

**Mental Health Awareness Training – Resources**

**Georgia Crisis and Access Line: 800-715-4225** [**www.mygcal.com**](http://www.mygcal.com) **mygal app**

Georgia COVID-19 Emotional Support Line: 866-399-8938

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| Suicide Prevention Line: 800-273-8255 | Suicide Prevention Line for Deaf: 800-799-4TTY |
| Depression Hotline: 888-640-5174 | Postpartum Help Line: 800-944-4773 |
| Addiction Hotline: 877-266-3111 | Eating Disorders Hotline: 844-228-2962 |
| Self-Harm Hotline: 877-455-0628 | Crisis Text Line: Text “HELLO” to 741741 |
| LGBTQ+ Helpline: 800-398-4297 | Trevor Hotline: 866-488-7836 or text “START” to 678-678 |

A close up of a street sign on a pole

Description automatically generated

Veterans Crisis Line: 800-273-8255, Press 1 or Text to 838255 to chat on-line at verteranscrisisline.net

Vets4Warriors: 855-838-8255

CARES (Certified Addiction Recovery Empowerment Specialist) Warm Line: 844-326-5400 (text or call 8:30 AM – 11 PM)

Georgia Peer Support – Peer to Peer Warm Line: 888-945-1414

Georgia Suicide Prevention, Intervention & Aftercare Community Information Network: [www.gspin.org](http://www.gspin.org)

American Foundation for Suicide Prevention: <https://www.afsp.org>

Georgia Department of Behavioral Health & Developmental Disabilities: <http://dbhdd.georgia.gov>

Georgia Council on Substance Abuse: [www.gasubstanceabuse.org](http://www.gasubstanceabuse.org)

Substance Abuse & Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator: 800-662-4357 (HELP) [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

Mental Health America of Georgia: [www.mhageorgia.org](http://www.mhageorgia.org) 404-527-7175

National Alliance on Mental Illness – Georgia: [www.namiga.org](http://www.namiga.org)

Georgia Parent Support Network: (404) 758-4500 [www.gpsn.org](http://www.gpsn.org)

Georgia Mental Health Consumer Network: [www.gmhcn.org](http://www.gmhcn.org)

**APPS** (a couple of examples)

Breathe2Relax App: Guided breathing exercises to help with symptoms of anxiety

MoodTools: Help with feelings of anxiety and sadness

**For Older Adults**

Institute on Aging Friendship Line: 800-971-0016

Atlanta Regional Commission/Atlanta Area Agency on Aging: [www.empowerline.org](http://www.empowerline.org) 404-463-3333

Georgia Aging and Disability Resource Connection: <https://www.georgiaadrc.com> 866-552-4464

National Council on Aging: <https://www.ncoa.org/center-for-healthy-aging/behavioral-health/>

American Association for Geriatric Psychiatry: <http://www.gmhfonline.org/>

National Institute on Mental Health (Older Adults): <https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health/index.shtml>

Alzheimer’s Association – Georgia Chapter: <http://www.alz.org/georgia> 800-272-3900

Medicare and Your Mental Health Benefits: <https://www.medicare.gov/Pubs/pdf/10184-Medicare-Mental-Health-Benefits.pdf>