

# Need someone to talk to?

The Counseling Center at TCC is a place for you as students to find support. We offer free and confidential mental health counseling.

**Call 850-201-7726 or email us at [counselingcenter@tcc.fl.edu](mailto:counselingcenter@tcc.fl.edu)** to set up an appointment with one of our licensed counselors.

## Location

TPP 141 -facing the parking garage  
444 Appleyard Dr.  
Tallahassee, FL 32304

## Hours of Operation

MONDAY- FRIDAY 8 AM - 5 PM

## Emergency Hour

MONDAY- FRIDAY Noon - 1 PM

## More Information

<https://www.tcc.fl.edu/student-life/student-services/student-accessibility-services-sas/counseling-center/>



# THE COUNSELING CENTER

at Tallahassee  
Community College





# Mental Health Counseling services are **free** and **confidential**

Services are available for all  
CURRENTLY ENROLLED students.

## Services Include:

- Individual and Group Counseling
- Crisis intervention
- Self-Help Information
- Community Referrals
- Mental Health Assessments

Consultations, workshops, and classroom presentations are available for TCC and partnering schools staff and faculty.



## Reasons you might visit The Counseling Center at TCC:

- Depression
- Anxiety
- Relationship difficulties
- ADHD
- Eating disorders
- Suicide prevention
- Academic concerns
- Anger
- Grief and loss
- Financial problems
- Stress
- Addiction

## Relaxation Room Will be closed Fall 2020

No appointment needed, just let the front desk know you would like to use the Relaxation Room. In there you will find a quiet atmosphere with phone chargers, adult coloring books, and complimentary tea and coffee.

# DID YOU KNOW?

Suicide is the 2nd leading cause of death for college students.

## Possible Warning Signs

- Talking about wanting to hurt oneself
- Feeling hopeless and/or worthless
- Looking for way to kill oneself
- Uncontrolled anger or rage
- Giving away belongings
- Feeling trapped in one's life
- Increasing alcohol or drug use
- Withdrawing from loved ones
- Feeling anxious or agitated
- Risky behavior- without thinking
- Unable to sleep or sleeping frequently
- Lacking purpose or a reason for living
- Dramatic positive/negative mood shift

**Call 911**

**TCC Police**

850-201-6100

**Crisis Text Line**

Text HOME to 741741

**Suicide Prevention Lifeline**

1-800-273-8255

**211 Big Bend**

Dial 2-1-1