



Extension
Institute on Human Development and Disability

Mental Health Resources

County: **COFFEE**

Behavioral & Addictive Medicine Family Practice 522 Shirley Ave 912-260-1206	Bravo Julian 1101 Ocilla Rd 912-384-1900	Coffee Wellness Center 101 Peterson Ave S #A15 912-384-4895
Compassionate Behavioral Health 408 Shirley Ave 912-292-1177	Hartman Detox Helpline Bowens Mill Rd SW 912-527-5585	Mentor Network 417 E Brayn St
Michael Hoffstetter 200 Doctors Dr, Suite L 912-383-6360	Music William 203 Shirley Ave 912-384-1900	Positive Alternative Counseling 617 E Ward St 912-384-4357
Psych & Counseling Services of Coffee Co. 303 Shirley Ave, Suite A 912-383-8806	Psych Practice 410 Shirley Ave 912-260-1206	Restoring River Healing Ministries 459 Inlet Harbour Dr 203-974-9571
Unison Behavioral Health 1005 Shirley Ave 912-389-4188		

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.

Crisis Hotlines

- Georgia Crisis & Access Line - 1-800-715-4225
- [National Suicide Prevention Lifeline](#) - 1-800-273-8255.
- The Crisis Text Line - Text START to 741-741 about any type of crisis 24/7.

Addiction Support

- [Alcoholics Anonymous in Georgia](#) - Resource for finding in-person and virtual AA meetings throughout the state.
- [National Institute on Drug Abuse](#) - Helpful resource for finding treatment centers for friends or family members that are struggling with substance abuse.
- [Live Another Day](#) - A curated list of the top-rated accredited dual diagnosis treatment centers in Georgia.
- [The Summit Wellness Group](#) - Highly-rated Georgia-based dual diagnosis provider that features a wide selection of online support guides.
- [The GARR Network](#) - Georgia-based association of accredited sober living homes throughout the state.
- [Recovery in Georgia](#) - Locally run independent addiction recovery resource that features treatment centers, support meetings, and prevention resources for Georgians.

Overdose Prevention

- [Georgia Overdose Prevention Project](#) - An advocacy organization that provides free naloxone kits to Georgians through the mail.
- [HarmReduction.org](#) - Features harm reduction strategies and provides information to help people identify, respond, and prevent overdoses.
- [Opioid Overdose Rescue](#) - Outlines 3 simple steps to save a life in the event of an opioid overdose. Includes helpful reference videos.

Local Senior Housing

The locations below provide safe, affordable housing for seniors in Douglas, Georgia.



Georgian Woods Apartments
120 McNeil Dr
912-384-3233



The Landings of Douglas
1360 W Gordon St
912-384-6522



Hunter's Run Apartments
701 Lupo Lane
912-384-0002



Pine Meadows
1315 W Gordon St
912-383-7070



Lakeside Senior Living Center
1025 N Chester Ave
912-501-3373



Southern Senior Living
215 E Sellers St
912-383-9883

Safe Walking Tips

- Choose a comfortable shoe that fits well and is the right type for your local weather and terrain.
- Wear comfortable, bright/visible, loose-fitting clothing that is suitable for the weather.
- Good walking techniques include: good posture, strong arm motion, heel-to-toe steps, and smaller, more frequent steps.
- Where there's no sidewalk, walk facing oncoming traffic.

Other Senior Resources

Several state and regional agencies and organizations provide critical services and resources for older residents. Below are phone numbers for some of the more commonly needed resource agencies within Coffee County and throughout the State of Georgia.

Adult Protective Services

Georgia Department of Human Services, Division of Aging
1-866-552-4464, Press '3'

Aging and Disability Resource Connection

Southern Georgia Regional Commission; 1-888-732-4464

Department of Family and Children Services (DFCS)

Georgia Department of Human Services
1-877-423-4746; in Coffee County call: 912-389-4286

U.S. Social Security Administration Office

303 Isabella St, Waycross, GA 31501; 912-283-9980

U.S. Department of Veterans Affairs, VA Clinic

515B City Blvd, Waycross, GA 31501; 912-279-4400

Coffee County Emergency Management Agency

2621 US Hwy 221 N, Douglas GA 31533; 912-384-5440

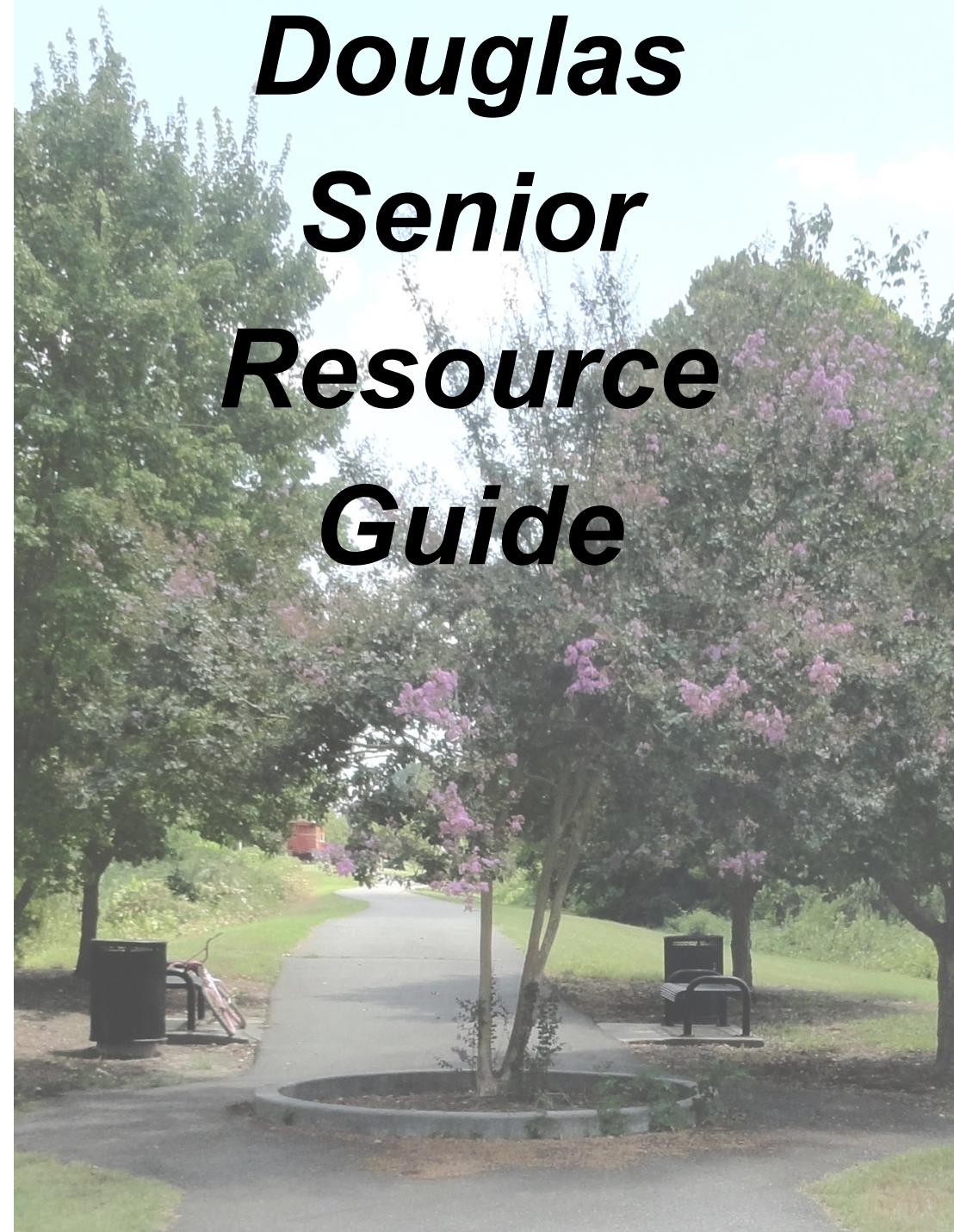


About the Southern Georgia Regional Commission's Area Agency on Aging

The Southern Georgia AAA develops, provides, and coordinates programs and services for older individuals, at-risk adults, and persons with disabilities in an 18-county region. The AAA serves as your Aging and Disability Resource Connection (ARDC). When a client or caregiver calls **1-888-732-4464**, an ARDC counselor will provide information and assistance, explore long-term care options, and/or screen for program eligibility. The nurses and social workers who work as ARDC counselors are impartial and trained to help you navigate the labyrinth of potential services and programs. If you have interest in any of the following services—or just don't know where to begin—pick up the phone and make that call.

- Legal Assistance
- Home Modification
- Homemaker Services
- Alzheimer's Adult Day Care
- Nutrition & Senior Center Services
- GeorgiaCares Services
- Wellness Programs
- Personal Care Services
- Caregiver In-Home Respite
- Coordinated Transportation
- Care Consultation
- Caregiver Education
- Assistive Technology
- Elderly & Disabled Waiver Program

Douglas Senior Resource Guide



A COMMUNITY WALKING MAP FOR ACTIVE OLDER ADULTS



327 W Savannah Ave
Valdosta, GA 31601
229-333-5277

1725 S Georgia Pkwy W
Waycross, GA 31503
912-285-6097

Health Care

Apple Care
903 W Ward St
912-260-1191

Coffee County Health Dept.
1111 W Baker Hwy
855-473-4374

Coffee Regional Medical Ctr.
1101 Ocilla Rd
912-384-1900

CRMC Walk-in Clinic
205 Shirley Ave
912-383-6966

Douglas Family Health/
South Central Primary Care
1309 Ocilla Rd, Suite A
912-384-2252

Pharmacies

CVS Pharmacy
912 W Ward St
912-384-2088

Fulco Discount Drug
301 Shirley Ave
912-384-7026

Malcolm's Drug Store
250 S Peterson Ave
912-384-1898

McRae's Pharmacy
1002 W Ward St
912-384-5255

The Medicine Cabinet
722 Shirley Ave
912-383-8510

Powell's Drug Store
223 W Ashley St
912-384-1793

Walgreens
602 S Peterson Ave
912-260-1198

Coffee Co. Senior Center
408 E Ward St
912-384-1746

Satilla Regional Library
200 S Madison Ave
912-384-4667

US Postal Service
600 S Madison Ave
800-275-8777

**City of Douglas
Utility Office**
224 E Bryan St
912-384-3302

Senior Housing

Parks

Sidewalks

Trails

Groceries

Angeles Mexican Store
317 S Madison Ave
912-389-0901

Dollar General
518 S Peterson Ave
912-384-2999

Dollar Tree
1345 Bowens Mill Rd SE
912-383-7725

Family Dollar
831 S Peterson Ave
912-384-0944

Harveys (Pharmacy)
901 W Ward St
912-389-3350
813 S Peterson Ave
912-384-2013

Mickey's Food Store
740 N Peterson Ave
912-384-3240

Save-a-Lot
802 S Peterson Ave
912-383-0827

Supermercado Tarahumara
1300 E Ward St
912-384-8224

Walmart (w/Pharmacy)
1450 Bowens Mill Rd SE
912-384-4600

