted

CHP and most Aetna
plans. All
appointments require
a \$55 appt fee
(separate from co-
pay). Self-pay is also
available.

◆ Panhandle Therapy Center

📞 P: (850) 674-8888 📠 F: (850) 237-1223 ✉️ info@panhandletherapycenter.com

Services Offered

Counseling Only

Counselors of color
available

Ages 5+

Locations

20311 Central Avenue West,
Blountstown, FL 32424

Sessions can be conducted in the
office, client's home, school or
community as well as via
telehealth.

After Hour Sessions also available.

Insurance Accepted

All insurance