

## Personal Counseling

Confidential, individual counseling is offered at no cost on a short term basis to assist students with personal issues that may or may not impact their academic success.

Group counseling, workshops, and consultations are also available.

### ON-CAMPUS COUNSELING SERVICES - GA

Leanne Henry-Miller is dually Licensed as a Professional Counselor and Marriage and Family Therapist in the State of Georgia. Her office is located near the rear entrance in suite 4004 at 625 Old Peachtree Road.

#### How to Schedule an Appointment:

**BY PHONE:** 678-225-7537

**BY EMAIL:** [leannehe@pcom.edu](mailto:leannehe@pcom.edu)

- **General Information and Informed Consent**

**IF YOU ARE IN A CRISIS SITUATION: CALL THE SUICIDE AND CRISIS INTERVENTION LINE AT 800-715-4225, 24-HOURS A DAY-7DAYS A WEEK**

### CRISIS SITUATION - GA

**CALL THE NATIONAL SUICIDE AND CRISIS INTERVENTION LINE AT 800-715-4225, 24-HOURS A DAY-7DAYS A WEEK**

**GEORGIA CRISIS & ACCESS LINE 24/7 HOTLINE FOR ACCESSING MENTAL HEALTH SERVICES IN GEORGIA**

**CRISIS TEXT LINE IS FREE, 24/7 SUPPORT FOR THOSE IN CRISIS. TEXT 741741 FROM ANYWHERE IN THE US TO TEXT A TRAINED CRISIS COUNSELOR.**

**IF YOUR EMERGENCY IS LIFE THREATENING: CALL 911 OR GO DIRECTLY TO THE NEAREST EMERGENCY ROOM.**

**FOR EMERGENCIES THAT ARE NOT LIFE THREATENING: YOU CAN CONTACT CAREBRIDGE AT 1-800-437-0911. IDENTIFY YOURSELF AS A PCOM STUDENT; THE ACCESS CODE IS R5SAFE**

### OFF-CAMPUS COUNSELING SERVICES - PA AND GA

#### CAREBRIDGE SERVICES

We recognize that it can often be difficult to manage the multiple priorities and stressors you may face as students in rigorous academic programs and in your personal lives. The Office of

Student Affairs is always available to provide you with counseling and referral to outside resources. However, for those times when you would prefer to not connect with us directly.....or if you are away from campus and need extra support.....or if its late in the evening or over the weekend and you are in need of immediate assistance.....please utilize the Student Assistance Program, provided through the Carebridge Group.

### **What is this Program?**

**Carebridge Group provides you with access to top quality personalized assistance, 7 days a week, 24 hours a day. The professional experts from Carebridge have a proven track record for providing confidential assistance and can help you find solutions to a wide range of personal and family issues.**

### **What Services are available?**

- Stress Management
- Relationship Problems
- Substance Abuse
- Depression/Anxiety
- Grief and Loss
- Difficult Emotional Issues
- Financial Concerns
- Relocation
- Housing Options
- Child Care
- Eldercare
- Wellness Resources

### **How does the Carebridge Assistance Program work?**

1. You can contact\* the Carebridge staff 24 hours a day, 7 days per week by calling 800-437-0911 from any place in the country!  
or
2. You can connect with Carebridge through their website at [www.myliferesource.com](http://www.myliferesource.com).

**\*Identify yourself as a student at PCOM. PCOM's Access Code is: R5SAF.**

### **How much will these services cost?**

These services are available at no cost to all PCOM students and their dependents.

### **REMEMBER:**

Carebridge is not replacing the comprehensive support services you receive from Student Affairs. This is an additional resource option for those who wish to utilize confidential resources, if you are away from campus, or if you need emergency confidential assistance when PCOM is closed.

**COUNSELING AND SUPPORT SERVICES – PCOM South Georgia – Fall 2019**

**COUNSELING/SUPPORT SERVICES – Moultrie Campus Region**

The following is a partial list of counseling/ support services in Moultrie and nearby areas.

**Personal Counseling**

**Anodyne Counseling (Moultrie)**

Yvonne Cox, PhD

Margaret McDaniel, LCSW

600 1<sup>st</sup> St SE

229-985-8452

Counseling available by appointment.

Focus on chronic mental illness, emotional struggles, substance abuse, and interpersonal difficulties.

Most insurance accepted. Rate for PCOM students who self-pay is \$100 per session (usually one hour).

**Family Recovery of Southwest Georgia (Moultrie)**

Ben Marion, LCSW, LMFT

Sam Marion, LCSW

Elizabeth Marston, LCSW

719 1<sup>st</sup> St SE

229-456-2022

[www.familyrecoveryswga.com](http://www.familyrecoveryswga.com)

Hours: Monday-Friday 8:00 am-5:00 pm; appointments can be scheduled for other times if needed.

Focus on trauma/PTSD, addictions, anxiety, anger management, adjustment to change, behavioral problems, family tension, depression, stress reduction, grief/loss, relational difficulties, and ADHD.

Most insurance accepted. Discounted rate of \$50/hour for PCOM students who do not have insurance or do not want their insurance billed.

**Mosaic Psychological Services (Thomasville, GA)**

Eight counselors on staff

229 Remington Ave

229-233-8009

[www.mosaicpsychological.com](http://www.mosaicpsychological.com)

[Hours: Monday-Thursday 8:30 am-4:30 pm; Friday 8:30 am-4:00 pm.](#)

Specialized areas of counseling include autism, trauma, adolescent counseling, anxiety, depression, behavioral disorders, and parental divorce adjustment

Most insurance accepted. Rate of \$150-\$175 per session for self-pay.

**Myra Jordan, LMFT (Quitman, GA)**

9108 N Court St

229-263-1544

Hours: Wednesday and Friday 9:00 am-4:00 pm; Evening appointments upon request.

Focus on stress, anxiety, PTSD, and relationship issues.

Private pay only; can negotiate rates for PCOM students as needed.

**Psychological Center of Thomasville (Thomasville)**

200 Gordon Ave

229-226-0741

[www.psychcenterthomasville.com](http://www.psychcenterthomasville.com)

Hours: Monday-Thursday 8:00 am-5:00 pm; Friday 8:00 am-1:00 pm.

Specialized areas of counseling include depression, anxiety, PTSD, family of origin issues, abuse, autism spectrum, ADHD and impulse control, chronic pain, child and adolescent counseling, marriage and family counseling, and trauma counseling. Other services include psychological evaluations, psychoeducational

evaluations, developmental evaluations, vocational evaluations, ADHD evaluations, pre-surgical evaluations, disability evaluations, and medication management.

Most insurance plans accepted. Cost for private pay is \$100 for the initial session and \$75 for follow ups. PCOM students should inquire about a discounted rate.

### **South Georgia Psychiatric and Counseling Center, LLC (Valdosta, GA)**

2704 N Oak St, Bldg. B3

Valdosta, GA 31602

229-257-0100

[www.sgapsych.com](http://www.sgapsych.com)

[Hours: Monday-Thursday 8:30 am-5:30 pm; Friday 8:30 am-12:00 pm.](#)

Five counselors and two psychiatrists on staff.

Specialized areas of counseling include depression, anxiety, low self-esteem, anger and conflict issues, marital conflict, PTSD, OCD, grief, ADD/ADHD, self-harming behaviors, and abuse victims.

Most insurance accepted.

### **Turning Point Hospital (Moultrie)**

3015 Veterans Parkway

229-985-4815 or 1-800-342-1075

[www.turningpointcare.com](http://www.turningpointcare.com)

Counseling services are administered by master's level licensed mental health professionals and/or certified counselors, and medication management services are administered by board certified psychiatrists and/or advanced practice registered nurses holding a psychiatric certification. Turning Point also provides referral services if more in-depth treatment is required.

Turning Point is in network with all major insurance carriers.

Available services and fees are as follows:

- Diagnostic assessment--\$200
- Individual counseling session with client and/or family members (30 minutes)--\$105
- Individual counseling session with client and/or family members (1 hour)--\$150
- Medication management--\$130

### **LD Testing and Evaluation**

PCOM is committed to meeting the accommodation needs of students who provide appropriate documentation to support their accommodation requests.

The following agencies advertise that they provide LD testing and evaluation. However, it is the responsibility of individual students to ensure that the agency can and will provide the appropriate documentation to support their accommodation requests. Students should email the coordinator of disability services ([disabilityservices@pcom.edu](mailto:disabilityservices@pcom.edu)) with any questions regarding appropriate documentation before securing the services of any agency.

#### **Mosaic Psychological Services (Thomasville)**

229 Remington Ave

229-233-8009

[www.mosaicpsychological.com](http://www.mosaicpsychological.com)

Hours: Monday-Thursday 8:30 am-4:30 pm; Friday 8:30 am-4:00 pm.

Fee for LD testing and evaluation is \$1200-\$1500.

#### **Psychological Center of Thomasville (Thomasville)**

200 Gordon Ave

229-226-0741

[www.psychcenterthomasville.com](http://www.psychcenterthomasville.com)

Hours: Monday-Thursday 8:00 am-5:00 pm; Friday 8:00 am-1:00 pm.

Fee for a full LD evaluation is \$500-\$800 depending on the number of sessions needed to determine a diagnosis.

#### **Vereen Rehabilitation Center (Moultrie)**

##### **Speech-Language Pathology**

Renee Crosby, CCC-SLP

3100 S Veterans Pkwy

229-890-3553

Hours: Monday-Thursday 8:00 am-5:00 pm; Friday 9:00 am-4:00 pm.

Testing and comprehensive evaluation for speech and language disorders. Must be referred by a physician. Cost of evaluation for PCOM students, \$459.

### **Childcare**

The Georgia Department of Early Care and Learning sponsors a website and call center as resources to find licensed child care specific to one's location and needs.

On the website, [www.dec.state.ga.us](http://www.dec.state.ga.us), choose the "Find Child Care" tab on the right to search for child care by location, hours of operation, cost, number of children, etc. Only licensed childcare facilities are listed. Those facilities which have achieved "Quality Rated" status are identified.

The Call Center (877-255-4254) is available Monday-Friday from 8:00-5:00 pm.

### **ADDITIONAL OFF CAMPUS COUNSELING AND BEHAVIORAL HEALTH SERVICES**

All PCOM Students now have access to telecounseling services provided free of charge by Spring Health Services. For contact information, please consult the Office of Student Services.