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**IF YOU NEED IMMEDIATE HELP**

* **Crisis Hotline - Milwaukee | 414-257-7222**
* **National Suicide Prevention Lifeline | 1-800-273-8255**

**COUNSELING SERVICES**

* [**Christian Life Counseling**](http://www.christianlifecounseling.net/) – <http://www.christianlifecounseling.net/>

*E. 12630 North Ave Brookfield WI 53005 | 262-785-1008*

* + **Trisha Frederick |** Depression, Bipolar Disorders, Anxiety, Obsessive Compulsive Disorder, etc.
  + **Tanya Gerhard |** Depression, Grief and Loss, Self-Esteem, etc.
  + **Dr. Eric Seybold |** Anxiety and Mood Disorders, Men’s Issues, Learning Disorders, etc.
  + **Cedric Hoard |** Trauma, Relationship Related Dynamics, Substance Use, Sexual Addictions, etc.
  + **Mike Schachtner |** Depression, Trauma, etc.; Experience with children; trained in Brainspotting
* **Cornerstone Counseling Services, Inc**. – [*https://www.cornerstonecounseling.com/*](https://www.cornerstonecounseling.com/)

*5555 N. Port Washington Rd, Suite 200, Glendale, WI 53217 | 262-684-4285 x340*

* + **Caroline Schmidt** **|** Anxiety, Depression, Eating Disorders, etc.
* **Hope for a Better Tomorrow** – <https://www.hopeforabettertomorrow.com/>

*2607 N. Grandview Blvd. Suite 110, Waukesha, WI 53188 | 262-313-8339*

* + **Dr. Sheila Gissibl** **|** Anxiety, Addiction, Bipolar Disorder, etc.
  + **Athena Kjell** **|** Depression, Anxiety, Addiction, Guild and Shame etc.
  + **Jessica Niedermayer** **|** Depression, Anxiety, Mood Disorders, Self-Esteem, etc.
* **New Life Resources** – [http://www.newliferesourcesinc.com](http://www.newliferesourcesinc.com/)

*20700 Watertown Rd. #102, Waukesha, WI 53186 | 262-782-1474*

* + **Kristin Damato** **|** Depression and other Mood Disorders, Trauma, Women’s Identity, etc.
  + **Heather Fields** **|** Depression, Co-Dependency, Women and Identity Issues, etc.
  + **Deborah Fisher** **|** Depression, Anxiety, Co-dependency/Boundaries, Forgiveness, etc.
  + **Dan Green** **|** Mood and Anxiety Disorders, Relationships, Men’s Issues, etc.
  + **Dave Hubbard** **|** Depression, Anxiety, Marital Counseling, Life Transitions, etc.
  + **Steven Miller** **|** Addictions, Anxiety and OCD, Substance Abuse Recovery, etc
  + **Andy Mitchel** **|** Depression and Anxiety, Behavioral Addictions, Men’s Issues, etc.
  + **Lynsey Steiner** **|**Depression and Anxiety, Healthy Sexuality, Grief and Loss, etc.
  + **Terry Young** **|** Child/Adolescents, Geriatrics, ADD/ADHD
* **Red Oak Counseling** – <https://www.redoakcounseling.com/>

*12970 Bluemound Rd #200., Elm Grove, WI 53122* ***|*** *262-780-1022*

* + **Judy Bertoni** **|** Depression, Anxiety, Addictions, Trauma, etc.

**COUNSELING SERVICES**

* **Shoreside Therapies** – <https://shoresidetherapies.com/>

*12970 Bluemound Rd #200., Elm Grove, WI 53122* ***|*** *262-780-1022*

* + **Molly Selby** **|** Anxiety, Life Transition, Social/Emotional Issues with children and youth
* **Systemic Perspectives** – <http://systemicperspectives.com/>

*2511 N. 124th St., Brookfield, WI 53005* ***|*** *262-641-4350*

* + **Terri FitzGibbon** **|** Depression, Anxiety, Women’s Concerns, Grief and Loss, etc.
  + **Travis Gardner** **|** Mental Health Support, Addiction, Men’s Issues, etc.

**RECOMMENDED GROUPS**

**Let’s Talk About It**

**Wednesdays, January 13– February 3 | 7-8pm**

Mental health is something that impacts every single one of us whether personally or someone we care about. Over 20% of Americans are wrestling with mental health related concerns. Depression alone is up 300%. There is a mindset that if you follow Jesus, you shouldn’t struggle with mental health issues. However, that is not the case. The church is filled with people who are working through different situations and it’s important that we talk about mental health. This 4-week group will discuss depression, addiction, anger, and loneliness and provide support to cope when life is difficult.

**Click This Link to Register:** <https://theridgecc.ccbchurch.com/goto/forms/730/responses/new>

**Life Recovery**

**Online via Zoom**

**Tuesdays, January 19-April 13 | 6:30-8p**

Life Recovery is a 13-week journey through the Twelve Steps or recovery, for anyone who struggles with addictions or dependencies—or wants to help someone who does. This recovery journey provides group participants with a biblical perspective to the twelve steps of recovery. Join us to learn powerful principles that offer hope for the future.

**Click This Link to Register:** <https://theridgecc.ccbchurch.com/goto/forms/736/responses/new>