



Mental Health Resources

County: **COOK**

A.J. Ramirez 1143 GA-7 229-834-5986	Dr. Paresh Thanki 1905 S Hutchinson Ave 229-896-4559	Heritage 1024 S Gordon Ave # A 229-896-1718
Legacy Behavioral Health Services 1905 S Hutchinson Ave 229-896-4559	REM Sleep Diagnostics & Research 112 Pine St	Sylvia Barr- Geriatric Psychiatric Care 260 M J Taylor Rd 229-896-8100

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.



Southern Ag Exchange Network

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.