



For more FREE or low-cost resources & information, visit our website, scan our QR code, or contact us at

850.488.0288 Ext.109



Emergency Community Connections

Mental Health

| | |
|---|----------------------------------|
| 2-1-1 Big Bend | 2-1-1 / (850) 617-6333 |
| Apalachee Center | 1(800) 342-0774 / (850) 523-3333 |
| National Suicide Prevention Lifeline | 1(800) 723-TALK (8255) |
| TMH Behavioral Health | (850) 431-1155 |
| Postpartum Support International | 1(800) 944-4773 |
| HCA FL. Hospital Behavioral Health Center | (850) 325-5000 |

Child Abuse

| | |
|-----------------------------------|-----------------|
| Department of Children & Families | 1(800) 962-2873 |
|-----------------------------------|-----------------|

Childcare

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|--|---------------------------------|
| Capital Area Comm. Head Start | (850) 222-2043 |
| Early Learning Coalition of the Big Bend | (850) 385-0504 |
| Kids Incorporated of Big Bend | (850) 414-9800 |
| Leon County Schools Early Learning | (850) 922-2099 |
| NFCD Bright Beginnings (Wakulla) | (850) 926-9949 / (850) 926-8299 |

Domestic Abuse & Sexual Assault

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|--------------------------------|-----------------|
| Adult Protective Services | 1(800) 962-2873 |
| Refuge House | (850) 681-2111 |
| Florida Domestic Abuse Hotline | 1(800) 500-1119 |

Education

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|------------------------------------|----------------|
| Literacy Volunteers of Leon County | (850) 606-2644 |
| TCC Workforce Development | (850) 201-8760 |
| ACE | (850) 717-2020 |
| Lively Technical College | (850) 487-7555 |

Emergency Housing

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|--|----------------|
| Big Bend: Emergency Cold Night Shelter | (850) 792-5015 |
| Big Bend: Hope Community Program | (850) 792-9433 |
| Big Bend: Rapid Rehousing | (850) 792-9415 |
| Brehon Family Services | (850) 656-7110 |
| Chelsea House | (850) 297-1113 |
| Hope Community | (850) 576-5566 |
| Kearney Center | (850) 792-9000 |
| Making Miracles Group Home | (850) 727-3304 |
| Refuge House | (850) 681-2111 |

Job Search

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|--------------------------------------|----------------|
| Action Labor & Staffing | (850) 385-0365 |
| Career Source of Leon | (850) 922-0023 |
| Career Source of Wakulla | (850) 926-0980 |
| FAMU Public Workforce Develop. | (850) 412-7474 |
| Goodwill of Big Bend Career Center | (850) 608-0557 |
| TCC Center for Workforce Development | (850) 201-8760 |

Legal

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|-----------------------------|----------------|
| Legal Services of North FL. | (850) 385-9007 |
| Legal Aid Foundation of TLH | (850) 222-3292 |

Medicaid

Apply for full pregnancy Medicaid at Access Florida
(www.myflorida.com/accessflorida)

| | |
|-----------------|------------------|
| Simply Health | 1 (877) 711-3662 |
| Sunshine Health | 1 (877) 711-3662 |
| Humana | 1 (877) 711-3662 |

Medical & Dental

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|------------------------------|----------------|
| Bond Community Health Center | (850) 576-4073 |
| Care Point Health & Wellness | (850) 354-8765 |
| CESC Health Service | (850) 329-2212 |
| Neighborhood Medical Center | (850) 300-7262 |
| Neighborhood Medical Dental | (850) 577-0435 |
| North Florida Medical | (850) 562-0281 |
| FL. DOH Molar Express | (850) 404-6450 |
| TCC Dental Hygiene Clinic | (850) 201-8247 |

Food

You can apply for SNAP (Food Stamps) at
www.myflorida.com/accessflorida

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|----------------------------|----------------|
| WIC Leon | (850) 404-6350 |
| WIC Wakulla | (850) 926-0400 |
| Second Harvest of Big Bend | (850) 562-3033 |
| ECHO | (850) 224-3246 |
| Catholic Charities | (850) 222-2180 |
| Good Samaritan Network | (850) 800-7003 |
| Good News Outreach | (850) 412-0016 |
| City Walk Urban Mission | (850) 631-2990 |

Utilities and Rental Assistance

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|------------------------------------|-----------------------|
| Echo | (850) 224-ECHO (3246) |
| Catholic Charities: Emerg. Assist. | (850) 222-2180 |
| Leon County HSCP: Direct | (850) 606-1900 |
| Emergency Assistance Program | |

Substance Abuse & Addiction

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|-------------------------------------|-----------------|
| Alcoholics Anonymous | (850) 224-1818 |
| Apalachee Center | (850) 523-3483 |
| Big Bend Narcotics Anonymous | (850) 224-2321 |
| DISC Village, Inc. Adult Services | (850) 561-0717 |
| Tobacco-Free Florida | 1(877) 822-6669 |
| TMH Behavioral Center | (850) 431-5105 |
| A Life Recovery Center | (850) 224-9991 |
| New Seasons Opioid Treatment Center | 1(877) 284-7074 |

Grief & Bereavement

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|--------------------------------------|-----------------|
| Lee's Place | (850) 841-7733 |
| First Candle | 1(800) 221-7437 |
| Big Bend Hospice Grief Support Group | (850) 878-5310 |

Transportation

Medicaid pays for transportation to healthcare services, for more info please contact your provider

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|------------------------|----------------|
| 2-1-1 Big Bend Lyft | (850) 617-6333 |
| Big Bend Transit | (850) 574-6064 |
| Dial-A-Ride Star Metro | (850) 891-5199 |
| Star Metro | (850) 891-5200 |
| City Taxi | (850) 575-7575 |
| Tallahassee Taxi | (850) 264-3418 |
| Yellow Cab | (850) 999-9999 |

Birthing facilities

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|---|----------------|
| The Birth Cottage | (850) 224-2229 |
| TMH Women's Pavilion | (850) 431-1155 |
| HCA Florida Capital Hospital Labor & Delivery | (850) 325-5000 |

Breast Feeding Resources

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|--|-------------------------|
| FL DOH Leon County WIC | (850) 926-0400 |
| FL DOH Wakulla County WIC | (850) 404-6350 |
| 2-1-1 Big Bend | 1(800) 451-BABY(2229) |
| The Birth Cottage | (850) 224-2229 |
| Women's Place at TMH | (850) 431-4915 |
| Tallahassee Lactation Care | (850) 764-5517 |
| North FL. Women's Care | (850) 877-7241 Ext.6036 |
| HCA FL. Capital Hospital Support Group | (850) 325-5000 |



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www.capitalarealthystart.org