



# METRO COUNSELING REFERRALS

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**Owens Counseling & Therapy**

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**Compass Community Counseling**

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Email: [info@compasscc.org](mailto:info@compasscc.org)

**Association of Certified Biblical Counselors**

<https://biblicalcounseling.com/find-a-counselor/>

This world is full of sin, suffering, and confusion. We all know people in need of help and hope, yet many Christians do not feel equipped to counsel. It's true that counseling can be daunting, but God's Word has answers. ACBC exists to equip you to minister the Bible faithfully to those all around you who are in need of God's truth.

**Hope Care Center Support Line**

1-800-488-HOPE (4673) Weekdays from 7:30 am until 1:30 am CST

We're always here to talk, pray or just listen. We don't offer professional counseling, but we can provide you with spiritual guidance, heartfelt prayer, honesty, resources and connections to skilled Christian counselors. Our Hope Care Representatives are waiting day and night, to help you in any way they can, through our Hope Care Center ministry.

**Focus on the Family — Family Care Specialist**

(800) A-FAMILY (232-6459) Mon-Fri 6am to 8pm MT

Arrange to speak with a licensed Christian counselor at no cost. Due to high call volumes, it may be necessary for you to leave your name and number for a counselor to return your call.

**Suicide Hotline**

1-800-SUICIDE (1-800-784-2433) 1-800-273-TALK (1-800-273-8255)