


Contact us

**382 Carriage House Dr. STE. C
Jackson, TN 38305**

 731-783-3850

 www.therefugecounseling.net

 info@therefugecounseling.net

 facebook.com/Therefugecounseling



We accept most insurance plans. If you have health coverage,
we will be happy to review the details of your benefits before scheduling.
We also take cash, checks, or online payments.



Providing a secure environment for every client to find
hope and healing through the unconditional love of Christ
as they embark on a journey of healthier living.



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THE REFUGE
Outpatient Counseling
Youth Town of Tennessee

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Welcome To The Refuge

We understand that life can be challenging and that sometimes we need a little extra support to overcome our obstacles. Our team of Therapists is here to help you navigate through life's ups and downs. We provide a safe, non-judgmental space where you can explore your thoughts and feelings and work towards your goals. We offer individual, couples, and family therapy. Regardless of what you're going through, we're here to support you on your journey.

Our Vision

The Refuge offers a secure environment where every client can find hope and healing through the unconditional love of Christ as they embark on a journey of healthy living.

Our Mission

The Refuge is a non-profit, faith based organization that offers professional treatment services for co-occurring mental health disorders. We seek to bring about irreversible life changes in children, adolescents, and adults through services that are gender-responsive, empirically informed, family-focused, and thoroughly Christ-centered.

Our Approach

We believe in taking a client-centered approach to counseling, where we work collaboratively with our clients to identify their goals and develop a personalized plan for treatment.



Our Specialties...



CHILDREN

YOU MAY BE WONDERING IF YOU CAN TAKE YOUR YOUNG CHILD TO THERAPY, AND IF SO, WOULD IT BE EFFECTIVE? AT THE REFUGE, WE WELCOME CHILDREN STARTING AT THE AGE OF 7.



TEENS

THE REFUGE OFFERS A SAFE AND SUPPORTIVE ENVIRONMENT FOR TEENAGERS AGED 13 TO 18. THERAPY HELPS TEENS DEVELOP COPING STRATEGIES, ENHANCE EMOTIONAL REGULATION, AND BUILD RESILIENCE.



ADULTS

OUR TEAM OF LICENSED AND EXPERIENCED COUNSELORS IS COMMITTED TO HELPING OUR CLIENTS ACHIEVE THEIR GOALS AND ENHANCE THEIR MENTAL HEALTH AND OVERALL WELL-BEING.



FAMILIES

FAMILY THERAPY AIMS TO ENHANCE COMMUNICATION, ADDRESS BEHAVIORAL PATTERNS, AND STRENGTHEN FAMILY DYNAMICS, ULTIMATELY LEADING TO IMPROVED INDIVIDUAL AND FAMILY WELL-BEING.

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