

## MENTAL HEALTH & SUBSTANCE USE RESOURCES

# CRISIS RESOURCES

### Call 911

If you or someone you know has attempted suicide or threatened an immediate suicide attempt, please call 911. If possible, request a CIT (Crisis Intervention Trained) officer that specializes in mental health concerns.

### Georgia Crisis & Access Line ENG ESP 1-800-715-4225

If you are experiencing a current mental health crisis, call this number and a licensed clinician will be able to assess the situation to connect you with further appropriate state-funded resources.

### National Suicide Prevention Lifeline ENG 1-800-273-8255

ESP 1-888-628-9454 Deaf & Hard of Hearing 711 then 1-800-273-8255

If you are experiencing suicidal thoughts or emotional distress, call this number and you will be connected to a trained individual at the closest crisis center to your phone area code.

### Crisis Text Line ENG TEXT HOME TO 741741

If you are experiencing a mental health crisis, text this number and a trained crisis counselor will be on the other end of the text to respond within 5 minutes.

### SAMHSA Helpline ENG ESP 800-662-4357

If you are experiencing a mental health crisis and/or substance abuse support need, a trained individual can provide connections to both local and national resources. National resource information can be filtered by insurance status, location, and need while state resource information connects with state-funded facilities only.

### NAMI Georgia Helpline ENG 770-408-0625 NON-CRISIS ONLY

ENG [helpline@namiga.org](mailto:helpline@namiga.org)

If you are seeking NON-CRISIS assistance, contact this number for mental health resources Mondays through Fridays, 9 am to 5 pm.

## YOUTH ONLY

### Trevor Project Lifeline ENG 866-488-7386

Provides crisis intervention and suicide prevention services to LGBTQ youth.

## DOMESTIC VIOLENCE RESOURCES

### National Domestic Violence Hotline ENG ESP 800-799-7233

If you can't speak safely TEXT LOVEIS TO 22522 [thehotline.org](http://thehotline.org)

If you are in an unsafe situation where you are currently experiencing emotional and physical abuse, call this number to be screened and connected to local resources.

## DISASTER RESOURCES

### Disaster Distress Helpline ENG ESP 800-985-5990

TEXT TalkWithUs TO 66746

Provides crisis counseling and support to anyone in the US experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

### United Way DIAL 211 OR 211.org

Utilize this resource to find food, utility payment assistance, childcare support, transportation, and other essential resources.