

Mental Health Awareness Training – Resources



Georgia Crisis and Access Line: 800-715-4225 www.mygal.com mygal app

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

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



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

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

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

Mental Health America of Georgia: www.mhageorgia.org 404-527-7175

National Alliance on Mental Illness – Georgia: www.namiga.org

Georgia Parent Support Network: (404) 758-4500 www.gpsn.org

Georgia Mental Health Consumer Network: 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 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>