

Mental Health Support

Receiving a cancer diagnosis can lead to a range of emotions including fear, anxiety, sadness, and stress. Mental health support can positively impact overall quality of life during and after cancer treatment. Mental health support also benefits caregivers by providing an outlet to address their own emotional needs and reduces caregiver burden.

1. **CGCC Supportive Care Program**

(478) 743-7068 | www.centralgacancercare.com

Supportive care is a specialized field within oncology that focuses on providing holistic care to cancer patients, their caregivers, and families. Led by Veronica L. Sudekum, M.D., her practice focuses on helping patients and families navigate the physical, practical, and emotional challenges that come with a cancer diagnosis. *Speak with a CGCC Patient Navigator to request a referral.*

2. **CGCC Mercer MFT Internship Program**

(478) 743-7068 | www.centralgacancercare.com

CGCC has collaborated with the Mercer School of Medicine to enable Family & Marriage interns to earn academic credit while providing complimentary emotional support to our patients. Availability is limited by intern hours onsite at CGCC. *Speak with a CGCC Patient Navigator to request a referral.*

3. **Mercer Family Therapy Center**

(478) 301-5970 | <https://medicine.mercer.edu/mftc/>

The Mercer Family Therapy Center is a training facility established by Mercer University School of Medicine as a place for families, couples, and individuals to find low-cost therapy services. Located in Macon.

4. **Family Counseling Center of Central Georgia**

(478) 745-2811 | www.fcccg.org

The Family Counseling Center of Central Georgia focus focuses on the well-being of individuals, couples, and families through easy, affordable, access to professional counseling services. Located in Macon.

5. **Connie Jones, LCSW | Warren Jones, LMFT**

(478) 742-2953

Individual and couple counseling. They offer virtual appointments only.

6. **Dr. Richard Liipfert, Jr, MD**

(478) 474-6467 | www.liipfertpsychiatry.com

Offers psychotherapy for conditions including, but not exclusive to anxiety, depression, and life stage transitions. Virtual therapy is an option for established patients. Located in Macon.

7. **Southern Behavioral Services**

(478) 742-1464 | www.southernbehavioralservices.com

Services include individual, couple, and family counseling and are covered by most insurances. Located in Macon and Warner Robins.

8. **Crossroads Counseling Center**
(478) 475-4608 | www.crossroadschristiancounselingcenter.org
Faith based counseling services offered in person and virtually. Patients without insurance can see a therapist intern at little to no cost. Located in Macon.
9. **River Edge Behavioral Health**
(478) 803-7600 | www.river-edge.org
Offers outpatient counseling and support services. Located in Macon.
10. **Carl Vinson VA Medical Center**
(478) 272-1210 Ext 72859 or 72749
Offers social work and counseling to veterans. Located in Dublin (location coming soon to Perry).
11. **Aurora Counseling for Healing and Change, LLC**
(706) 521-3327 | www.auroracounselinglcsw.com
Offers telehealth counseling for patients anywhere in the state of Georgia.
12. **Reflections Psychotherapy**
(678) 825-5167
Staffed by 4 licensed Marriage and Family Therapists, this practice offers face-to-face and telehealth visits.

Online Options:

13. **CanCare**
CanCare.org
CanCare provides one-on-one Support with a CanCare survivor volunteer with a similar cancer type, stage, age and gender. CanCare will do its best to find the best match for other specifics provided on your request form. Also offers virtual support groups for patients, caregivers, and those with stage 4 disease.
14. **GeorgiaHOPE**
(706) 279-0405 | www.gahope.org
Offers teletherapy to Georgia residents. Medicaid CMOs (Wellcare, Amerigroup, CareSource, Cenpatico) will cover the cost of teletherapy just like any other counseling. Services are also available to non-English speaking individuals.

Emergency Options:

If you experience severe psychological distress or feelings of wanting to harm yourself, please proceed immediately to your local emergency room.

15. **Piedmont Behavioral Health Lifeline**
(478) 741-1355 | www.piedmont.org/behavioral-health
Offers a comprehensive range of services to support mental health and well-being. They offer personalized care, including crisis intervention, counseling, and treatment for a variety of behavioral health issues, ensuring compassionate support for those in need.
16. **Georgia Crisis & Access line**
(800) 715-4225
The call center operates 24/7 and has the capacity to screen and assess callers for intensity of service response.