

## **Mental Health and Counseling Services**

❖ **Main website to find help** is <https://georgia.findhelp.com/> Put in your zip code and then click on the tabs at the top of the page to find help in various categories.

### ❖ **Counseling Services by The Ministry Village**

The Ministry Village strives to meet the counseling needs of Barrow and surrounding counties. This program especially seeks to provide licensed professional counseling to those who cannot afford it. Any victim of a crime can receive FREE services under the Victims of Crime Act (VOCA) grant.

This program provides:

- Individual Counseling
- Family Counseling
- Adolescents & Children Counseling
- Marriage and Family Counseling
- Play Therapy

All services provided are on a sliding scale fee, insurance, self-pay, or under the VOCA grant. Please call for more information or to schedule an appointment. Call 678-425-1215. <https://www.barrowministryvillage.org/>

### ❖ **Careforth (formerly known as Caregiver Homes) by Careforth**

Must be caring for someone that requires assistance in the home with daily activities.

Must have a willing and engaged caregiver that can be a family member or friend.

Must be caring for someone who is Medicaid eligible.

Description: Careforth provides professional coaching, emotional and financial support for family members and caregivers who are providing care to someone in need of in-home support. Careforth strives to stand alongside caregivers, providing the support and reassurance needed to make a full-time commitment to caring for an elder or person with disabilities at home.

This program provides:

- Caregiver support and coaching
- Stipends for caregivers
- resource coordination

This program helps those caring for people who need assistance with:

- Bathing
- Dressing
- Walking

- Transferring (helping to get in/out of bed)
- Toileting
- Eating

Languages: English, Spanish

Cost: Free

Next Steps:

Call 866-797-2333

Go to the program's website <https://careforth.com/>

#### ❖ **Lifetime Counseling**

Providing individual, couples and family counseling.

Serving Barrow County and surrounding counties

State Approved Counseling Services:

Psychotherapy for Depression and Anxiety

Anger Management and Family Violence

Parenting Support and Adjustment Issues

Work and Career Issues

Addiction and Recovery

(678) 425-9007 <https://www.lifetimecounseling.com/>

#### ❖ **Celebrate Recovery**

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurts, hang-ups, and habits of any kind.

Celebrate recovery is a safe place to find community and freedom from the issues that are controlling our life. To find the nearest meeting location go to

<https://www.celebraterecovery.com/what-we-offer/find-a-cr-meeting>

#### ❖ **Ellie Mental Health**

Ellie was founded in 2015 by Erin Pash and Kyle Keller when they opened the first Ellie clinic. Since then, the Ellie fam has continued to grow with multiple clinics in Minnesota and a growing number of franchises across the country (over 180 and growing). Ellie was proudly founded on the principle of destigmatizing mental health. The mental health industry is full of barriers, and we've made it our goal to fill the gap and find innovative ways to break down these barriers for the communities we serve.

Ellie's services include individual therapy, couples counseling, family therapy, grief therapy, In-Person and virtual sessions. They also have a Christian Counselor Matthew Goldschmidt. His phone- 706-389-5491. Website-<https://elliementalhealth.com/about/>