

MAY 2025

www.oneaffinity.org

OneAffinity NEWSLETTER



Healing Together: The Power of Counseling Groups in Mental Health

Whether you're dealing with anxiety, depression, trauma, or life transitions, group therapy offers a space to heal, connect, and grow—together.

One of the most immediate and comforting realizations in group therapy is that you're not the only one struggling. Hearing others share similar experiences helps normalize your feelings and reduce the sense of isolation that often comes with mental health challenges. Knowing you're not alone can be a powerful first step toward healing.

Unlike individual therapy, group therapy provides feedback and insight from multiple voices. Fellow group members often share personal reflections, advice, or simply a new way of looking at things. This diversity of thought can lead to powerful personal realizations and help you view your own challenges from a fresh, more compassionate perspective.

Group therapy isn't just a budget-friendly alternative—it's a deeply enriching, community-driven experience that fosters growth, healing, and connection. Group therapy might just be the missing piece in your self-care journey.

[Read More on our website](#)

What's New?

We're pleased to announce the continued growth of One Affinity with the addition of a new therapist to our team. Please join us in welcoming Kim Goston, LAPC. We are thrilled to have her as part of our expanding practice.

With this growth, we are excited to offer new resources and services to better support our clients and community. Beginning June 2025, we will launch a series of virtual support groups. Each session is priced at \$30, with a minimum of 5 participants required.

👉 [Click here to learn more and register](#)

COMING SOON: We also invite you to be on the lookout for our newly redesigned website, created to enhance your experience and keep you informed about the latest services, events, and updates at [One Affinity](#). Be sure to bookmark our site and stay connected!



May is Mental Health Awareness Month



Mental Health in Georgia



1 in 5 U.S. adults experience mental illness each year.



1,405,000 adults in Georgia have a mental health condition.

That's more than **2X** the population of Atlanta.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a negative impact on their mental health.

In February 2021, **44.3%** of adults in Georgia reported symptoms of **anxiety or depression**. **29.4%** were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Georgia, **336,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

104,000 Georgians age 12–17 have depression.

Georgians struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **391,000 adults in Georgia** who **did not receive needed mental health care**, **45.4%** did not because of cost.

13.4% of people in the state are uninsured.



Georgians are over **4x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

4,911,327 people in Georgia live in a community that **does not have enough mental health professionals**.

Mental health affects how we think, feel, and act. It influences how we handle stress, relate to others, and make choices. Yet despite its importance, mental health is still often misunderstood or overlooked. Millions of people face mental health challenges each year, ranging from anxiety and depression to trauma, grief, and beyond. Acknowledging these challenges openly helps reduce stigma and creates a culture where people feel safe asking for help. Mental Health Awareness Month reminds us that mental health is just as vital as physical health—and deserves the same attention and care.

At One Affinity, we're committed to supporting your journey to emotional wellness—not just during Mental Health Awareness Month, but every day. Whether through individual therapy, group support, or educational resources, we're here to provide compassionate, client-centered care in a safe and welcoming space. We believe that healing is possible, growth is ongoing, and no one should walk this path alone. Throughout this month, think of ways you can turn Awareness into Action! Let's continue to break down barriers, foster connection, and build a world where mental health is recognized, respected, and prioritized.

Therapist Corner

How do you stay motivated and inspired in your work with clients?

"What keeps me inspired is the profound privilege of witnessing human resilience. Each day I am reminded of the courage it takes for someone to seek help, to open up, and to begin the journey toward healing. Being entrusted with my client's most vulnerable experiences is not something I take lightly, it's a powerful reminder of the strength that exists even in struggle."

-Michal Collier, LPC

"I stay motivated by the strength and vulnerability I see in my clients. Holding space for that growth and resilience, even in the midst of pain, is incredibly inspiring to witness. Being trusted to hold space for someone's healing is an honor, and that human connection keeps me grounded and passionate about this work."

-Kim Goston, APC

Mental Health Myth Buster!

Each newsletter, we bust common myths to help break the stigma and spread awareness.

MYTH 1: Therapy is only for people with a serious mental illness.

REALITY: Therapy can benefit anyone — whether you're managing stress, navigating relationships, or wanting personal growth.

MYTH 2: If I need help, it means I'm weak.

REALITY: Asking for help is a sign of strength and self-awareness, not weakness.

