



The SUMMIT COUNSELING CENTER

Caring for Our Community
First Responders
Counseling Program



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. 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

“I was hesitant at first to seek therapy. I was going through a tough time in my personal and work life. Summit helped create a safe space where I could process the challenges of my current job as a first responder and in my own personal life. It helped me add tools to my own mental toolbox to cope with the stressors of the job and helped me in my life away from the job. I would recommend Summit to any first responder who is looking for support. I am glad I did.”

-Milton Fire Department



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
- Telehealth and In-Person Counseling
- Confidential and Anonymous
- No Pre-Approval Required
- 10 Complimentary Sessions for First Responders
- 5 Complimentary Sessions for First Responder Family Members
- Sessions Renew Annually

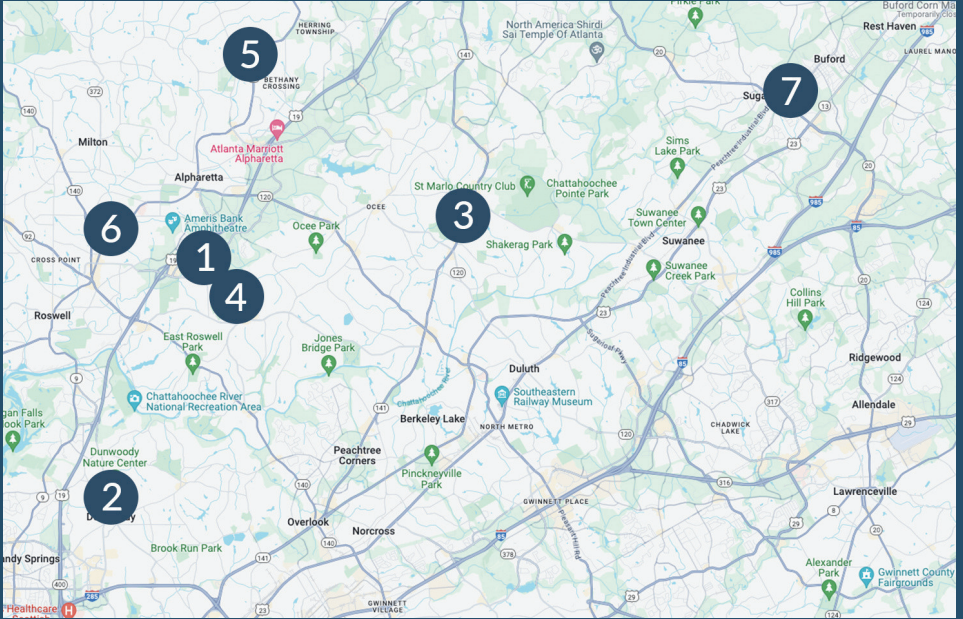
To learn more about the program and the jurisdictions that we serve, visit our website at <https://www.SummitCounseling.org/FirstReponders>



or call 678-893-5300.



The Summit Counseling Locations



1. Alpharetta Office (Mansell Rd.)
3800 Mansell Rd,
Ste 100,
Alpharetta, GA 30022

2. Dunwoody Office
1548 Mt Vernon Rd,
Dunwoody, GA 30338

3. Johns Creek Office (Medlock Bridge Rd.)
11180 Medlock Bridge Rd,
Johns Creek, GA 30098

4. Johns Creek Office (Old Alabama Rd.)
2750 Old Alabama Rd, Ste 200
Johns Creek, GA 30022

5. Milton Office
13680 Hwy 9 North, Bldge G,
Ste 500
Milton, GA 30004

6. North Fulton Community Charities
11275 Elkins Rd
Roswell, GA 30076

7. Sugar Hill Office
4600 Nelson Brogdon Blvd,
Sugar Hill, GA 30518

8. Online Therapy



*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