

*Caring for Our Community*

*First Responders  
Counseling Program*





***As First Responders, your work can mean close encounters with danger, chaos, and tragedy... on a daily basis! In your “normal” line of duty, you are called upon to respond to “abnormal” situations.***

Exposure to stress like this can take a toll on you and your relationships. In some cases, you may experience post-traumatic stress symptoms such as:

- Emotional numbness
- Heightened worry, guilt, anger or hopelessness
- Avoidance of people, places or things that are reminders of the trauma
- A loss of interest in things that once gave pleasure
- Feeling anxious, on edge or jumpy, and startling easily
- Sleep issues
- Problems with alcohol, drugs or food
- Flashbacks, nightmares, and/or recurring thoughts

***It is not unusual to feel “stuck” or unable to move forward when confronted with a stressful event. Temporary discomfort is normal. However, when troubling reactions continue to interfere with your daily life, counseling can be helpful.***



## Caring for Those Who Serve Our Community

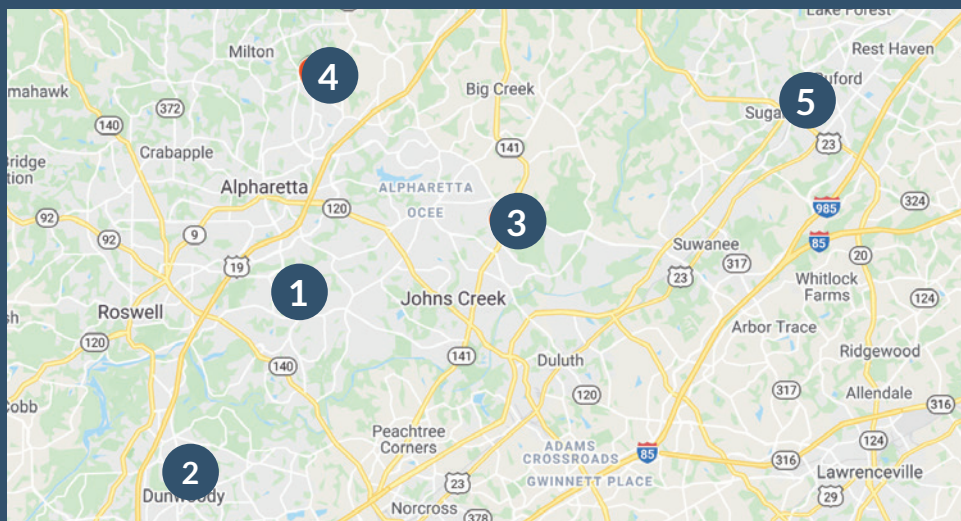
Because we recognize and appreciate all that you do for our community, the First Responders Counseling Program was implemented to provide counseling services to the men and women who serve our community each and every day!

- Individual, Couples and Family Counseling
- Confidential and Anonymous
- No pre-approval required
- No need to go through Employment Assistance Program
- 10 Complimentary Sessions for First Responders
- 5 Complimentary Sessions for First Responder Family Members

To learn more about the program and the jurisdictions that we serve, visit our website at <https://www.SummitCounseling.org/FirstReponders> or call 678-893-5300.

*The First Responder Counseling Program was started through seed money from Johns Creek United Methodist Church and is administered by The Summit Counseling Center. To contribute to the ongoing sustainability of the program, contact [Development@SummitCounseling.org](mailto:Development@SummitCounseling.org) or contribute online at [SummitCounseling.org/Give](https://www.SummitCounseling.org/Give) and select contribute to the First Responders Counseling Program.*

# The Summit Counseling Locations



## 1. Main Office

2750 Old Alabama Rd,  
Suite 200,  
Johns Creek, GA 30022

## 2. Dunwoody Satellite Location

Dunwoody UMC,  
1548 Mt. Vernon Rd.,  
Dunwoody, GA 30338

## 3. Johns Creek Satellite Location

Johns Creek UMC  
11180 Medlock Bridge Rd,  
Johns Creek, GA 30097

## 4. Milton Satellite Location

Bethany Bend Village  
13680 Highway 9 North,  
Building G, Suite 500  
Milton, GA 30004

## 5. Sugar Hill Satellite Location

Church On The Hill  
4600 Nelson Brogdon Blvd,  
Sugar Hill, GA 30518



*The Summit Counseling Center provides professional counseling,  
consultation and education services utilizing an integrated approach  
to care for the whole person — Body, Mind, Spirit, and Relationships.*

**(678) 893-5300**

**[www.SummitCounseling.org](http://www.SummitCounseling.org)**