

Meeting People Where They Are

Achieving Mental Wellness In Our Community

The Summit is a trusted 501(c)(3) nonprofit community counseling organization that has helped individuals, couples, and families in north metro Atlanta experience hope, healing, and restoration since 1990.

By removing barriers, implementing prevention, and providing assessments and therapy, The Summit is striving to remove the stigma surrounding mental health in our community.

Removing Barriers

- Removing financial barriers by raising Client Assistance Funds (CAF) to subsidize counseling for those in need
 - Providing free services to First Responders
 - Providing free or reduced cost services to students seen at their school
 - Offering a sliding scale fee based on families' income and/or extenuating circumstances
 - Working with other nonprofits to provide services to the most vulnerable populations in our community
- Removing barriers to accessibility in our community by expanding our footprint to include 7 office locations, 31 Summit On-Site school partnerships, and telehealth availability
- Removing barriers of stigma by providing vital mental health education and suicide prevention trainings through our Mental Health Awareness Program

Implementing Prevention

- Offering confidential, free online screenings to help identify signs of behavioral health concerns and refer those in need to resources
- Providing free trainings to equip our community with the tools needed to understand mental health, recognize the signs of suicide, and respond with care
- Facilitating group therapy for at-risk youth

Providing Assessments & Therapy

- Providing individual and group therapy to children, teens, adults, and seniors
- Offering couples and family counseling led by professional, caring clinicians
- Conducting suicide risk crisis assessments to youth and adults at risk of harming themselves and implementing a plan to help keep them safe

“During his last therapy session before leaving for the college of his choice, Max looked his therapist in the eyes and said, ‘Thank you for everything — you guys saved my life.’”



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SUMMIT GALA

Fund-a-Need

Your generous donation will help us fulfill our mission and provide hope and healing to those in need throughout our community. Here are just a few examples of how your contribution can make a difference.



\$60,000

Client Assistance Funds

Covers 400 therapy sessions

The Summit raises client assistance funds to ensure anyone can obtain the needed mental health services despite their financial standing.

\$30,000

Dialectical Behavior Therapy (DBT)

Covers 24 weeks of DBT Skills Classes for 11 adolescents and their family members.

DBT is a specialized form of therapy that is designed to help adults, adolescents and their families cope with dysregulated emotions and behaviors.

\$15,000

Suicide Risk Assessments

Covers 50 2-hour suicide risk assessments

Within 24 hours, The Summit conducts 2-hour suicide risk assessments at no cost to the client.

\$10,000

Play Therapy

Covers 67 individual play therapy sessions

Play therapy uses toys, art and games to connect on each child's level to understand their emotions and work through the tough ones.

\$5,000

Couples Counseling

Covers 33 marriage counseling sessions

The Summit sees couples involved in every stage of a relationship from healthy maintenance to navigating through separation and divorce.

\$3,000

Community Engagements

Covers 10 mental health speaking engagements for a community partner on varying mental health topics

The Summit hosts a wide variety of community partnerships where trainings and speaking engagements are offered at no cost to the partner.

\$500

First Responder Program

Covers 3 individual sessions for first responders and/or their family members

The Summit First Responder Program provides counseling services to the men and women serving our community each and everyday.

