

Campus & Community Resources List

Mental Health

1. **University Counseling Center (UCC)** provides a Wellness section on their website, such as defining wellness and tips on improving wellness. Relaxation tips including links to free mobile apps on sleep, stress, depression, anxiety, and links to relaxation podcasts, videos, and an online mood screening tool. The UCC also offers a biofeedback program. This site is a helpful source for students to understand what wellness means and practice the tips described.
<https://counseling.fsu.edu/students/wellness>
2. **RENEW**, sponsored by the University Counseling Center, is a peer-education program of undergraduate students who are selected to provide outreach and intervention on emotional wellness. Additionally, RENEW helps to facilitate events on campus promoting emotional wellness and serve as ambassadors to the UCC to help in reducing the social stigma of mental health counseling. For more information on becoming a RENEW member, their events, or to request a free Individual Instructional Session, check out the link provided.
<https://www.counseling.fsu.edu/students/renew>
3. **FSU Campus Recreation** offers a variety of opportunities to increase your happiness and wellbeing through getting out of the classroom or dorm and getting fresh air and exercise. Try the Leach Recreation Center for group fitness classes, the Leach Aquatic Center to receive your scuba certification, the FSU Reservation to lay out, kayak, or take on the FSU Challenge Course, or join an intramural team! There are a variety of outdoor activities for FSU students to enjoy the Florida sunshine and stay active. <https://campusrec.fsu.edu/>
4. **Nole Central** provides links and descriptions to the over 700 student-led clubs and organizations on campus. Have a unique interest or passion? There's likely a club for that! Check out events and news around FSU's campus as well.
<https://nolecentral.dsa.fsu.edu/>
5. **FSU Case Management Services** can provide you support with your immediate needs. Case management can also provide short-term crisis counseling, advocacy, and emotional and academic support. <https://dos.fsu.edu/cms>
6. **FSU Psychology Clinic** provides individual and group therapy in addition to psychological assessments such as learning disorders and ADHD evaluations. The initial screening appointment will cost \$25 and then fees will be based on a sliding scale.
<https://psy.fsu.edu/php/about/communityservice/psychologyclinic/psychologyclinic.php>
7. **Center for Couples and Family Therapy** provides marriage and family therapy, couples therapy, and individual therapy to students and other community members. You might seek this resource for help with relationships, work or school stress, parenting, domestic violence, substance abuse, or grief and loss.

The first session is \$30 and each session thereafter is \$22 for students and a sliding scale for community residents. <https://ccft.fsu.edu/>

8. **UHS Psychiatry Clinic** provides treatment and therapy along with medication management for such conditions as anxiety, depression, bipolar, and schizophrenia. Contact the Insurance Billing Office at UHS by telephone, 644-5453 for information on insurance and fees. <https://uhs.fsu.edu/health-care/clinical-services/psychiatry-clinic>
9. **Anxiety and Behavioral Health Clinic** provides cognitive behavioral therapy for anxiety and other related conditions. There is information about the symptoms and courses of treatment for different types of anxiety on their website. The intake session, which lasts up to two hours, will cost \$100. Every session thereafter will last up to 50 minutes and cost \$50. <https://anxietyclinic.fsu.edu/>
10. **Human Services Center** provides free individual, couples, and family counseling to students and community members. Counseling services are first come, first serve with a waitlist provided. <https://education.fsu.edu/centers-institutes/human-services-center-hsc>
11. **Student Disability Resource Center (SDRC)** provides free support services to students with disabilities including accommodated testing, ASL interpretation, emotional support animals, food allergies accommodations, housing accommodations, note taking services, and information on what to do if your accommodations are not being met. Check out their website for more information. <https://dos.fsu.edu/sdrc>
12. **National Alliance on Mental Illness (NAMI) Tallahassee** provides educational programs, support groups, and a yearly run/walk to raise awareness for suicide prevention. A peer support group meets on Wednesday nights and is free and open to the public. Email connectiontallahassee@gmail.com for more information or visit their website <http://www.nami-tallahassee.org/>.
13. **Tallahassee Memorial Healthcare** offers a Behavioral Health Center that provides mental health services and an inpatient detoxification program for substance abuse. A medical team provides inpatient services for depression, bipolar disorder, anxiety, and schizophrenia along with individualized treatment plans. Outpatient services and resources are also available. Check out their website for more information. <https://www.tmh.org/services/mental-health-substance-abuse/mental-health>
14. **Lee's Place** is a non-profit locally that provides mental health counseling for those suffering from grief, loss, and trauma. Such events may include divorce, a break-up, survivors of crime, trauma, or abuse, abandonment, life transitions, illnesses, death or suicide. The first session is offered free of charge and further sessions are based on a sliding fee scale. <http://leesplace.org/>
15. **Apalachee Center** provides inpatient, outpatient, and residential services to those recovering from a mental health or substance abuse crisis. Check out their website for more information. <http://apalacheecenter.org/>

16. **Enrichment Services** provides individual counseling for those struggling with life issues such as anxiety and panic attacks, life transitions, self-esteem, healthy coping skills, and health guidance. Some insurances are accepted; in-office counseling is \$120, 30-minute phone sessions are \$80 with additional pricing options on their website. <http://www.enrichment-services.com/home.html>

Eating Disorders

1. **Canopy Cove** is a local eating disorder treatment center offering residential programs for women and programs for men with eating disorders such as anorexia nervosa, bulimia nervosa, binge eating disorders, and coexisting conditions along with the connection of diabetes and eating disorders, celiac disease and eating disorders, and vegetarianism and eating disorders. The website contains a great deal of information and resources including information on if your insurance will cover treatment. Canopy Cove is a Christian-based program; however, individuals seeking help from any or no religious background are welcomed. <https://www.canopycove.com/>
2. **Better Living Solutions (BLS)** provides eating disorder treatment, individual counseling, nutritional wellness and coaching, marriage and family therapy, creative arts therapies, online counseling support, and mindful movement which works with two local gyms to provide private and group classes with a BLS team member and a Community Wellness/Fitness Professional. Outpatient treatment, intensive outpatient programs, partial hospitalization programs, and customized programs are offered as part of the eating disorder treatment plan. A blog and recipes can be found on the website. A free consultation is available. <http://blscounseling.net/>
3. **Anne Tierney, Licensed Clinical Social Worker (LCSW)** provides individual therapy relating to eating disorders in addition to depression, anxiety, grief counseling, stress management, and conflict resolution. Rates are \$100 per 50-minute session which may be covered in full or partially by your health insurance. <https://www.annetierneylcsw.com/>
4. **Overeaters Anonymous** has weekly meetings in the Tallahassee area. Meetings are open to anyone with no dues or fees required. This organization follows the Twelve Steps outline. Meetings are held at Tallahassee Memorial Behavioral Health on Saturdays at 10 am and Sundays at 6 pm. https://www.meetup.com/Tallahassee-Overeaters-Anonymous/?_cookie-check=O6U4WbGqdrPd9Pt
5. **Frenchtown Farmers Market** is a weekly farmers market occurring every Saturday from 10am-2pm in nearby Frenchtown in Tallahassee, right on the outskirts of Florida State. Also on their website are nutrition resources including recipes and information on monthly cooking demonstrations. <https://www.frenchtownheritage.org/>
6. **Eating Behaviors Research Clinic** at Florida State University, conducts research studies relating to eating disorders and behavior. Students can

complete the current Online Participation Screening to be a part of a current research study or read up on recent publications from the clinic.

<https://psy.fsu.edu/~eatingbehaviors/index.htm>

7. **University Counseling Center (UCC)** provides an Eating Disorder Treatment Team including individual counseling, nutrition counseling, and medical consultation. Students work with a team of professionals to create the most effective treatment plan possible. All services at UCC are free and confidential. <https://counseling.fsu.edu/students/counseling/services>
8. **Center for Health Advocacy & Wellness (CHAW)** offers nutrition services including available appointments with a Registered Dietitian Nutritionist or a Nutrition Coach. Appointments with a Registered Dietitian are \$15 for the initial 45-minutes and \$10 for follow-up 30-minutes appointments. Appointments with a Nutrition Coach are free. Informational resources regarding eating disorders for men and women are available on their website. <https://chaw.fsu.edu/services/nutrition>
9. **Healthy Campus** is an initiative created by Florida State focusing on a variety of topics, referred to as the eight dimensions of wellness, including environmental, emotional, financial, intellectual, occupational, physical, social, and spiritual. Services for students such as campus resources and information on mental, sexual, and physical health; alcohol, tobacco, and other drugs; and power-based personal violence prevention are readily available. Students can also find information about getting involved on campus such as being a Healthy Nole or The Body Project. <https://healthycampus.fsu.edu/>
10. **University Health Services (UHS)** provides clinical services including a primary care clinic, triage, a women's clinic, and a psychiatry clinic. UHS can further provide referrals and information regarding your eating disorder or nutritional questions and concerns. <https://uhs.fsu.edu/>

Substance Abuse

1. **Center for Health Advocacy and Wellness (CHAW)** offers a program called Smart Choices, an alcohol/drug harm reduction program that can be provided on an individual basis or in a small group setting. This is a great resource if you believe you might need some help addressing alcohol or marijuana related behaviors. <https://chaw.fsu.edu/services/smart-choices>
2. **Center for Health Advocacy and Wellness (CHAW)** also provides a free Tobacco Cessation Program with services provided by a Tobacco Treatment Specialist if you would like some help quitting tobacco. <https://chaw.fsu.edu/topics/tobacco-and-other-drugs/quit-tobacco>
3. **University Counseling Center (UCC)** provides alcohol and other drug services. A Licensed Clinical Social Worker and a Certified Addiction Professional provide evaluations, counseling, treatment, and re-entry services to FSU students for free. <https://counseling.fsu.edu/alcohol-and-other-drug-services>

4. **Apalachee Center** provides inpatient, outpatient, and residential services to those recovering from a mental health or substance abuse crisis. Check out their website for more information. <http://apalacheecenter.org/>
5. **Tallahassee Memorial Healthcare** offers a Behavioral Health Center that provides mental health services and an inpatient detoxification program for substance abuse. A medical team provides this inpatient detoxification program and an outpatient recovery program. Both programs include detoxification, pain management, and individual counseling. Check out their website for more information. <https://www.tmh.org/services/mental-health-substance-abuse/substance-abuse>
6. **Townsend Addiction Recovery Center (ARC)** offers many services including relapse prevention, individual substance abuse counseling, mental health counseling, and drug testing. Group relapse prevention is also available. Most insurances are accepted. <http://www.townsendarc.com/index.html>
7. **Disc Village** provides prevention and intervention services as well as residential treatment and aftercare services for those affected by alcohol and other drug abuse. Adult Outpatient Services provides free HIV testing to clients along with case management services. Check out their website for more information. <https://discvillage.com/home.html>
8. **Turn About, Inc.** offers services for undergraduate students who may be at risk for or have alcohol, drug, or other substance abuse problems. Turn About is a community-oriented program working to help young people stay drug-free and provides ways to better manage their emotional and behavioral responses to life's challenges. This resource is also appropriate for students who may be experiencing high levels of stress due to the transition to college. Check out their website for more information. <http://turnabout.org/index.cfm>
9. **A Life Recovery Center, Inc.** is a drug and alcohol rehabilitation center providing outpatient, partial hospitalization, and residential short-term and long-term inpatient treatment care. Self-payment is appropriate. This resource has no direct website; their phone number is 850-224-9991. <http://www.rehabcenter.net/rehab-centers/florida-rehab-centers/tallahassee/a-life-recovery-center-inc>
10. **Big Bend Area Narcotics Anonymous** offers multiple meetings occurring every day of the week in Tallahassee. On Sundays at 7:30pm-8:30pm is a young people's meeting in Lake Ella. Part of Narcotics Anonymous, this is Twelve Step program with no fees or dues needed. Most meetings are open to anyone. A local Narcotics Anonymous Helpline is 850-224-2321. <http://bb.naflorida.org/>

Physical and Sexual Violence

1. **Florida Council Against Sexual Violence (FCASV)** has a mission to lead, educate, serve and network on behalf of all individuals impacted by sexual violence. FCASV is a statewide non-profit agency that serves as a coalition of the state's rape crisis programs. FCASV provides information, assistance and

leadership on all aspects of sexual violence, including rape, child abuse, stalking and sexual harassment. Rape Crisis Hotline: 1-888-956-RAPE (7273). This website is available in Spanish. www.fcasv.org/

2. **Florida Coalition Against Domestic Violence (FCADV)** links callers to the nearest domestic violence center and provides translation assistance when needed. FCADV maintains a resource library of books, periodicals, videos and other resources regarding domestic violence issues. Available 24 hours a day, 7 days a week. Hotline: 1-800-500-1119; TTY: 1-800-621-4202. This website is available in multiple languages and has an exit button if you may need to leave the site quickly. www.fcadv.org
3. **Refuge House** offers free and confidential services for survivors of abuse including a 24/7 crisis hotline, safety planning, emergency shelter, and legal assistance. The hotline number is 850-681-2111. This website has an exit button if you may need to leave the site quickly. <http://refugehouse.com/>
4. **FSU Case Management Services** can provide you support with your immediate needs. Case management can also provide short-term crisis counseling and advocacy. <https://dos.fsu.edu/cms>
5. **FSU Victim Advocate Program** provides services to anyone related to FSU that has been a victim of a crime. The Victim Advocate Program also offers free and confidential services including emotional support, 24/7 crisis assistance, and academic support. The 24/7 hotline is 850-644-7161. <https://dos.fsu.edu/vap>
6. **FSU's Title IX Office** ensures that all of FSU's programs and activities do not discriminate on the basis of sex/gender. This office also oversees any sex discrimination and sexual misconduct complaints and policies. If you feel that a Title IX report needs to be made, contact the office at (850) 644-6271 or check out the website if you need more information <http://knowmore.fsu.edu/title-ix/title-ix-signed-statement/>.
7. **University Health Services (UHS)** can provide you with medical care you might need including a gynecological exam, pregnancy test, testing and treatment of sexually transmitted infections, and counseling and educational information. <http://uhs.fsu.edu/>
8. **University Counseling Center (UCC)** offers counseling services that are free and confidential to students including crisis intervention. Students who may be or have experienced a crisis can see an on-call counselor with no appointment needed. A plan for the student's needs can further be discussed. <https://counseling.fsu.edu/>
9. **KNOW MORE** is an initiative at Florida State that works to provide a supportive environment for those in need and to work to educate students, faculty, and staff on sexual violence and sexual misconduct in order to firmly prevent such incidents from occurring. This initiative includes support, response, and prevention; three teams that work separately and together to support the goal of reduced and eliminated sexual violence acts occurring at Florida State. Their

website provides information on sexual violence and resources to contact.

<http://knowmore.fsu.edu/>

10. **Green Dot** is part of the kNOw MORE initiative and is a bystander intervention program. Green Dots are actions taken to eliminate and/or prevent Red Dots which symbolize potential and/or real acts of violence. Students can register online for free and fun trainings occurring throughout the year with lunch provided to learn more and to become an active bystander. <http://knowmore.fsu.edu/know-more-initiative/green-dot/>

Suicide Prevention

1. **2-1-1 BIG BEND** provides emotional support, crisis counseling, human service referral database, and suicide prevention and information 24/7. They have skilled hotline counselors that will treat your call confidentially and you remain anonymous. Hotline: Call 2-1-1 or (850) 617-6333 24/7. <http://www.211bigbend.org/>
2. **Active Minds** is a non-profit organization that seeks to promote student mental health awareness, reduce stigma, encourage help-seeking, and prevent suicides. Active Minds has more than 450 chapters at colleges and universities across the United States, and promotes systemic and policy changes that support campus mental health. <https://www.activeminds.org/>
3. **Noles C.A.R.E.** is a program on campus that provides suicide prevention training, education, and resources to the Florida State community. <https://nolescare.fsu.edu/>
4. **University Counseling Center (UCC)** provides free and confidential counseling services to students. You can also call 850-644-TALK (8255) and follow the prompts for 24/7 crisis support. <https://counseling.fsu.edu/>
5. **Suicide Prevention Research Team** at Florida State University's College of Education is comprised of students and a faculty member researching the prevention of suicide and the improvement of students' well-being. Their website provides publications, presentations, community outreach, and contact information. <https://education.fsu.edu/research/suicide-prevention>
6. **Out of Darkness** is a yearly walk held in the spring at Florida State. This walk is to support suicide prevention through the American Foundation for Suicide Prevention. Fundraising occurs to support the foundation and donations are accepted. Activities of hope and healing including honor beads take place at the walk. In April 2018, the walk raised \$5,972.20 with over 180 participants. Check out their Facebook page for more information and stay tuned for an announcement regarding the walk in 2019. <https://www.facebook.com/FSUOOTD/>
7. **National Alliance on Mental Illness (NAMI) Florida State University** is a peer support group for students that promotes education, information, and early detection and intervention for mental health conditions. This chapter of NAMI works to challenge the stigma surrounding mental health and to establish strong

connections with mental health resources on campus. Check out their website for more information and stay tuned for dates announced for fall 2018 meetings.

<http://www.nami-tallahassee.org/nami-on-campus-at-fsu/>

8. **National Alliance on Mental Illness (NAMI) Tallahassee** provides educational programs, support groups, and a yearly run/walk locally to raise awareness for suicide prevention. A peer support group meets on Wednesday nights and is free and open to the public. Email connectiontallahassee@gmail.com for more information or visit their website <http://www.nami-tallahassee.org/>.
9. **Mental Health Council of the Big Bend** works to evaluate, expand, educate, and engage the community on mental health. Check out their Facebook page for details regarding events and meetings. <https://www.facebook.com/MHCBB/>
10. **Big Bend Mental Health Coalition** works to provide education, networking, and facilitation to the community on mental health. Meetings happen on the second Monday of each month from 10:30 am-12:00 pm at the LeRoy Collins Public Library, 200 West Park Avenue. Email bbmhctally@gmail.com for any questions or information or Kelli Mercer at 850-661-3692.
<https://www.facebook.com/BIGBENDMENTALHEALTH/>
11. **Department of Children and Families** has a Statewide Office of Suicide Prevention that provides information and events in Tallahassee and across the state. Their website contains information, statistics, resources, and an event calendar offering free events throughout the state on mental health.
<http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention>

LGBTQ+

1. **PRIDE Student Union** is a great community for you to reach out to if you are contemplating coming out or want a place to hang out. PRIDE has a center located on campus you can go to talk to someone and get connected through their mentorship program or joining a committee. <http://sga.fsu.edu/pride.shtml>
2. **QTPOC FSU** is a group on campus that provides a safe and open space for those who identify as queer and transgender people of color. To reach them or for more information visit their Facebook page <https://www.facebook.com/QTPOCFSU/>.
3. **Gender Odyssey** at FSU offers a space for growth and unity for students who are transgender and gender non-conforming. They meet the 1st and 3rd Friday of every month at 7pm (unless specified otherwise). Check out their Facebook page for more details. <https://www.facebook.com/GenderOdysseyAtFsu/>
4. **Safe Zones** can be found throughout FSU's campus as stickers and signs. Offices, classrooms, and residence halls that display this phrase reinforce your freedom to discuss, express, and explore sexuality and gender identity without fear of stigma. Faculty and staff allies in these safe zones have been trained on LGBTQ+ specific subjects and are committed to provide to you a safe space to explore your feelings and identity with respect and dignity. Click the link for a map of Allies including the names, contact information, and location of Allies

across FSU's campus and in the Tallahassee community
http://sga.fsu.edu/safe_zone-allies-maps-contacts.shtml

5. **All-Gender Restrooms** were added to FSU's campus after the Pride Student Union successfully won the fight for a resolution to be passed through the Student Senate. The restrooms are single-stall, locking restrooms that have specific signage denoting that the restrooms can be used by anyone. All of the restrooms are handicap-accessible. The link attached shows a map of the all gender-restrooms including a description of where to find the restroom once inside a building on campus. <http://sga.fsu.edu/pride/agrr.shtml>
6. **University Counseling Center (UCC)** offers free, confidential counseling services to all FSU students. The UCC is a resource to openly discuss sexual identity and/or gender questions with licensed and professionally-trained staff, most of whom are Allies, through individual or group sessions. One group session offered, "Out & About Group", is for LGBTQ undergraduates who are interested in exploring relationship issues, life transitions, and decisions related to sexual orientation. The UCC's website offers a variety of resources and information. <https://www.counseling.fsu.edu/>
7. **PRIDE (Promoting Recognition of Identity, Dignity, & Equality) in Healthcare** at FSU's College of Medicine provides support to LGBTQ students and community members in the following ways: Education, Service, Advocacy, Collaboration, Mentorship, and Support through healthcare related concerns for the LGBTQ community.
<https://nolecentral.dsa.fsu.edu/organization/gayslesbiansandalliesadvancingmedicine>
8. **OUTlaw** is an organization on campus that provides a platform for students to learn about the legal issues that affect the LGBTQ community. OUTlaw works with other organizations on campus to ensure LGBTQ students are treated with the same dignity and respect as other students on FSU's campus.
<https://nolecentral.dsa.fsu.edu/organization/outlaw>
9. **PFLAG Tallahassee** is a local chapter of Parents, Families, and Allies United with LGBTQ People, that promotes the health and well-being of the LGBTQ community in addition to providing support, education, and advocacy. PFLAG Tallahassee hosts meetings and full-time students can join for \$15.00 to become a member. <http://www.pflag-tallahassee.org/>
10. **Transgender Tallahassee**, a program of The Family Tree, supports transgender people, family, friends, and allies through monthly meetings and sponsors a transgender therapy group that meets biweekly with a fee of \$25.00 per session. Transgender Tallahassee further publishes a newsletter, TRANSGENDERSOPE, where members can write about their stories as a transgender person. The website also provides great resources for transgender individuals on local and state connections.
<http://transgender.familytreecenter.org/>

11. **Capital City Youth Services (CCYS)** offers a handful of programs including the Going Places Street Outreach. This program provides services and resources for youth living on the street and to begin a path towards self-sufficiency. This program may be helpful for students who have come out to their family and/or friends and feel uncomfortable about returning home during school holidays or summer term; or for students who feel uncomfortable in their current, off-campus, living situation. Services and resources are available for ages 11-21.
<http://www.ccys.org/programs-at-a-glance/going-places-street-outreach/>
12. **Capital Tea Transgender Support Group** is open to all transgender people to unite the community of transgender individuals, allies, families, and friends to discuss topics and issues affecting this community in a safe and informative environment. Check out their Facebook page to stay updated on meetings and other information. <https://www.facebook.com/capitalteatransgendersupportgroup/>
13. **LGBTQIA Scholarships** is a resource to identify, by state, scholarship opportunities for individuals of the LGBTQIA community, allies, and those questioning their sexual orientation and/or sexual identity.
<https://www.accreditedschoolsonline.org/resources/lgbt-scholarships/>

Physical and Sexual Health

1. **University Health Services (UHS)** offers a variety of services including clinical services, triage clinic, after hours care, referral services, and more.
<http://uhs.fsu.edu/>
2. **Center for Health Advocacy & Wellness (CHAW)** offers Sexual Health Consultation where you can have a safe space to ask questions and receive information related to sex, sexuality, gender related topics, contraception, STI and HIV testing, and free condoms. <https://chaw.fsu.edu/services/sexual-health>
3. **Healthy Campus** is an initiative created by Florida State focusing on a variety of topics, referred to as the eight dimensions of wellness, including environmental, emotional, financial, intellectual, occupational, physical, social, and spiritual. Services for students such as campus resources and information on mental, sexual, and physical health; alcohol, tobacco, and other drugs; and power-based personal violence prevention are readily available. Students can also find information about getting involved on campus such as being a Healthy Nole or The Body Project. <https://healthycampus.fsu.edu/>
4. **FSU Victim Advocate Program** provides services to anyone related to FSU that has been a victim of a crime. The Victim Advocate Program also offers free and confidential services including emotional support, 24/7 crisis assistance, and academic support. The 24/7 hotline is 850-644-7161. <https://dos.fsu.edu/vap>
5. **FSU Case Management Services** can provide you support and help you identify and locate your immediate needs. Case management can also provide short-term crisis counseling and advocacy. <https://dos.fsu.edu/cms>
6. **Neighborhood Medical Center** provides primary care, mental health, dental services, the Ryan White HIV/AIDS Program, and more. Care is provided

whether you have insurance or not and programs are available to help you receive the care that you need. <https://neighborhoodmedicalcenter.org/>

7. **Sally Bellamy Health Center** offers services including birth control, HIV testing, emergency contraception in addition to men's health care. Referral services regarding family planning and LGBT services are available. Interpreters are available at no cost if needed. Major insurances are accepted and information on enrolling in health insurance is available. <https://www.plannedparenthood.org/health-center/florida/tallahassee/32304/tallahassee-health-center-2154-90320>
8. **North Florida Women's Services** offers free pregnancy tests in addition to information and referrals regarding your options once pregnant.
9. **Tallahassee Health Care Center** part of the North Florida/South Georgia Veterans Health System, this center offers a variety of services including medical, dental, surgical, psychiatric, nursing, and ancillary services to acute and chronically ill eligible veterans. <https://www.northflorida.va.gov/locations/tallahassee.asp>
10. **Patient's First** provides urgent care for illnesses and injury in addition to primary care, physicals, diagnostic testing including drug testing. There are multiple locations across Tallahassee and most insurances are accepted in addition to a cash-pay pricing available. <https://www.patientsfirst.com/>

Academic Support

1. **The Academic Center for Excellence (ACE)** at FSU is available to help students develop study skills and habits to make them successful in the classroom. ACE can provide you with tutoring, specific focus on some of the difficult classes at FSU, personal academic consultation with an ACE instructor, and workshops that provide information on academic success. Check out their website for more information and resources they can provide to you: <https://ace.fsu.edu/>
2. **Advising First** is available to give advice and help you navigate courses and requirements. Workshops, conferences, events, and presentations are held by Advising First throughout the semester. College Life Coaches, offered to selected incoming students, help students transition to FSU. Transfer students can find information on their website as well. <https://advisingfirst.fsu.edu/>
3. **Center for Health Advocacy & Wellness (CHAW) Wellness Coaching** is an individualized educational program to provide students with skills to improve their wellbeing and academic performance. Topics of growth include stress and time management, relaxation techniques, eating and sleeping habits, and test taking strategies to name a few. Sessions are free for students and last for one-hour. This is a great resource to take advantage of that requires no commitment and an opportunity to learn applicable skills to help your overall wellbeing at FSU. <https://chaw.fsu.edu/services/wellness-coaching>

4. **FSU Case Management Services** can provide you support and help you identify and locate your immediate needs. Case management can also provide short-term crisis counseling and advocacy. <https://dos.fsu.edu/cms>
5. **FSU Adult Learning Evaluation Center (ALEC)** provides evaluations and interventions for students and adults who believe they may have a Learning Disability or Attention Deficit/Hyperactivity Disorder. The only insurance accepted is FSU's University Health Insurance. ADHD Coaching and Coping Skills Group are available at \$100 and \$50 respectively. <https://education.fsu.edu/centers-institutes/adult-learning-evaluation-center-alec>
6. **Academic Program Guide** check out this guide for information on all majors and tracks at Florida State in a user-friendly way. Simply explore the variety of subjects you may be interested in and then find the majors and degrees that go along with this interest of topic. An academic map and career information, along with additional resources, are available for each major. <http://www.academic-guide.fsu.edu/>
7. **The Career Center** offers a variety of services and resources to students including advising for specific colleges, events, workshops, and information on graduate school. The Career Center will also look over your resume and cover letter and you can practice your interviewing skills. Handshake, similar to LinkedIn, provides Florida State students an opportunity to connect, network, and find jobs and internships. <https://www.career.fsu.edu/>
8. **Center for Academic Retention & Enhancement (CARE)** works to help students' retention and graduation of students who have been disadvantaged by economic or educational situations. College programs help first-generation college students to succeed through a Summer Bridge Program, a CARE Tutoring and Computer Lab; financial aid, academic advising, and college life coaching are also available to CARE students. Within this program is the Unconquered Scholars Program which further provides support to students who were once in foster care, homeless, ward of the State, or in relative care. <https://care.fsu.edu/>
9. **The Center for Leadership & Social Change** offers an outlet for students to learn, serve, and transform. More than thirty programs are offered to get students thinking about leadership and change in their communities and globally. The Center provides a variety of ways to get involved, learn more about social issues and social change, and is an opportunity to connect outside of the classroom. Alternative Spring Break trips, Community Outreach, and Community Ambassadors are just three of the programs offered by the Center. <https://thecenter.fsu.edu/>
10. **Center for Global Engagement (CGE)** is not only a place for support and information for international students, CGE is also a place for any student on campus to get involved and learn more. Educational, social, and cultural programs are put on throughout the year with the most popular event being the International Coffee Hour held every Friday at 5-6:30 pm. CGE offers a space to

get to know people from a variety of backgrounds and learn more about the world. <https://cge.fsu.edu/>

11. **Student Disability Resource Center (SDRC)** provides support and services for students who have a disability, whether it be physical or mental. Accommodations including ASL Interpretation, Emotional Support Animals, and Note Taking Services are just some of the services provided to students who qualify. Check out their website for more information and to complete the application. <https://dos.fsu.edu/sdrc>