

Mental Health Referrals

Abundant Life Counseling

Troy Fay LCSW
Angelica Pierce LCMFT
Individual, Couples & Family Counseling
2445 SW Wanamaker Rd. Ste. 204
(785) 260-8570
www.abundantlifetopeka.com

Alcoholics Anonymous

aatopeka.org

Becca Goodwin

Living Loved Counseling
2900 Southwest Wanamaker Drive
(785) 220-5318
Becca@LivingLovedCounseling.com

CFCC & Associates, Inc.

Individual, Couples & Family Counseling
2000 SW Gage Blvd
(785) 272-0778
www.christfirstcounseling.com

Dr. Diane Langberg

Christian psychologist and her focus is trauma and counseling the vulnerable.
www.dianelangberg.com

Liz LaColla LSCSW

Individual, Couples & Family Counseling
2945 SW Wanamaker Dr
(785) 249-3067
www.lizlaccollacounseling.clientsecure.me

New Dawn Wellness & Recovery Center

(785) 266-0202
newdawnrecovery.org

New Leaf Counseling

Michelle Niehues, MS, LMFT
Marriage & Family Counseling
800 SW Jackson St Suite 820
(913) 335-0001
www.newleafcounseling.org

Restored Counseling Services LLC

Hayley Wynne LSCSW
Individual, Couples & Family Counseling
3500 SW 6th Ave
(785) 789-3559
www.restoredcounselingservices.com

Rochelle Walsh, LSCSW

Psychotherapist and EMDR specialist
3601 SW 29th St #131
(785) 272-3700
www.topekatherapist.com

Stormont Vail Behavioral Health Services

3707 SW 6th
(785) 270-4600
www.stormontvail.org/departments/behavioral-health/

Susan Adkins LLC

Individual, Couples & Family Counseling
2231 SW Wanamaker Rd # 201
(785) 440-0123

Valeo Behavioral Health Care

Crisis services
330 SW Oakley
(785) 233-0085
www.valeotopeka.org

Valley Hope of Atchison

(913) 367-1618
valleyhope.org

Mental Health Resources

Substance Abuse and Mental Health Services Administration

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
www.samhsa.gov

GriefShare

A Christ-centered support group for individuals experiencing grief and loss.
www.griefshare.org

DivorceCare

A Christ-centered support group designed to offer encouragement and biblical teaching for those who have experienced divorce.
www.divorcecare.org

ReJengage

Tuesdays at Fellowship Bible Church | 6:30 pm to 8:30 pm. This is Fellowship's marriage enrichment ministry. Marriages in any condition can benefit, whether struggling to get along, broken, or the couple simply wants to grow closer together. ReJengage examines God's design for marriage and applies principles from the Bible to guide couples towards growth in their relationship with each other.
www.reengage.org/

Celebrate Recovery Topeka

Celebrate Recovery is for anyone who struggles with a hurt, habit, or hang-up. Abuse, mental illness, depression, addictions, codependency.
1912 SW Gage Blvd | (785) 272-0443
www.crtopekaks.org

Raising Boys & Girls

A podcast for parents by Sissy Goff & David Thomas www.raisingboysandgirls.com

Conquer Series

A support group with proven strategies for freedom from pornography.
www.conquerseries.com

Books for Kids

- o **Trauma or abuse**
 - § *A Terrible Thing Happened* by Margaret M. Holmes
- o **Grief, loss, or Emotions**
 - § *Emily Lost Someone She Loved* by Kathleen Fucci
 - § *God Gave Us Heaven* by Lisa T. Bergren
 - § *It's Okay to Cry* by H. Norman Wright (*A Parent's Guide to Helping Children Through the Losses of Life*)
 - § *What Am I Feeling? (for children)* Dr. Josh Straub and Christi Straub (This book offers a biblically grounded way for children to verbalize their feelings, develop empathy and self-control, and understand their wonderful God-given emotions. This is good for kids experiencing a variety of different emotions that come from dealing with any tough situation they are in.)
- o **Separation Anxiety, Loss, or Abandonment**
 - § *The Invisible String* by Patrice Karst
- o **Anxiety**
 - § *Brave: A Teen Girl's Guide to Beating Worry and Anxiety* by Sissy Goff
 - § *Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry & Anxiety* by Sissy Goff

Resources for For Adults or Parents:

- o *Calming Angry Kids: Help and Hope for Parents in the Whirlwind* by Tricia Goyer
- o *Suffering and the Heart of God: How Trauma Destroys and Christ Restores* by Diane Langberg
- o *On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse* by Diane Langberg
- o *Counseling Survivors of Sexual Abuse* by Diane Langberg
- o *A Church Called Tov: Forming a Goodness Culture that Resists Abuses of Power and Promotes Healing* by Scott McKnight, Laura Barringer
- o *Something's Not Right: Decoding the Hidden Tactics of Abuse and Freeing Yourself from its Power* by Wade Mullen
- o *When Dad Hurts Mom: Helping Your Children Heal the Wounds of Abuse* by Lundy Bancroft
- o *Try Softer* by Aundi Kobler
- o *The Body Keeps the Score* by Bessel Van Der Kolk
- o *The Anatomy of the Soul, The Soul of Shame, & The Soul of Desire* by Dr. Curt Thompson
- o *101 Ways to Be Less Stressed, Cleaning Up Your Mental Mess, Switch on Your Brain, & Safe People* by Dr. Caroline Leaf