



## Behavioral Health Resources

- **Next Step Counseling, LLC** [www.yournextstepllc.com](http://www.yournextstepllc.com): 678-489-8072,
- **Employee Assistance Program**: this is a service offered by your employer. This service allows you to have 3-8 free session. Contact your HR department.
- **Mental Health Counseling using your insurance**: Most insurance plans offers coverage. You can contact your insurance company to see what your coverage and cost will be.
- **Local Community Service Board**: Each county provides free or low cost mental health and addictive services to residents of the county. This link will help you find the CSB in your community <https://dbhdd.georgia.gov/locations/community-service-board>
- If you or someone you know needs help with mental health issues: depression, anxiety, suicidal thoughts call the **National Suicide Prevention Hotline at 1-800-273-8255**. (Free)
- **Cares Warm Line**: 1-844-326-5400: Substance abuse challenges call or text every day of the week from 8:30am -11pm (Free)
- **Center for Disease Control Covid-19 resources**: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- 2x2 Series <https://dbhdd.georgia.gov/2x2-series>.: Daily Self-Care Tips and Support for Managing Life ( Free)
- **AA meetings** – [www.aa.org](http://www.aa.org) Anyone can attend online meetings
- **NA meetings** – <https://www.na.org> Anyone can attend online meetings
- **Al-Anon meetings** - <https://www.ga-al-anon.org/> Support for loved ones and friends of alcoholics.
- **PALS** – <https://www.palgroup.org> Support Group for Parents of Addicted Loved
- **NAMI**: <https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>
- **Georgia Crisis & AccessLine** :at **1-800-715-4225, or call 911, available 24/7**: For access to mental health services and immediate crisis help
- **Grief**:
  - **National Students of AMF**: College students supporting college students grieving the illness or death of a loved one. A national organization with chapters at colleges across the country.
  - **GriefShare**: Searchable database of local seminars and support groups.

135 Bradford Square, Ste A  
Fayetteville GA 30215  
678-489-8072(O)/ 404-537-1045 (F)  
[www.yournextstepllc.com](http://www.yournextstepllc.com)

## Coping Skills list

1. Prayer
2. Deep breathing
3. Exercise
4. Change of scenery
5. Set healthy boundaries
  - a. **When you do...**(insert undesired behavior), **it makes me feel...** (insert feeling word), **What I would prefer** ( your likes/desire of the new behavior. This is where the healthier way of interacting belongs. Do not use the word YOU). **If you chose to continue...**(insert the undesired behavior), **I will.....**(insert what you will do)
  - b. (Example) When you yell at me it makes me feel frustrated and disrespected. What I would prefer is to be able to disagree amicably and discuss it rationally. If you choose to continue to yell at me, I will hang up the phone.
6. Limit your interactions with distressing things (news, social media, negative people)
7. Aromatherapy
8. Music
9. Meditation
10. Proper sleep
11. Healthy diet
12. Coloring
13. Finding a hobby
14. Socialize with others
15. Sudoku
16. Word search / Crossword Puzzle
17. Church
18. Gardening / Earthing
19. Computer games
20. Spending quality time with your love ones
21. Art

How do you know when you need to implement a coping skill? Note changes in your mood, appetite, sleep (too much or too little). Avoid drinking alcohol to distress.

**Remember to follow your doctor's orders, including your prescriptions. Seek therapy if your symptoms impact your ability to function in your personal relationships, at work, and in other social settings. Ask for help when you need it. Don't struggle alone.**



## Relationship Resources

<https://gottmanconnect.com/couples>

<https://gottsex.com>

<https://www.gottman.com/podcast/>

<https://www.gottman.com/marriage-minute/>

<https://www.gottman.com/couples/apps/><sup>1</sup>

<https://www.prepare-enrich.com/blog/>

<https://www.symbis.com/blog/>

<https://www.5lovelanguages.com>

<https://www.5lovelanguages.com/resources>

<https://drsuejohnson.com/downloads/>

<https://drsuejohnson.com/blog/>



Next Step  
Counseling