



## Mental Health Resources

County: UNION

<b>Avita Partners Behavioral Health</b> 76 Hunt Martin St, Suite A Blairsville, Ga 30512 855-248-1619	<b>Dr. Elizabeth Strickler</b> 566 Murphy Hwy, Ste 201 Blairsville, Ga 30512 706-781-6035	<b>Dr. Mary Emma Brown Jones</b> 189 Rogers St, Ste 103 Blairsville, Ga 30512 706-745-2872
<b>Dr. Patricia Stratton</b> 566 Murphy Hwy, Ste 204b Blairsville, Ga 30512 706-781-1217	<b>MedMark Treatment Center</b> 20 Commerce Dr Blairsville, Ga 30512 706-781-6987	<b>NAMI Connection + Family Support Groups</b> New Hope Counseling 76 C Hunt Martin St. Blairsville, Ga 30512  <b>Faith Presbyterian Church of the North GA Mountains</b> 56 Bluebird Rd Minera Bluff 30559 Samantha Frost safrost830@gmail.com
<b>Natural Treatments for Brain and Body</b> 64 Bracketts Way, Ste 9 Blairsville, Ga 30512 706-781-4048	<b>New Hope Counseling</b> 76 Hunt Martin St, Ste C Blairsville, Ga 30512 706-745-4066	<b>The Esposito Institute</b> 281 Young Harris St, Ste D Blairsville, Ga 30512 770-998-6642

***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.



*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.*

## WHAT IS THE NAMI FAMILY SUPPORT GROUP?

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- 60-90 minutes long and meets weekly, every other week or monthly (varies by location)
- Designed for adult loved ones of people with mental health conditions
- No specific medical therapy or treatment is endorsed
- Led by family members of people with mental health conditions
- Confidential



## PARTICIPANT PERSPECTIVES

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”



National Alliance on Mental Illness

Serving Union, Fannin, and Gilmer Counties

Contact us to register for this NAMI Family Support Group!

For more information or to register, please contact:

**[nami.unionco.ga@gmail.com](mailto:nami.unionco.ga@gmail.com) or [marthaheffner2@gmail.com](mailto:marthaheffner2@gmail.com)**

### Join our Support Group

#### FANNIN

4th Monday of each month

**5:30-7pm**

1349 BlueBird Rd

Mineral Bluff, Georgia 30559

North of Blue Ridge, near intersection Hwy 515 & 60

#### UNION

1st Thursday of the month

**12:00-1:30 pm**

Positive Pathways RCO

243 Hunt-Martin St.

Blairsville, Ga 30512

## ABOUT NAMI



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Georgia is an affiliate of the National Alliance of Mental Illness. NAMI Georgia and dedicated volunteers and leaders work to raise awareness and provide education, advocacy, and support for people in our community living with mental health conditions and their loved ones.