

Need Help?

If you or someone you know is under extreme stress, experiencing emotional pain, or thinking of suicide, help is available. Speak someone you trust, a friend, clergy, or other trusted individual, and seek professional support as soon as possible.

Listed below are other resources that can help:

Local Providers [Tier 1, 2+]

Community Service Board (CSB)

Call or visit your local CSB. Contact information can be found at <http://www.gacsb.org/members>

Other Providers (800) 715-GCAL (4225)

Or visit <http://mygcal.com>

SAMHSA Helpline: 800-662-HELP (4357)

Provides referrals to local treatment facilities, support groups, and community-based organizations.

Help/Crisis Lines

Georgia Crisis and Access Line: (800) 715-GCAL (4225)

Georgia's crisis intervention and mobile response teams; Information about mental health and substance use treatment resources in your community.

National Suicide Prevention Lifeline: (800) 273-TALK (8255)

Poison Control Hotline: (800) 222-1222

Speak with a poison control expert if someone you know has come into contact with or ingested poisonous substances or taken an excessive dose of medication. *Call 911 right away if the individual collapses, has a seizure, has trouble breathing, or can't be awakened.*

Veterans and Military

Veteran/Military Crisis Line: (800) 273-8255 Press 1

Confidential support for Veterans, Active Military, and their Families/Friends.

Public Safety and Emergency Services Personnel

Copline: (800) 267-5463

Confidential helpline for members of US law enforcement.

Safe Call Now: (206) 459-3020

Confidential crisis and referral services for public safety employees, all emergency services personnel, and their family members nationwide.

Share the Load Helpline: 1-888-731-FIRE (3473)

Confidential helpline for Fire/EMS

Older Adults

Friendship Line: (800) 971-0016

Free, 24/7, accredited crisis line for people aged 60 years and older, and adults living with disabilities

Youth

Teen Line: (800) TLC-TEEN (800) 852-8336

Open 3:00 – 9:00pm ET every night

Help/Crisis Lines (cont.)

Gender and Sexually Diverse

Trevor Lifeline: (866) 488-7386

Free confidential crisis hotline for LGBTQ youth and young adults.

GLBT National Hotline: (888) 843-4564

Peer counseling M-F, 4pm – 12 pm Eastern, Sat, 12 pm – 5 pm Eastern

Trans Lifeline: (877) 565-8860

Hotline staffed by transgender people for transgender people.

Eating Disorders

National Eating Disorders Association: (800) 931-2237

Information & Referral Helpline, M-T, 9am – 9pm Eastern; Fri, 9am – 5pm Eastern

Self-injury

S.A.F.E. Alternatives: (800) 366-8288

Information and resource line for people who experience self-injury.

Online/Text Crisis Support

MyGCAL App: download from Apple Store or Google Play to text or chat 24/7

Crisis Text Line: Text GA to 741741

National Suicide Prevention Lifeline: Crisis chat

<http://www.suicidepreventionlifeline.org>

Teen Line: Text TEEN to 839863

Veterans/Military

Veteran/Military Crisis Line: Text 838255 or visit

<https://www.veteranscrisisline.net>

Gender and Sexually Diverse

The Trevor Project: Text the word “Trevor” to 1-202-304-1200, Thursdays and Fridays, 4:00 - 8:00pm EST or visit

<http://www.thetrevorproject.org> M-F, 3:00 - 9:00pm ET

GLBT National Help Center: Online peer support chat

<http://www.glbtnationalhelpcenter.org>

Faith-based

RemedyLIVE: Free 24/7, online chat for youth (ages 13 and up) who are struggling. Visit <http://remedylive.com>

Eating Disorders

NEDA (National Eating Disorders Association):

<https://www.nationaleatingdisorders.org/>

M-T, 9am – 9pm ET; Fri, 9am – 5pm E

Warm Lines

Peer-run support lines for non-emergency/crisis support

Emotional/Mental Health

Georgia Mental Health Consumer Network (GMHCN)

Peer2 Peer Warm Line: (888) 945-1414

Free, 24/7 support for people living with behavioral health needs, recovering from trauma or loss, or who are experiencing life's challenges.

<https://www.gmhcn.org/peer2peer-warm-line>

Addiction Recovery

CARES (Certified Addiction Recovery Empowerment Specialist) Recovery Warm Line: (844) 326-5400

<https://www.gasubstanceabuse.org/recovery-warmline>

Online Support Groups

Georgia Mental Health Consumer Network

<https://www.gmhcn.org/online-wellness-resources>

Peer-led mental health mutual support groups, all recovery groups, Double Trouble in Recovery groups, and Peer Connections

WEconnect: <https://www.weconnectrecovery.com/free-online-support-meetings>

Free virtual all recovery support meetings 7+ times a day

Other Resources

Safety

Lock to Live: Interactive tool to help you make decisions to temporarily reduce access to potentially dangerous objects.

<http://lock2live.org>

Men

Man Therapy: <https://mantherapy.org>

Movember Foundation: <https://us.movember.com>

HeadsUpGuys: <http://headsupguys.org> Recognizing and getting support for depression

1in6: <https://1in6.org> Resources for men who have experienced unwanted or abusive sexual experiences (online support also available)

Public Safety and Emergency Services Personnel

Copline: <http://copline.org>

Reviving Responders:

<http://www.revivingresponders.com>

Safe Call Now: <https://www.safecallnow.org>

Share the Load Program:

<http://www.nvfc.org/programs/share-the-load-program>

Code Green Campaign.....<http://codegreencampaign.org>

Gender and Sexually Diverse

TrevorSpace: <http://www.trevorspace.org> Social networking site for lesbian, gay, bisexual, transgender and questioning youth, ages 13 through 24, and their friends and allies.

The Health Initiative Resource Line: Call 1-888-551-LGBT Monday – Friday, 9:30 am – 4:30 pm

Trans Lifeline: <http://www.translifeline.org>

It Gets Better Project: <http://www.itgetsbetter.org>

Faith-based

RemedyLIVE: Videos, resources, and personal stories about issues young people face. <http://remedylive.com>

Eating Disorders

NEDA (National Eating Disorders Association):

<https://www.nationaleatingdisorders.org>

ANAD (National Association of Anorexia Nervosa and Associated Disorders: <http://www.anad.org>

Self-injury

SiOS (Self-Injury Outreach & Support):

<http://sioutreach.org>

Survivors of Suicide Loss

Survivor Outreach Program: <https://afsp.org/survivor-outreach-program>

Speak with a peer support by video, phone, or email

Survivors of Suicide Support Groups:

https://afsp.org/support_group Find a local support group

Depression/Stress in the Workplace

Right Direction: <http://www.rightdirectionforme.com>

College Students

ULifeline: <http://www.ulifeline.org>

Transition Year: <http://www.transitionyear.org>

Recovery & Wellness

The Mighty: <http://themighty.com>

Bring Change 2 Mind: <http://bringchange2mind.org>

Voices of Hope: <https://afsp.org/find-support/voices-of-hope>

The Youth Mental Health Project: <http://ymhproject.org>

American Foundation for Suicide Prevention – Find

Support: <https://afsp.org/find-support>

Addiction Recovery

Shatter Proof: <https://www.shatterproof.org> Stronger than addiction

Faces and Voices of Recovery:

<http://facesandvoicesofrecovery.org>

Georgia Overdose Prevention:

<http://www.georgiaoverdoseprevention.org> Information about Georgia's 911 Medical Amnesty Law and Naloxone Rescue Kits