



Extension  
Institute on Human Development and Disability

## Mental Health Resources

County: MUSCOGEE

AmericanWork 421 12th St 706-494-7796	Behavioral Health Partneres 3575 Macon Rd, Ste 18 706-565-5927	Ellie Mental Health 2301 Brookstone Centre Pkwy, Ste 200 706-940-5677
Grace Harbour 6003 Veterans Pkwy 770-486-1140	Jennifer Galloway 1727 Boxwood Pl 706-569-0727	LifeStance Health 820 Brookstone Centre Pkwy 706-653-2889
Midland ACT Team 9067 Veterans Pkwy 706-641-9663	New Horizons Behavioral Health 2100 Comer Avenue Columbus, Ga 31907 706-596-5500	Oxygen Mental Health 2210 Wynnton Rd #206 706-565-7676
Performance Counseling 1240 Wildwood Ave 706-905-0617	Psychiatric Services at Brookstone 2263 Brookstone Centre Pkwy, Suite A 706-341-4060	Riverside Behavioral Health 1215 2nd Ave 706-323-0550
Rivertown Psychiatry 6003 Veterans Pkwy, Ste 100 706-223-1933	St. Francis Psychiatry 2000 16th Ave 706-320-3770	The Bradley Center 2000 16th Ave 706-320-3700
West Central DBHDD 3000 Schatulga Rd 706-568-5000		

***If you or someone else is experiencing a mental health crisis, call 988.***

The mental health resources provided on this list are for informational purposes only and are not intended to replace professional advice or treatment. It is important to note that every individual's mental health needs are unique and may require a personalized approach. While we have made every effort to ensure the accuracy and quality of the information provided, we do not endorse or guarantee any of the organizations or services listed. We strongly encourage individuals to conduct their own research and seek professional guidance before utilizing any of the resources on this list.



Southern Ag Exchange Network

*Funding was made available through the Southern Ag Exchange Network (SAGE). The Southern Ag Exchange Network Is The Southern Region Effort Of The U.S. Department Of Agriculture's Farm And Ranch Stress Assistance Network (FRSAN), Which Is Made Up Of Four Regional Groups Charged With Addressing Heightened Stress And Elevated Suicide Rates In Rural Farming Communities.*



# RESOURCE GUIDE provided by: 211 & Columbus, Georgia

706-748-3303 Office

Mission: To inspire and equip all students to achieve unlimited potential.

## IN AN EMERGENCY OR CRISIS

### For assistance in an emergency situation

Dial 911

### National Suicide Prevention Lifeline - speak to a counselor

1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)

### Georgia Crisis and Access Line (GCAL)

1-800-715-4225 24 hours

### National Alliance for Mental Illness (NAMI)

Info Helpline 1-800-950-NAMI (6264)

### National Suicide Prevention Lifeline Web Chat

Online emotional support - Lifeline Web Chat

<https://suicidepreventionlifeline.org/chat/>

### Disaster Distress Helpline

1-800-985-5990

<http://disasterdistress.samhsa.gov>

### National Runaway Safeline

1-800-621-4000

### National Crisis Text Line

Text GA to 741741

## DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

### National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### National Center for Missing and Exploited Children

1-800-843-5678 24 Hour Helpline

1-800-826-7653 TDD

<http://www.missingkids.com> [hotline@ncmec.org](mailto:hotline@ncmec.org)

### RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

[www.rainn.org](http://www.rainn.org)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

### Sexual Assault Support Center, Inc. Columbus, GA

Crisis Hotline: 706.571.6010

<https://www.thecenterat909.org/>

### Columbus Alliance For Battered Women, Inc. d/b/a Hope Harbour

1-706-324-3850 24-Hour Crisis/Intake

<http://hopeharbour.org>

[info@hopeharbour.org](mailto:info@hopeharbour.org)

### Report Child/Abuse Neglect

Muscookee County Division of Family/Children Services (DFCS)

1-855-422-4453

<https://dfcs.georgia.gov/locations/muscookee-county>



## MUSCOGEE COUNTY SCHOOL DISTRICT (706) 748-2000

### **Student Services Division**

Dr. Angela Vickers-Ward, Chief Officer of Student Services Division  
Sonia Sheehan, Manager of Student Services Division

### **Prevention and Intervention Practices**

Dr. Kenya Gilmore, Director, Prevention and Intervention Practices  
Dr. Nikki Sutton, Program Manager of MTSS Implementation  
Courtney Lamar, School Mental Health Coordinator

### **Guidance Services and McKinney-Vento**

Dr. Trikella Nelson, Director of Guidance and Counseling Services

### **Military Child Education Coalition**

Darlene Register, Project Director

### **Program for Exceptional Students**

Mrs. Sonja L. Matthews-Coaxum Executive Director of Program for Exceptional Students (PES)  
Robin Barber, Director of Program for Exceptional Students (PES)

## CHILD ADVOCACY PROGRAMS SERVING THE COLUMBUS AREA

### **The Bradley Center Of St Francis**

Inpatient Mental and Behavioral Health Services

*The Bradley Center provides diagnostic and short-term/crisis mental health and behavioral treatment services for children, adolescents, and adults, including older adults, who have acute psychiatric disorders, require hospitalization for maximum benefit.*

2000 16th Ave | Columbus, GA 31901 | (706) 320-3753

Description: The Bradley Center provides diagnostic and short-term/crisis mental health and behavioral treatment services for children, adolescents, and adults, including older adults, who have acute psychiatric disorders, require hospitalization for maximum benefit, and who may be a threat to themselves, to their families or to others if left in the community or placed in a less restrictive treatment setting. Services include a comprehensive evaluation; 24-hour care in a supportive, therapeutic environment; counseling for the patient and family; adjunctive therapies, as needed; medication, if required; and an aftercare program following discharge. The Bradley Center also provides crisis residential treatment, outpatient commitment, intake and assessment for psychiatric services, medication monitoring, geriatric psychiatry, transcranial magnetic stimulation therapy, psychiatric day treatment, 23-hour psychiatric observation, and provides referrals to licensed clinical social workers, professional counselors, marriage and family therapists, psychiatrists, and psychologists.

Service Hours: 24 hours daily

Intake Hours: 24 hours daily

Eligibility: Assessment: no age restrictions, developmentally disabled may be subject to additional assessment to ensure needs can be met

Admission: Children 10-17 years of age, adolescents and adults

Intake Procedures: walk-in, can receive directly from EMS/ambulance/law enforcement without prior medical clearance

Documents: No documents required, picture ID/driver license, insurance information, medical or psych records if available

Fees: Assessment: none

All other services: based on insurance, sliding scale based on ability to pay may be available

Payment Methods: accepts Medicaid, Medicare, Peachcare, Private Insurance

Languages: access to language line



## **Twin Cedars Youth Services, Inc. Chattahoochee Court Appointed Special Advocates**

**(CASA)** Columbus, GA

(706) 327-9612 Main Client Number

(706) 327-9612 ext. 1506 Volunteer Line (706) 327-9612 ext. 1511 Volunteer Line

<http://twincedars.org>

Eligibility: abused and neglected children 18 years of age and below involved in deprivation proceedings in the Juvenile Court

Documents: Court order

Referral Required: referral from Juvenile Court

Fees: none

## **TREATMENT RESOURCES**

### **APT Counseling Services**

*Office provides psychological assessment, counseling and therapy services that address a wide range of emotional and behavioral issues. Personalized treatment plans are tailored to each individual client.*

1501 13th St. | Suite R | Columbus, GA 31901 | (706) 366-0960

Confidential Address

Services: Adolescent/Youth Counseling

[drambroespass-turner.com](http://drambroespass-turner.com)

Description: Office provides psychological assessment, counseling and therapy services that address a wide range of emotional and behavioral issues. Personalized treatment plans are tailored to each individual client.

Service Hours: 9:00 am to 5:00 pm MON - FRI

Eligibility: no restrictions

Intake Procedure: appointment, e-mail, Internet

Documents: picture ID/driver license, proof of insurance if available

Fees: straight fee, sliding scale for low-income individuals offered on a limited basis

Payment/Methods: accepts Medicaid, Private Insurance

Area Served: Chattahoochee, Harris, Marion, Muscogee, Stewart, Talbot, Taylor

Accessibility: Indoor Wheelchair Access, Parking for Disabled

Services: Adolescent/Youth Counseling, Adult Child Sexual Abuse Survivor Counseling, Adult Sexual

Assault Prevention, Alcohol Use Disorder Education/Prevention, Anger Management, Anxiety Disorders

Screening, Bereavement Counseling, Caregiver Counseling, Child Abuse Counseling, Child Abuse

Prevention, Child Guidance, Child Sexual Abuse Counseling, Community Mental Health Agencies and much more.

### **Department of Public Health- West Central District**

2100 Comer Ave.

2nd Floor

Columbus, GA 31904

Phone: 706-321-6300

FAX: 706-321-6126

Emergency After Hours: 1-866-752-3442

<https://dph.georgia.gov/childrens-health>

### **Babies Can't Wait**

Eligibility: birth to 3 years of age with developmental delay/disabilities or diagnosed with medical conditions known to result in developmental delay/disabilities

Phone: 706-321-6300

Fax: 706-321-6126

Emergency After Hours: 1-866-752-3442

Fees: Service Coordination (case management): Free

All Other Services: sliding scale

Payment Methods: accepts Medicaid, private insurance, cash, or check

Languages: Spanish, literature available in Spanish



### **Clearwater Case Management And Behavioral Health Services**

Services (Making A Difference (MAD) Academy)

*Program is designed to improve the whole child, academically and behaviorally, through intensive counseling and guidance. Services include but are not limited to: case management, family training, anger management, conflict resolution and self-esteem.*

233 12th St. | Suite 911-A | Columbus, GA 31901 | (706) 940-0534

Making A Difference (MAD) Academy

Services: Adolescent/Youth Counseling

[clearwatercbs@gmail.com](mailto:clearwatercbs@gmail.com)

Description: Program is designed to improve the whole child, academically and behaviorally, through intensive counseling and guidance. Services include but are not limited to: case management, family training, anger management, conflict resolution, self-esteem and peer counseling. Peer mentoring is available for male clients.

Service Hours: 7:30 am to 6:00 pm MON - FRI

Eligibility: no restrictions

Intake Procedure: telephone, walk-in, appointment, e-mail

Documents: No documents required, insurance card if available

Fees: sliding scale, unaccompanied minors (those in foster care, runaways, homeless up to age 18) may be eligible for free care: call for details

Payment Methods: accepts Medicaid, Medicare, Peachcare, Private Insurance

Services: Adolescent/Youth Counseling, Anger Management, Caregiver Counseling, Central Intake/Assessment for Mental Health Services, Child Guidance, Condition Specific Mental Health Information/Education for Attention Deficit/Hyperactivity Disorder, Condition Specific Mental Health Information/Education for Conduct Disorder and much more.

### **Columbus Counseling Associates, Dba Lucy Tovar Murillo, Lpc**

*Agency provides counseling services to families and individuals specializing in abuse, neglect, anxiety, trauma, parenting, PTSD, school-related stresses, and grief.*

4 Bradley Park Ct. | Suite 1-H | Columbus, GA 31904 | (706) 327-1222

Description Agency provides counseling services to families and individuals specializing in abuse, neglect, anxiety, trauma, parenting, PTSD, school-related stresses, and grief.

Service Hours: 8:00 am to 6:00 pm MON WED FRI-SUN

8:00 am to 7:00 pm TUE THU

Intake Hours: 9:00 am to 5:00 pm MON - FRI

Eligibility: no restrictions

Intake Procedure: telephone, appointment

Documents: picture ID/driver license, insurance card

Fees: straight fee, sliding scale

Payment Methods: accepts Private Insurance

Languages: Spanish

Services: Adolescent/Youth Counseling, Anxiety Disorders Screening, Bereavement Counseling, Child Abuse Counseling, Child Sexual Abuse Counseling, Cognitive Behavioral Therapy, Cultural Transition Counseling, Eye Movement Desensitization and Reprocessing, Family Counseling, Family Psychoeducation, General Mental Health Information/Education, Group Counseling, Individual Counseling, Licensed Professional Counselor Referrals, Marriage and Family Therapist Referrals, Parent Counseling, Private Therapy Practices, Psychiatrist Referrals, Psychologist Referrals, Suicide Counseling and Teen Support Group



### **Community Development System, Inc.**

11 10th St., Columbus, GA 31901 (478) 743-8333 Main Client Number  
(866) 902-4237 Toll-Free Line, (478) 743-8308 Fax <http://cdsga.org>, [administrator@cdsga.org](mailto:administrator@cdsga.org)  
Community Development System, Inc. provides community based outpatient mental health services utilizing a wide array of research methods to assess and treat mental, behavioral, and anxiety disorders.  
Service hours: 8:30 am to 5:30 pm MON - FRI, weekend appointments may be available, call for details  
Intake hours: 8:30 am to 5:30 pm MON - FRI  
Eligibility: children, youth, and teens 5 to 21 years of age  
Referral required: agency referral, case worker, physician referral, school or self-referral  
Fees: sliding scale  
Payment methods: accepts Medicaid, Peachcare, Wellcare, Amerigroup, CareSource, PeachState, Private Insurance

### **Family Center of Columbus, Inc./Family Counseling of Columbus**

Family Center Of Columbus, Inc./Family Counseling Of Columbus  
Counseling Services (Family Counseling of Columbus)  
Family Counseling of Columbus provides outpatient clinical counseling, education and support services to children, adolescents, adults, couples and families aimed at improving family and marital relationships and better management of emotional, mental health.  
1350 15th Ave. | Columbus, GA 31901 | (706) 327-3238  
Description: Family Counseling of Columbus provides outpatient clinical counseling, education and support services to children, adolescents, adults, couples and families aimed at improving family and marital relationships and better management of emotional, mental or behavioral problems.  
Service Hours: 8:00 am to 5:00 pm MON WED  
8:00 am to 7:00 pm TUES THUR  
8:00 am to 2:00 pm FRI  
Eligibility: no restrictions  
Intake Procedures: telephone, appointment  
Documents: varies by service: call for details  
Fees: sliding scale  
Payment Method: cash, credit/debit, some private insurance is accepted  
Languages: literature available in Spanish  
**Services:** Adolescent/Youth Counseling, Adult Child Sexual Abuse Survivor Counseling, Anger Management, Anxiety Disorders Screening, Bereavement Counseling, Child Abuse Counseling, Child Abuse Prevention, Child Sexual Abuse Counseling, Community Mental Health Agencies, Conjoint Counseling, Crime Victim/Witness Counseling, Depression Screening, Divorce Counseling, Early Intervention for Mental Illness, Family Counseling, Family Counseling Agencies, Family Psychoeducation, Gender Identity Counseling, General Counseling Services, Geriatric Counseling, Group Counseling, In Person Crisis Intervention, Individual Counseling, Licensed Clinical Social Worker Referrals, Licensed Professional Counselor Referrals and much more.

### **Fort Benning Maneuver Center of Excellence - Community Resource Guide**

*The Social Work Services program provides two separate courses of treatment: spouse abuse and child abuse. The course of treatment for both includes individual, marital, family and group counseling.*  
6600 Van Aalst Blvd. | Building 9250 | Fort Benning, GA 31905 | (762) 408-4076  
(762) 408-4076 Main Client Number  
Services: Child Abuse Reporting/Emergency Response  
<http://www.martin.amedd.army.mil/counseling.htm>  
Description: The Social Work Services program provides two separate courses of treatment: spouse abuse and child abuse. The course of treatment for both includes individual, marital, family and group counseling. The child abuse program is integrated with various support services on and off post, to include collaboration with local Department of Family and Children Services. Marriage counseling is also offered for non-violent incidents.  
Service Hours: 8:00 am to 4:30 pm MON - FRI  
Eligibility: Active duty soldiers, family members and retirees  
Intake Procedure: telephone, walk-in, appointment  
Documents: Military ID card

Fees: none

Location: Building 9250, Van Alst Blvd., Ft. Benning, GA

Services: Adult Child Sexual Abuse Survivor Counseling, Anger Management, Child Abuse Counseling, Child Abuse Medical Evaluations, Child Abuse Prevention, Child Abuse Reporting/Emergency Response, Child Abuse Support Groups, Child Sexual Abuse Counseling, Domestic Violence Intervention Programs, General Abuse Prevention, Hospital Based Domestic Violence Programs, Marriage Counseling, Parenting Skills Classes, Spouse/Intimate Partner Abuse Counseling, Spouse/Intimate Partner Abuse Prevention

### **Generation Next**

1727 Boxwood Place Columbus, GA 31906 (706) 569-0727

Generation Next provides services for emerging adults from the ages of 16-26 living with mental health or co-occurring conditions. Support services include: Life Skills groups, Medication management, Individual Counseling and appointments with Physicians/Nurse Practitioners.

Fees: straight fee

Payment methods: Medicaid, Medicare, Peachcare, Private Insurance

Population Served: age 16-26 years of age

### **Georgia Division of Public Health - West Central Health District**

2100 Comer Ave., Columbus, GA 31904 (706) 327-0189 Main Client Number  
(706) 327-1355

<https://dph.georgia.gov/women-and-children>

<https://westcentralhealthdistrict.com/>

### **Georgia Hope**

1414 Dug Gap Rd., Dalton, GA 30720, Office- (706)279-0405

Payment methods: Medicaid/Private Insurance

Eligibility: children ages 5-18 and adults

Provides: Behavioral Health Assessments, Individual counseling, Family counseling, Couples counseling, Group Therapy and Case Management (CSS/CSI).

### **Mentoring And Behavioral Services, Llc**

*MBS provides counseling and applied behavioral analysis therapy (ABA) for youth and adolescents in an individual setting. Parent/caregiver training is also available.*

1133 13th St. | Columbus, GA 31901 | (706) 225-0101

Services: Adolescent/Youth Counseling

Description: MBS provides counseling and applied behavioral analysis therapy (ABA) for youth and adolescents in an individual setting. Parent/caregiver training is also available.

Service Hours: 10:00 am to 6:00 pm MON - FRI

Eligibility: youth 1 to 18 years of age and their parents or caregivers

Intake Procedure: telephone, appointment, e-mail, Internet

Documents: social security card, application form, picture ID/driver license, medical or psych records, IEP if available

Referral Required: physician (primary care) or caseworker referral, prior authorization from insurance carrier

Fees: straight fee (insurance co-pay)

Payment Method: accepts Medicaid, Medicare, Private Insurance (Tricare, Aetna, BCBS, United HealthCare) please confirm with insurance carrier to verify coverage prior to appointment

Services: Adolescent/Youth Counseling, Anger Management, Anxiety Disorders Screening, Applied Behavioral Analysis, Caregiver Counseling, Child Guidance, Depression Screening, General Counseling Services, Individual Counseling, Licensed Professional Counselor Referrals, Private Therapy Practices



### **Pastoral Institute Counseling Center**

Counseling Services(Counseling Center)

*The Pastoral Institute provides counseling to individuals, couples, families and children for a wide spectrum of mental health and behavioral issues. Staff includes psychologists, social therapists, addiction counselors, pastoral counselors*

2022 15th Ave. | Columbus, GA 31901 | (706) 649-6500

Description: The Pastoral Institute provides counseling to individuals, couples, families and children for a wide spectrum of mental health and behavioral issues. Staff includes psychologists, social therapists, addiction counselors, pastoral counselors (regardless of denomination) and professional counselors. Counseling services for companies offering EAP (Employee Assistance Program) for their employees is available.

Service Hours: 8:00 am to 8:00 pm MON - THU, 8:00 am to 5:00 pm FRI

Intake Hours: 8:00 am to 5:00 pm MON - FRI

Eligibility: no restrictions

Intake Procedures: telephone, appointment

Documents: application form

Fees: Private clients: sliding scale

EAP/CCP clients: eligible for limited free counseling sessions, call for details

Payment Method: Private Insurance

Languages: Spanish

Accessibility: Indoor Wheelchair Access, Parking for Disabled, Wheelchair Ramps

Services: Adolescent/Youth Counseling, Adult Child Sexual Abuse Survivor Counseling, Alcohol Use Disorder Counseling, Anxiety Disorders Screening, Caregiver Counseling, Child Guidance, Community Mental Health Agencies, Conjoint Counseling, Counseling for Children Affected by Domestic Violence, Depression Screening, Divorce Counseling, Drug Use Disorder Counseling, Drug/Alcohol Use Self Evaluation Tools, Eating Disorders Screening, Employee Assistance Programs, Faith Based Counseling, Family Counseling, Family Counseling Agencies and much more.

### **Project Rebound, Inc.**

1130 Brown Ave., Columbus, GA 31906 (706) 221-4830 Main Client Number

Referral required: case worker

Fees: sliding scale

Payment methods: accepts some insurances, call for details

Languages: Spanish

### **New Horizons Behavioral Health**

*New Horizons Behavioral Health provides comprehensive and professional care for individuals and families struggling with mental illness, developmental disabilities or addictive diseases. Services include inpatient and outpatient treatment, mental health services.*

2100 Comer Ave. | Columbus, GA 31906 | (706) 596-5500

Mental Health Care, Addiction, Case Management, Homeless Outreach and Counseling Services

Services: Adolescent/Youth Counseling

[nhbh.org](http://nhbh.org)

Description: New Horizons Behavioral Health provides comprehensive and professional care for individuals and families struggling with mental illness, developmental disabilities or addictive diseases. Services include inpatient and outpatient treatment, mental health evaluations, counseling services, case management and medication monitoring.

Service Hours: 8:00 am to 5:00 pm MON - FRI

Eligibility: individuals with mental illness, developmental disabilities or addictive diseases and their families

Intake Procedure: telephone, walk-in, appointment

Documents: birth certificate, social security card, application form, proof of residence or lease, proof of income

Fees sliding scale

Payment Method: accepts Medicaid, Medicare, Private Insurance

Services: Adolescent/Youth Counseling, Alcohol Use Disorder Education/Prevention, Anger Management, Anxiety Disorders Screening, Central Intake/Assessment for Mental Health Services, Clinical Psychiatric Evaluation, Community Mental Health Agencies, Depression Screening and much more.





### **Rachel's Vineyard**

Confidential Address, Columbus, GA 31907 (706) 569-0614 Main Client Number  
(877) 467-3463 24-Hour Helpline 1-877-HOPE-4-ME  
(866) 482-5433 National Hotline for Abortion Recovery  
<http://rachelsvineyard.org> [info@rachelsvineyard.org](mailto:info@rachelsvineyard.org)

Fees: weekend retreat: sliding scale  
Hotline: free

### **Resolution AMC (Resolution Anger Management and Counseling)**

3575 Macon Rd. Suite 8  
Columbus, GA 31907  
(706) 641-2414 Main Client Number  
(706) 641-2408 Fax  
<http://resolutionamc.com>

Fees: straight fee  
Payment methods: accepts Medicaid, Private Insurance  
Area served: Barbour (AL), Bullock (AL), Chattahoochee, Harris, Macon (AL), Muscogee, Pike (AL), Russell (AL),  
Services: Alcohol Use Disorder Support Groups, Anger Management, Central Intake/Assessment for Alcohol Use Disorder, Central Intake/Assessment for Drug Use Disorders, Central Intake/Assessment for Mental Health Services, Drug Use Disorder Support Groups, Family Counseling, Group Counseling, Individual Counseling, Parenting Skills Classes

### **Right From The Start**

Relationship Education  
PO Box 550, Columbus, GA 31902, 706-256-1019  
Director: Ruthie Hite  
[rhite@stlukeum.com](mailto:rhite@stlukeum.com)  
Languages: English  
Fees: minimal for classes

### **Riverwoods Psychiatric Center**

223 Medical Center Dr., Riverdale, GA 30274  
(770) 991-8500 Main Client Number (770) 991-8507 Fax <http://www.southernregional.org>  
Eligibility: 9 years of age and above  
Intake procedure: telephone, walk-in  
Documents: Proof of insurance  
Fees: varies by program  
Payment methods: accepts Medicaid, private insurance

### **SBZ Services Unlimited, Inc.**

Confidential Address, Columbus, GA 31909 (706) 571-8772 Main Client Number  
(706) 571-8789 Main Number  
<https://yourfirststep.org/treatment-center/sbz-services-unlimited-inc-mcdonough-ga/>  
Unpublished: SBZ is a for profit company that accepts Medicaid and Medicare.  
Fees: straight fee  
Payment methods: accepts Medicaid, Medicare, Private Insurance



### **Serenity Now Counseling Services**

*Agency provides individual counseling to children, teens and adults as well as family counseling as needed with a focus on overall wellness.*

3719 Weems Rd. | Unit B | Columbus, GA 31909 | (706) 604-7145

Services: Adolescent/Youth Counseling

[serenitynowcolumbus@gmail.com](mailto:serenitynowcolumbus@gmail.com)

Description: Agency provides individual counseling to children, teens and adults as well as family counseling as needed with a focus on overall wellness.

Service Hours: 10:00 am to 6:00 pm MON - FRI

Eligibility: no restrictions

Intake Procedures: appointment

Documents: picture ID/driver license, proof of income, insurance card

Fees: straight fee, sliding scale based on income

Payment Methods: accepts BCBS, Wellcare, Amerigroup, AmBetter, Aetna, TriCare, Care Source, Peach State

Services: Adolescent/Youth Counseling, Alcohol Use Disorder Counseling, Anger Management, Anxiety Disorders Screening, Bereavement Counseling, Conjoint Counseling, Depression Screening, Drug Use Disorder Counseling, Eating Disorders Screening, Family Counseling, Gambling Addiction Screening, General Assessment for Substance Use Disorders, General Counseling Services, General Mental Health Screening, Group Counseling, Individual Counseling, Parent Counseling, Private Therapy Practices, Psychiatric Disorder Counseling, Psychiatrist Referrals, Psychologist Referrals, Self Injury Screening, Stress Management

### **Teens Empowerment Awareness With Resolutions, Inc. /TEARS**

*Services designed to treat, inform, empower and encourage youth to make sound healthy decisions so that their paths lead them to successful futures. Program provides mentoring, anger management, youth guidance and counseling, substance abuse/prevention.*

1011 South Railroad St. | Phenix City, AL 36867 | (334) 291-6363

Description: Services designed to treat, inform, empower and encourage youth to make sound healthy decisions so that their paths lead them to successful futures. Program provides mentoring, anger management, youth guidance and counseling, substance abuse/prevention classes, life skills coaching, safe sex and abstinence education and runaway/dropout prevention.

Service Hours: 10:00 am to 6:00 pm MON - THU, 9:00 am to 2:00 pm FRI

Intake 11:00 am to 4:30 pm MON - THU; 10:00 am to 1:00 pm FRI

Eligibility: youth 11 to 18 years of age; 21 years in special cases

Intake Procedure: telephone, appointment

Documents: Application form, birth certificate, social security card, picture ID/driver license

Referral Documents: Juvenile Court, Dept of Human Resources, local schools, concerned parents/guardians may self-refer

Fees: sliding scale

Payment Method: Medicaid

Languages: literature available in Spanish

**Services:** Adolescent/Youth Counseling, Alcohol Use Disorder Education/Prevention, Anger Management, Child Guidance, Drug Use Disorder Education/Prevention, GED/High School Equivalency Test Instruction, General Counseling Services, General Juvenile Delinquency Prevention Programs, Homework Help Programs, In Person Crisis Intervention, Juvenile Delinquency Diversion Counseling, Licensed Professional Counselor Referrals, Life Skills Education, Psychologist Referrals, Runaway Prevention Programs, Runaway/Homeless Youth Counseling, Sex Offender Counseling, Sexual Abstinence Education Programs, Subject Tutoring, Youth Violence Prevention

### **Transformation Counseling Services**

233 12th Ste. 513, Columbus, GA 31901 (762) 822-7856 Main Client Number

(866) 381-8854 Fax

Fees: reduced fee available for low-income individuals and families

Payment methods: Private Insurance



MENTAL  
HEALTH  
FIRST AID®

RESOURCES GUIDE

**Twin Cedars Youth Services, Inc.**  
**Children's Tree House Counseling Services**

1225 3rd Ave. (706) 616-3976 Main Client Number  
Columbus, GA 31901

Description: The Community Counseling Program provides therapy to individuals and families to provide them with the tools necessary to decrease problems, build coping skills, and improve family relationships.

Service hours: hours vary, call for details

Intake hours: 8:00 am to 5:00 pm MON - FRI

Eligibility: children up to 18 years of age and their families

Intake procedure: telephone, appointment

Documents: insurance card, medical or psych records if available

Fees: straight fee

Payment methods: accepts Medicaid, Medicare, Private Insurance, direct pay

Languages: access to language line

**Youth Villages - Inner Harbour Campus**

4685 Dorsett Shoals Rd., Douglasville, GA 30135 (770) 852-6300 Main Client Number

(800) 255-8657 Toll Free Line <http://www.youthvillages.org>

Eligibility: children 6 to 17 years of age

Intake procedure: telephone, appointment, Internet, e-mail

Fees: straight fee; Payment methods: accepts Medicaid, Medicare, Peachcare, private insurance

Languages: Spanish

**Fort Benning Maneuver Center of Excellence**

**Children and Youth Behavioral Services,**

Bldg. 1056, Baltzell Avenue (706) 696-9886

<https://www.benning.army.mil/mcoe/>

**Martin Army Child and Family Behavioral Health System (CAFBHS)**

Outreach Program Coordinator, Tony Toliver (762)408-4027 or cell (762)822-2015

[Tony.L.Toliver3.civ@mail.mil](mailto:Tony.L.Toliver3.civ@mail.mil)

Eligibility: Active Duty, Army Reserve/National Guard/Family members/Retirees and civilian personnel

Documents: DOD ID Card

**MENTAL HEALTH SERVICES- PRIVATE PRACTICE**

**Columbus Behavior Services**

Khalid Soomro, M.D.

3001 Hamilton Rd, Columbus, GA 31904 (706) 494-1460

**Columbus Psychological Associates, LLP**

2325 Brookstone Centre Parkway, Columbus, GA 31904 (706) 653-6841

**Counseling Inc.**

1011 E 280 Bypass, Phenix City, AL 36867 (334) 297-4418

**Rivertown Psychiatry**

*Office provides outpatient adult and child psychiatric care, medication monitoring and opiate addiction detoxification.*

1520 22nd Ave. | Columbus, GA 31901 | (706) 223-1933

Description: Office provides outpatient adult and child psychiatric care, medication monitoring and opiate addiction detoxification. Services are available on a walk-in basis.

Service Hours: Walk-in Clinic: 8:00 am to 4:00 pm MON - FRI

All other services: 8:00 am to 6:00 pm MON - FRI

Intake Hours: 8:00 am to 4:00 pm MON - FRI

Eligibility: no restrictions



MENTAL HEALTH FIRST AID®

RESOURCES GUIDE

Intake Procedures: walk-in or online at [www.RivertownPsychiatry.com](http://www.RivertownPsychiatry.com)  
Documents: picture ID/driver license, insurance card, list of all current medications, medical or psych records if available  
Referral Required physician referral for AL Medicaid  
Fees: straight fee  
Payment Method: accepts most insurance including: Medicare, Tricare, Medicaid, Peachcare, Amerigroup, Wellcare, Private Insurance and self-pay  
Languages: Spanish, Hindi, Gujarati  
Services: Adolescent/Youth Counseling, Anxiety Disorders Screening, Central Intake/Assessment for Mental Health Services, Child and Adolescent Psychiatry, Clinical Psychiatric Evaluation, Comprehensive Outpatient Alcohol Use Disorder Treatment, Comprehensive Outpatient Drug Use Disorder Treatment, Drug Related Crisis Intervention, Drug/Alcohol Testing, Family Counseling, General Assessment for Substance Use Disorders, Individual Counseling, Opioid Detoxification, Outpatient Drug Detoxification, Outpatient Medically Assisted Alcohol Detoxification, Private Therapy Practices, Psychiatric Medication Monitoring, Psychological Assessment, Psychologist Referrals

## CHILDREN AND YOUTH SUBSTANCE ABUSE SERVICES

**Army Substance Abuse Program (ASAP) - Ft Benning, GA**  
1-706-545-8362 Main Client Number 1-706-545-2495 Additional Number  
<http://www.benning.army.mil/garrison/dhr/ASAP/>

**Project Change Clubhouse Adolescent Substance Abuse Treatment**  
1727 Boxwood Place Columbus, GA 31906 (706)706-569-0727  
Project Change Clubhouse is a treatment program for children and adolescents with substance use and abuse concerns. The treatment services include a recreational component that is available 5-7 days per week. The goal of the program is to teach teens how to have fun and enjoy life while remaining clean and sober. Treatment is offered through two evidence-based curriculums: Seven Challenges, a structured intensive exploration of seven essential community skills and Adolescent Matrix Model, an intensive outpatient program that requires teens to utilize several levels of therapy to achieve and maintain sobriety.  
Fees: straight fee  
Payment methods: Medicaid, Medicare, Peachcare, Private Insurance  
Population Served: age 12-18 years of age.

**Riverwoods Psychiatric Center - Riverdale, GA**  
(770) 991-8500 Main Client Number (770) 991-8507 Fax <http://www.southernregional.org>

## SUPPORT SERVICES

**Autism Hope Center**  
3 Bradley Park Ct. Suite F, Columbus, GA 31904  
(706) 604-6333 Main Client Number (706) 617-6406 Fax  
<http://autismhopecenter.com> [autismhopecenterllp@gmail.com](mailto:autismhopecenterllp@gmail.com)  
Eligibility: individuals and families affected by Autism  
Fees: none

**Family Center of Columbus, Inc./Family Counseling of Columbus  
Big Brothers Big Sisters Of The Chattahoochee Valley**  
1661 13th St., Columbus, GA 31901  
(706) 327-3760 Main Client Number  
<https://thefamilyctr.org/>  
Eligibility: Children aged 6 to 14 years  
Languages: Spanish, literature available in Spanish



### **Family To Family Program**

Eligibility: family and friends of individuals with mental illness

Fees: none

Locations: Bradley Center Multi-purpose room: 2000 16th St., Columbus, GA \*use parking lot entrance on 22nd St. for easier access)

### **Families and Schools Together FAST**

(706) 327-3238 Main Client Number - Tiffany Bass-Jackson

[tbassjackson@familycenterofcolumbus.com](mailto:tbassjackson@familycenterofcolumbus.com)

Referral required: school referral

Fees: none

Locations: Call for school for school locations

### **Girls Incorporated of Columbus and Phenix-Russell Baker Center**

3535 Levy Rd., Columbus, GA 31903

(706) 683-0809 ext. 1 Main Client Number

<http://girlsinc-columbus.org>

[bakergirls@girlsinc-columbus.org](mailto:bakergirls@girlsinc-columbus.org)

Eligibility: Girls 6 to 18 years of age

Fees: straight fee, call for details

Payment methods: some scholarships available

Languages: Spanish, literature available in Spanish

Locations: Picks up from the following schools:

Elementary: Brewer, Dawson, Dorothy Height, Downtown, Georgetown, Key, Lonnie Jackson, Martin Luther King, Rigdon Rd., St. Mary's Rd., South Columbus and Wynnton

Middle: Baker, East Columbus, Eddy, Fort and Rothschild

High: Carver, Hardaway, Kendrick and Spencer

METRA Bus #7

### **Great Start Georgia of Columbus**

410 10<sup>th</sup> St., Columbus, GA 31901

(706) 225-3859 Main Client Number

(706) 653-4203 Fax

<https://greatstartgeorgia.org/>

Service Hours: 8:00 am to 5:00 pm Monday-Friday

Eligibility: expectant mothers and families with children under 5 years of age

Intake Procedure: telephone

Documents: application form and referral form

Fees: none

Languages: Spanish, literature available in Spanish

Area Served: Muscogee

### **Mentoring And Behavioral Services, LLC**

1133 13th St.

Columbus, GA 31901

(706) 225-0101 Main Client Number

(844) 800-4879 Toll-Free Line

(706) 225-0052 Fax

MBS provides counseling and applied behavioral analysis therapy (ABA) for youth and adolescents in an individual setting. Parent/caregiver training is also available.

Service hours: 10:00 am to 6:00 pm MON - FRI

Eligibility: youth 1 to 18 years of age and their parents or caregivers

Intake procedure: telephone, appointment, e-mail, Internet

Documents: social security card, application form, picture ID/driver license, medical or psych records, IEP if available



Referral required: physician (primary care) or caseworker referral, prior authorization from insurance carrier  
Fees: straight fee (insurance co-pay)  
Payment methods: accepts Medicaid, Medicare, Private Insurance (Tricare, Aetna, BCBS, United HealthCare) please confirm with insurance carrier to verify coverage prior to appointment  
Area served: Harris, Muscogee, Russell (AL)  
Services: Adolescent/Youth Counseling, Anger Management, Anxiety Disorders Screening, Applied Behavioral Analysis, Caregiver Counseling, Child Guidance, Depression Screening, General Counseling Services, Individual Counseling, Licensed Professional Counselor Referrals, Private Therapy Practices  
Last Updated: November 30, 2017

**NAMI Georgia - National Alliance on Mental Illness**

4411 Rosemont Dr.  
Columbus, GA 31904  
(706) 320-3755 Main Client Number  
(800) 715-4225 Crisis Line  
<https://namiga.org/> [info4@namicolsinc.org](mailto:info4@namicolsinc.org)

**STEM, Inc.**

4225 Roy Ave., Macon, GA 31206  
(912) 980-5356 Main Client Number (478) 238-4209 Fax  
Eligibility: school-aged children, youth and teens  
Referral required: referral required from one of the following: psychiatric residential treatment facility, care management entity, Department of Juvenile Justice, school system, Department of Family and Children Services, family support partner agency  
Fees: straight fee  
Payment methods: accepts Medicaid  
Area served: GA  
Locations: home-based program, call for details

**Teen Advisors, Inc.**

1316 Wildwood Ave., Columbus, GA 31906  
(706) 322-6186 Main Client Number (706) 322-1407 Fax <http://teenadvisors.org>  
Eligibility: teens in grades 7 through 12  
Referral required: School referral  
Fees: straight fee  
Payment methods: (some scholarships available)  
Locations: In various middle & high schools across the county (homeschool groups call for details)

**UGA Extension Columbus/Muscogee**

410 10<sup>th</sup> St., Government Annex, Columbus, GA 31901  
(706) 653-4200 Main Client Number  
(706) 653-4203 Fax  
[Uge2215@uga.edu](mailto:Uge2215@uga.edu)  
Service Hours: hours vary, call for details  
Intake Hours: 8:00 am to 5:00 pm Monday-Friday  
Eligibility: low-income, residents of service area only  
Intake Procedure: telephone, walk-in, appointment, e-mail  
Documents: No documents required  
Fees: none  
Languages: literature available in Spanish  
Area Served: Chattahoochee, Muscogee



### **UGA Extension Columbus/Muscogee – 4-H**

410 10<sup>th</sup> St., Government Annex, Columbus, GA 31901

(706) 653-4200 Main Client Number

(706) 653-4203 Fax

[Uge2215@uga.edu](mailto:Uge2215@uga.edu)

Service Hours: hours vary, call for details

Intake Hours: 8:00 am to 5:00 pm Monday-Friday

Eligibility: residents of service area only

Intake Procedure: telephone, walk-in, appointment

Documents: application form

Fees: varies by program (some scholarships available)

Languages: literature available in Spanish

Area Served: Chattahoochee, Muscogee

Locations: 4-H programs are located in and coordinate with the local public schools

### **MEDICAL SERVICES**

#### **Children's Medical Services**

<http://dph.georgia.gov/childrens-medical-services-cms>

(800) 521-7344 Toll-Free Line

Eligibility: individuals birth to 21 years of age with chronic medical conditions and meet income criteria

Referral required: physician referral

Fees: none

Payment methods: accepts Medicaid, private insurance, Peachcare

Languages: Spanish

#### **County Health Department**

2100 Comer Ave.

Columbus, GA 31904

(706) 327-0644 Main Client Number (706) 327-1355 Fax

<http://health.state.ga.us/programs/cms/index.asp>

Fees: Varies by program and eligibility

Payment methods: Accept cash and checks

#### **MercyMed of Columbus, Inc.**

3702 2nd Ave., Columbus, GA 31904

(706) 507-4687 Main Client Number (706) 507-4698 Fax

#### **MercyMed at Mission Columbus**

3679 Steam Mill Rd., Columbus, GA 31906

(706) 507-9209 Main Client Number (706) 507-9249 Fax

Mailing Address

P.O. Box 1491, Columbus, GA 31902

Email: [admin@mercymedcolumbus.com](mailto:admin@mercymedcolumbus.com)

Web: [mercymedcolumbus.com](http://mercymedcolumbus.com)

Fees: sliding scale

Payment methods: accepts Medicaid, Medicare, Peachcare, Private Insurance

Languages: literature available in Spanish

Travel Instructions: Metra Bus #3



MENTAL  
HEALTH  
FIRST AID

RESOURCES GUIDE

### **Valley Healthcare System, Inc.**

Valley Healthcare System is a primary healthcare facility for uninsured or underinsured individuals offering a wide range of medical, dental, behavioral, OB/GYN, pediatric, optometry and pharmacy services based on the ability to pay.

1600 Fort Benning Rd. | Columbus, GA 31903 | (762) 207-2739

(762) 207-2739 ACA Navigator

(706) 681-3675 ACA Navigator

Services: Adolescent/Youth Counseling

[valleyhealthcolumbus.com](http://valleyhealthcolumbus.com)

Description: Valley Healthcare System is a primary healthcare facility for uninsured or underinsured individuals offering a wide range of medical, dental, behavioral, OB/GYN, pediatric, optometry and pharmacy services based on the ability to pay. Healthcare Navigators for the Affordable Care Act (ACA) are available during open enrollment.

Service Hours: All departments: 8:30 am to 5:30 pm MON - FRI

Pharmacy: closes from 1:00 pm to 2:00 pm

Extended hours: Medical, Pediatrics and Pharmacy until 8:30 pm TUE THU

Saturday hours: Medical 8:00 am to 1:00 pm 2nd and 3rd SAT of the month, Vision 8:00 am to 1:00 pm

Eligibility: no restrictions: serves undocumented individuals (except for ACA Health Care Navigation services)

Intake Procedure: telephone, walk-in, appointment

Documents: Call for details

Referral Documents: none

Fees: sliding scale

Payment Methods: accepts Medicare, Medicaid, Peachcare, Private Insurance

Languages: Spanish

Locations: Columbus (GA) Fortson (GA) Talbotton (GA)

Services Adolescent/Youth Counseling, Allergy Shots, Anger Management, Anxiety Disorders Screening, Bereavement Counseling, Biopsies, Birth Control Counseling, Birth Orientation Programs, Blood Chemistry Panels, Blood Pressure Screening, BMI/Body Composition Screening, Breast Examinations, Caregiver Counseling, Cataracts Screening, Central Intake/Assessment for Mental Health Services and much more.

[Novel Coronavirus/COVID19 Testing - Novel Coronavirus/COVID19 Testing](#)

## **RESOURCES FOR SPECIAL POPULATIONS**

### **Gay, Lesbian, Bisexual, Transgender Support Resources**

#### **GLBT National Help Center**

1-888-843-4564

[www.glnh.org](http://www.glnh.org)

#### **Trevor Project Crisis Line – LGBTQ Youth**

1-866-4-U-TREVOR (488-7386)

[www.theTrevorProject.org](http://www.theTrevorProject.org)

#### **GLBT National Youth Talkline**

1-800-246-PRIDE (1-800-246-7743)

[www.glnh.org/talkline](http://www.glnh.org/talkline)





**Chattahoochee Valley Better Way Foundation, Inc.**

4411 Rosemont Dr., Columbus, GA 31904

(706) 580-6239 Main

<https://www.prnewswire.com/news-releases/the-chattahoochee-valley-better-way-foundation-announces-name-change-and-new-partnership-with-can-community-health-300765415.html>

Eligibility: HIV+ or LGBT individuals and their friends and families

Intake procedure: telephone, walk-in, e-mail, Internet

Documents: No documents required

Fees: none; Languages: Spanish; Area served: GA, AL

**Columbus Counseling Associates, Dba Lucy Tovar Murillo, LPC**

4 Bradley Park Ct. Suite 1-H, Columbus, GA 31904 (706) 327-1222

Main Client Number (706) 327-1444

**Family Center of Columbus, Inc./Family Counseling of Columbus**

1350 15th Ave., Columbus, GA 31901 (706) 327-3238 Main Client Number

**SBZ Services Unlimited, Inc.**

Services are designed to develop and promote the client strengths to help identify problem-solving measures. SBZ provides individualized therapeutic services by focusing on each client's needs. C

Confidential Address | (706) 571-8772

Services: Ex-Offender Counseling

Unpublished: SBZ is a for profit company that accepts Medicaid and Medicare.

Description: Services are designed to develop and promote the client strengths to help identify problem-solving measures. SBZ provides individualized therapeutic services by focusing on each client's needs. Counseling services include but are not limited to: individual/family-intensive, intensive family intervention, adolescent, group/peer, substance abuse evaluation, suicide prevention, mental health evaluations and psychiatric case management.

Service Hours: hours vary, call for details

Intake

Hours: 9:00 am to 5:00 pm MON – FRI

Intake Procedure: telephone, walk-in, appointment, e-mail, Internet

Documents: application/referral form (available for download on web site), picture ID/driver license, medical or psych records if available, insurance card if available.

Fees: straight fee

Payment Methods: accepts Medicaid, Medicare, Private Insurance

Services: Adolescent/Youth Counseling, Adult Child Sexual Abuse Survivor Counseling, Anger Management, Bereavement Counseling, Caregiver Counseling, Child Abuse Counseling, Child Guidance, Community Mental Health Agencies, Crime Victim/Witness Counseling, Cultural Transition Counseling, Depression Screening, Divorce Counseling, Elder Abuse Counseling, Ex-Offender Counseling, Family Counseling, Family Counseling Agencies and much more.

**SELF-HELP RESOURCES AND GROUPS**

Find a time and location of a meeting.

**Alcoholics Anonymous**

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

**Narcotics Anonymous**

1-888-GET-HOPE (438-4673) (Hopeline)  
<http://www.wagsna.com/contact-us.html>

**Al-Anon Family Groups**

<https://www.ga-al-anon.org/alateen/>

**Nar-Anon Family Groups**

[www.ga-al-anon.org/](http://www.ga-al-anon.org/)

**Dual Recovery Anonymous**

**Alcoholics Anonymous**



## OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with **food, housing, employment, health care, counseling and more** - Dial 211 or (706) 405-4775 <http://www.211uwcv.org>

**Homeowner's HOPE™ Hotline** provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

**Legal Advice** provides legal information, lawyer profiles and a community to help individuals make legal decisions. [www.findlaw.com](http://www.findlaw.com)

### **Columbus Speech and Hearing**

2424 Double Churches Rd., Columbus, GA 31909 Phone: 706-324-6112

**SAMHSA's National Helpline** provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

**National Council for Behavioral Health** can assist you in finding a local provider of behavioral health services and support. <https://www.cdc.gov/violenceprevention/aces/index.html> (click on "Find a Provider")

**Local Interagency Planning Team (LIPT)** will work with families to find resources and support for students with the most serious behavioral health and/or substance addiction needs. The LIPT Chair is Sharonda Porter 706-358-7368.

### **Websites: FOR EDUCATORS**

Helping Traumatized Children Learn  
<http://traumasensitiveschools.org/tlpi-publications/>

<http://www.mygcal.com/>

Georgia Suicide Prevention Information Network  
<http://www.gspin.org/>

CDC: Adverse Childhood Experiences (ACEs)  
<https://www.cdc.gov/violenceprevention/aces/index.html>

Center for Health Care Strategies  
<https://www.chcs.org/resource/technical-assistance-net>

Georgia Crisis and Access Line (GCAL) – 1-800-715-4225

### **Websites: FOR FAMILIES & YOUTH**

National Federation of Families for Children's Mental Health (FFCMH)  
<http://www.ffcmh.org/>

<http://www.mhageorgia.org/>

Mental Health Georgia  
<http://www.mentalhealthgeorgia.com/>

Georgia Parent Support Network  
<http://www.gpsn.org/>

National Alliance on Mental Illness (NAMI) Georgia  
<http://namiga.org/>

Voices for Georgia's Children  
<http://georgiavoices.org/>

Mental Health America (MHA) of Georgia

Youth M.O.V.E. National  
"Motivating Others Through Voices of Experience"



<http://www.youthmovenational.org/>

---

**Camp MAGIK and Camp Erin** [www.campmagik.org](http://www.campmagik.org)  
--A Special Camp for Kids Age 7-17 Who Have Lost a Parent, Sibling or Other Close Loved One—

---



MENTAL  
HEALTH  
FIRST AID®

RESOURCES GUIDE