

Provision Counseling Center supports range of mental health services

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By Branyan Towe



Semika Roach is a licensed professional counselor and owner of Provision Counseling Center in Milledgeville.

Milledgeville native Semika Roach has always been passionate about helping others.

Roach graduated from the Baldwin County School District, which she said taught her the value of community and hard work. From there, she moved on to Georgia College & State University for her undergraduate studies and then to Kaplan University for her master's degree.

Throughout her life, Roach said that she has been the go-to person for friends and family when they needed a listening ear. This made her realize that she had a passion for helping others navigate their challenges. After spending her early career working in inpatient and outpatient settings, Roach gained a greater love for behavioral health. That passion inspired her to pursue a degree in psychology with a concentration in addiction, which confirmed the existing desire she had to make a difference through private practice counseling.