

Drop - In Center Activities Include:

- Peer Support
- Employment Assistance
- Recreational activities
- Skill building
- Individualized recovery plan development
- Links to local support services
- And MORE!

You do not need a referral. There is no cost to join us. If you are a person who experiences mental health challenges or has been affected by someone who has,
Just "Drop In"!

We would love to see you and hear from you!

Apalachee Center's
Drop - In Center
is located at our Apalachee Center at
Bethel location.
471 West Tennessee Street
Tallahassee, Florida 32301
Phone: (850) 523-3333 ext. 5404
Monday through Friday
8am-5pm



Our History

Apalachee Center, Inc. has served the Tallahassee community since 1948. In 1977, services were expanded to include the surrounding seven counties, resulting in a service area that now spans 5,500 square miles. We serve approximately 7,500 clients each year and employ more than 500 individuals throughout our many facilities and programs.

We are currently the largest community mental health center between Pensacola and Gainesville. We serve as intern/resident sites for both Florida State University and Florida Agricultural and Mechanical University in areas that include pharmacy, psychiatry, social work, nursing, and psychology.

Apalachee Center's Main Campus

24/7 Evaluations & Admissions

Phone: (850) 523-3483

Mobile Response Team

24/7 Crisis Line

Phone: (800) 342-0774



Drop-In Center



What is a Drop-In Center?

The Drop-In Center is a peer-run community meeting place for anyone experiencing or affected by someone who has mental health, substance use, or co-occurring challenges. The Drop-In Center is a [SAFE](#) and [WELCOMING](#) place. You can acquire resources, skills, and opportunities needed to transition into healthy, independent living. People like you are there to help you increase your social support, learn about self-advocacy, and learn how to reduce isolation. The focus is on improving self-esteem and building an independent life based on your own vision. We can help you develop your own Wellness Recovery Action Plan (WRAP), which is a self-care plan, including how to deal with a crisis.

We welcome **ANYONE** who is interested in growing and learning.



WHAT'S IN IT FOR YOU?

You are encouraged and supported in reaching your chosen Recovery Goals. You can develop new skills, make new friends and enjoy discovering what brings out your best life!

Connect:

- Peer Support and Support group
- Be part of the community

Discover Hope and Optimism about the Future:

- Learn about the probability of recovery
- Get motivated and move toward your goals

Explore your Meaning in Life:

- Examine spirituality
- Improve your Quality of Life
- Rebuild/Refine Positive Sense of yourself

Empowerment:

- Personal Responsibilities/Choices
- Control Over Life
- Focus upon Strengths



WHAT IS PEER SUPPORT?

Our Recovery Coaches all have lived experience of mental health, substance use, and/or co-occurring challenges.

Our peers have training and state certification that add to their skills and knowledge. They can help link you to services and treatment.

Recovery Coaches work one-on-one as well as in group settings. They strive to empower you to achieve your hopes, dreams, and goals, and inspire you on your personal wellness and recovery journey.



At the Drop-In Center, there is always a Recovery Coach available to speak with and encourage you along your path.