

Tallahassee Mental Health Resources

DISC VILLAGE, INC.

DISC Village Health and Wellness Specialists offer students a safe and supportive environment to discuss personal struggles related to Behavioral Health through the New Horizons program. The program works to increase effective communication, anger management, and decision-making skills while offering support in a time of crisis.

Health and Wellness Specialists will be available to meet with students via a virtual services platform.

- Virtual Services can be accessed through:
 - <https://discvillage.securevideo.com/book>
 - Link is also available on DISC Village Website – “schedule virtual session” button top right corner
- If you are unable to connect virtually, please contact:
 - Health and Wellness Services: **850-574-6240**
 - Health and Wellness Program Supervisor: **850-510-1793**
 - Director of Youth Services: **850-510-1042**

2-1-1

Call 2-1-1 for human service information and assistance; available 24 hours a day to listen and provide emotional support, crisis counseling, suicide prevention, and information & referrals. You do not have to be in crisis to call, there is no eligibility criteria, and our services are free.

Mobile Response Team (MRT) 1-800-342-0774

The MRT is a 24/7 on-call crisis intervention service provided through Apalachee Center, Inc. MRT provides emergency behavioral health assessment, and diversion alternative to inpatient treatment when appropriate.

National Mental Health Resources

Suicide Prevention Lifeline 1-800-273-TALK (8255)

Call anytime if you're feeling desperate, alone or hopeless. This number will route you to the crisis center nearest you.

ReachOut 1-800-448-3000

Site where teens and young adults can find the information they need, reach out, tell their stories, and voice their opinions “without fear of being judged or being different.”

Crisis Text Line Text 741-741

Support via text messaging.

SAMHSA Treatment Referral Helpline 1-877-SAMHSA7 (1-877-726-4727)

Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.

Check out the [CDC's article on Stress & Coping](#) with tips for families.



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FAMU-DRS, and FSUS.