

# MENTAL HEALTH RESOURCES AND HOTLINES

A list of mental health crisis help to access, including for COVID-19 concerns

(1) **Georgia Crisis and Access Line (GCAL)** has both a number and an app. Georgia's youth can access GCAL's services through the app My GCAL on the App Store or Google Play. This number always can be found across from my office posted on the bulletin board. **800-715-4225**

(2) There is a **Crisis Text Line** Text to **741741**

We're here for everything: anxiety, depression, suicide, difficult emotions, or any time you need support. Your opening message can say anything, like "HELLO", "HOME," or "START" Text to 741741

(3) There is a **COVID-19 Emotional Support Line 866-399-8938**

24/7 free and confidential support for people needing emotional support or resources during the COVID-19 pandemic

For More Information About GCAL (Georgia Crisis and Access Line):

<https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

## Access to Crisis Services

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at **1-800-715-4225**. GCAL is available 24 hours a day, 7 days a week, and 365 days a year to help you or someone you care for in a crisis. GCAL professionals will:

- Provide telephonic crisis intervention services
- Dispatch mobile crisis teams
- Assist individuals in finding an open crisis or detox bed across the State
- Link individuals with urgent appointment services

In addition, GCAL will help you to access a State Funded provider in your area *in a non-emergency*.

**Non-Crisis Resources** (non-emergency help for families through DFACS)

<https://dfcs.georgia.gov/1-800-children-helpline>

Parenting support/ Counseling and support groups/ Referrals for legal needs/ Grandparent issues/ Child abuse and prevention information/ Concern about well-being of a child or family member/ Family violence concerns/ Community resources for emergency assistance/ Resources for special needs children

Connecting Parents and Professionals  
to Support Online or by Phone

**1 - 8 0 0 - C H I L D R E N**

**1 - 8 0 0 - 2 4 4 - 5 3 7 3**

Free · Private · Statewide · Bilingual



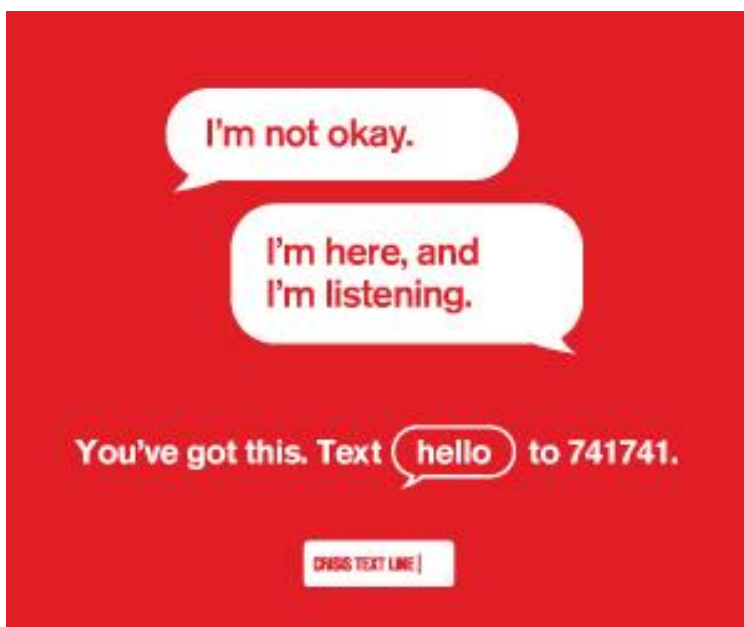
PCA Georgia





Georgia Crisis  
& Access Line  
1-800-715-4225  
mygcal.com

The banner features a white background with a dark blue border. On the left and right sides, there are silhouettes of human heads in profile, one in green and one in dark blue. The text is centered in a serif font, with the phone number in a larger, bold green font.



I'm not okay.

I'm here, and I'm listening.

You've got this. Text **hello** to 741741.

CRISIS TEXT LINE

The advertisement has a solid red background. It features two white speech bubbles containing the text 'I'm not okay.' and 'I'm here, and I'm listening.' Below them, the text 'You've got this. Text hello to 741741.' is displayed, with 'hello' inside a white speech bubble. At the bottom, there is a small white button with the text 'CRISIS TEXT LINE'.



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

DBHDD Georgia Department of Behavioral Health & Developmental Disabilities BHL beacon health options

The banner has a dark blue background with a green map of Georgia on the right side. In the center, there is an illustration of two hands, one dark-skinned and one light-skinned, clasped together. The text is in white, with the phone number in a large, bold font. At the bottom, there are logos for DBHDD, BHL, and beacon health options.