



## Counseling Referrals

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As you explore the topics raised in *Girl Perfect* and the *Girl Perfect Study Guide*, you may find that you or someone in your midst may need additional help in working through the bondages that hold women and girls captive, preventing them from embracing the fulfilling life God wants for them. If this is the case, counseling can be a wonderful way to heal. Some issues are best tackled with the help of a professional therapist. Remember there are local crisis centers open 24/7 near you. I also welcome you to make use of the following referrals – counseling is well worth it because you and your dear ones are well worth it!

### **New Life Ministries Counseling Network:**

- **Call 1-800-NEW-LIFE to find a counselor** with over 700 New Life Network counselors nationwide, there is not one far from you!
- Website: <http://newlife.com/contact/>

### **Focus on the Family Counseling Network:**

- **Call (719) 531-3400, ext: 7700** to find a counselor near you.
- Website: [www.focusonthefamily.com](http://www.focusonthefamily.com)

### **American Association of Christian Counselors:**

- **Call 1-800-526-8673** to find a counselor near you.
- Website: [www.aacc.net/resources/find-a-counselor/](http://www.aacc.net/resources/find-a-counselor/)

### **Inpatient Counseling Specific for Hurting Women and Girls:**

- **Mercy Ministries** exists to transform the lives of girls struggling with life-controlling issues by providing free residential care and life skills training through biblical counseling in a loving environment. Visit their website at [www.mercyministries.com](http://www.mercyministries.com).
- **Remuda Ranch Programs for Eating and Anxiety Disorders** provides inpatient and residential treatment for women and girls. With programs in Arizona and Virginia, the professional staff at Remuda Ranch provides hope, help and healing to those with anxiety and eating disorders. For additional information, call **1-800-445-1900** or visit [www.remudaranch.com](http://www.remudaranch.com) today.
- **TurningPoint Counseling**, with fifteen locations throughout California, offers Christian counseling for eating disorders and other life-controlling issues. For more information, visit their website at [www.turningpointcounseling.org](http://www.turningpointcounseling.org) or call **1-800-99-TODAY**.



