

Need Help Getting Through Surgery?

Benefits of Bridge Support Groups:

- **Decreased Anxiety and Depression:**
Evidence shows support groups lead to decreased levels of anxiety and depression.
- **Improved Physical Functionality:**
Participants experience improvements in physical functionality.
- **Enhanced Positivity and Coping Skills:**
Learn effective coping strategies and cultivate a positive mindset.
- **Increased Vitality and Happiness:** Our sessions promote vitality and happiness, essential for a fulfilling recovery.
- **Overall Improvement in Quality of Life:** Experience enhancements in health, well-being, and quality of life.

Better mind, better life. Let us help you on your surgical journey!



Scan the QR code to visit our website and enroll.
www.BridgeMental.com



Welcome to Bridge

**Helping You
Navigate Surgery**



Empower yourself with our tailored support group sessions led by experienced mental health professionals. At Bridge, we understand the journey of surgery can be daunting, which is why we're here to guide you every step of the way.

What We Offer

Our support group package includes four tailored support group sessions, two before surgery and two after surgery.

During the pre-operative sessions, participants gain insight into what to expect during their recovery, preparing them for the journey ahead.

Post-operative sessions focus on recovery, coping mechanisms, and overall well-being.

Meet Our Partners

We have collaborated with The Wellness Collective in Mobile, Alabama to provide you with personalized support groups led by local mental health professionals.



Emme Blankenship, LPC

Emme Blankenship is a dedicated Licensed Professional Counselor with over 15 years of clinical experience. Throughout her career, she has developed a deep expertise in addressing a wide range of personal and emotional challenges, always striving to help her clients become the best version of themselves.



Rebekah Rayburn, LPC

Rebekah Rayburn believes in the expertise of her clients, recognizing them as the true experts on themselves. Honored by the trust people of all ages place in her, she is committed to providing top-tier support and care. Her therapeutic approach focuses on the interplay between thoughts, feelings, and behaviors to understand and improve responses and reactions.