



Big Bend Mental Health Coalition

Mental Health Support Groups in the Big Bend

AD/HD COACHING & SUPPORT GROUP

(For adults seeking help with AD/HD)
Last Monday of each month, 7:00-8:00 PM
Ability 1st/Conference Room
1823 Buford Court (just south of Capital Regional
Medical Hospital)
Contact:850-575-9621, ext. 110

RECOVERY SUPPORT GROUP (Informal Peer- led support group)

Wednesdays, 1:15-2:45 PM
Ability 1st/Conference Room
1823 Buford Court (just south of Capital Regional
Medical Hospital)
Contact:850-575-9621, ext. 119

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) TALLAHASSEE

Tuesdays, (second and fourth) 7:00-8:30 PM
2nd Tuesday: Family Support
4th Tuesday: Consumer Support
4 Speakers a year
St. John's Episcopal Church/Library
211 North Monroe Street (Enter on Calhoun Street)
Contact:850-841-3386

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) WAKULLA

NAMI Connections - Peer Led structured support
group
Weekly on Tuesdays, 7-8:30 pm
NAMI Wakulla, 2140-C Crawfordville Highway,
Crawfordville, FL 32327
(850) 926-1033 - Next door to Lindy's Chicken, in
same location as Southeast Eye Specialists
www.namiwakulla.com

MENTAL HEALTH RESOURCE GROUP (Assistance with resources/referral)

Fridays, 10:45 AM-12:00 PM
LeRoy Collins Public Library (2nd Floor in the
Henderson Room)
200 West Park Avenue
**Call before attending your first meeting as meeting
location is subject to change**
Contact:850-575-9621, ext. 119

THE SERENITY GROUP DUAL DIAGNOSIS

(12-Step based program for alcohol and mental health
issues)
Thursdays, 6:45-7:45 PM
909 N. Gadsden St.
Contact:850-575-9621, ext. 119

DEPRESSIVE BIPOLAR SUPPORT ALLIANCE (DBSA)

Mondays, 7:00-8:30 PM
1st Monday: Open Rap
2nd Monday: Tools for Recovery
3rd Monday: Separate Rap (Consumers/Caregivers)
4th Monday: Speaker
5th Monday: Social
TMH Behavioral Health Center
1616 Physicians Drive (behind
Tallahassee Memorial Hospital)
Contact:850-431-5160 or 850-363-6236

BIG BEND MENTAL HEALTH COALITION

Mission: To unite individuals, families and professionals
into an effective coalition to advance mental health
recovery in our community.
2nd Monday of each month, 10:30AM-12:00 PM
LeRoy Collins Public Library
200 West Park Avenue
(Meeting to left before entering main area of library)
Contact:850-575-9621, ext. 119