

# Need someone to talk to?

The Counseling Center at TCC offers free and confidential mental health counseling.

**Call 850-201-7726** 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 | 12PM - 1 PM



## WellTrack

### Interactive Self-Help Therapy

WellTrack is a free mental health app that provides self-guided therapeutic tools and courses. Log in with your TCC email at [welltrack.com](http://welltrack.com) or download in the app store/google play store.

## More Information

[tcc.fl.edu/counselingcenter](http://tcc.fl.edu/counselingcenter)  
email: [counselingcenter@tcc.fl.edu](mailto:counselingcenter@tcc.fl.edu)



# 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 ways 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

## TCC Police

850-201-6100

## Crisis Text Line

Text HOME to 741741

## Suicide Prevention Lifeline

1-800-273-8255

**Call 911**

**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

## Need a place to practice relaxation techniques and take a break? Try our Relaxation Room

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, art therapy activities, and complimentary tea and coffee.

## Mental Health Counseling services are free and confidential

Services are available for all CURRENTLY ENROLLED students.

### Services Include:

- Individual counseling | zoom and in-person.
- Group counseling
- Crisis intervention
- Self-help information
- Referrals

Consultations, workshops, and classroom presentations are available for TCC faculty and staff. email: [counselingcenter@tcc.fl.edu](mailto:counselingcenter@tcc.fl.edu)