



CHP Behavioral Health Resources 2025

What Are Community Behavioral Health Resources?

Community behavioral health resources are services and supports in your local area that help people with mental health, behaviors or substance use concerns. These resources are designed to be accessible, affordable, and to support people of all ages and backgrounds, including children, teens, adults, older adults and families.

Types of Behavioral Health Resources

• Certified Behavioral Health Clinicians:

We have numerous behavioral health clinics in this area. Our [Provider Search Tool](#) can help. Searching for Addiction Medicine, Behavioral Health, Chemical Dependency, Eating Disorders, Psychiatry (physician), Psychology (PhD) will help you narrow down your search. Many of these providers offer in person as well as virtual services.

• Community Mental Health Centers (CMHCs):

Most of the Behavioral Health Clinicians work out of a Community Mental Health Center. The [Provider Search Tool](#) can again help navigate these resources. Under Specialty Group Affiliation, you can search for business names. One example of this would be [Apalachee Center](#). Apalachee Center has same-day in person or virtual access for acute crisis. Intensive Outpatient Rehabilitation and Group therapy sessions are available at several of these locations. Inpatient psychiatric services are available in our network at Apalachee Center, Tallahassee Memorial Hospital Behavioral Health, and Capital Regional Medical Center.

• Primary Care and Pediatric Clinics:

Some primary care offices and pediatricians work with mental health specialists to provide screening, counseling, and referrals for behavioral health needs. This can make it easier to get help in a familiar setting. Discuss your concerns with your Primary Care Provider for details.

• Peer Support and Family Education:

Peer support programs connect people with others who have lived experience with mental health or substance use challenges. Family education programs help families understand mental health conditions and how to support their loved ones. Two great examples of this is [Hospice Grief counseling](#) and the [Diabetes Education and Empowerment Program](#).

- **Digital and Self-Help Resources:**

There are free and low-cost online resources and mobile apps for stress management, mindfulness, and mental health education. Examples include resources from the National Alliance on Mental Illness ([NAMI](#)) and [Mental Health America](#). CHP also offers access to [HealthWise](#), a free educational tool. These tools can help with education, relaxation, coping skills, and learning about mental health, but are best used alongside professional care. Some apps can also be purchased through the [Wellness Benefit program](#). Some examples include [Calm](#), [Headspace](#), [Apple Fitness](#), and [Noom](#).

Why Use Community Behavioral Health Resources?

- Early support can prevent problems from getting worse and help people recover more quickly.
- Services are often available in less restrictive, more comfortable settings like homes, schools, or community centers.
- Many programs focus on wellness, prevention, and building resilience, not just treating illness.
- Resources are available for people of all ages, including children, teens, adults, and families.

How to Access These Resources

- **Ask your doctor or school counselor** for information about local mental health services.
- **Contact your local CCBHC or CMHC** to learn about available programs.
- **Visit trusted websites** like NAMI (www.nami.org) or Mental Health America (www.mhanational.org) for information and self-help tools.
- **Check with your [insurance provider](#)** to see which services are covered.
- **Look for support groups** in your area for people with similar experiences.

Tips for Getting the Most Out of Community Resources

- Be open about your needs and concerns.
- Involve family members or trusted friends if you feel comfortable.
- Ask questions about the types of services offered and what to expect.
- Remember that early intervention and ongoing support can make a big difference in mental health and well-being.

If you or someone you know is in crisis, call **211** or go to the nearest emergency room.