

FREE
your
FEELSTM

**RESOURCES
FOR YOUTH**

Need immediate support?

Resources below are available 24 hours a day, 7 days a week, 365 days a year



[Georgia Crisis and Access Line \(GCAL\)](#)

1-800-715-4225

- Provides immediate access to crisis or routine services

MyGCAL app

- Download the MyGCAL app to text, chat, or call the Georgia Crisis and Access Line
- Available on [Apple App Store](#) or [Google Play](#)



[notOK app](#)

- Developed by teens
- Designate up to five people as your support network. The app then texts a message to them, along with your GPS coordinates, saying that you're not okay and need help (in the form of a visit, a text, or a call)
- Available on [Apple App Store](#) or [Google Play](#)



[National Suicide Prevention Lifeline](#)

1-800-273-8255

- Provides support for people in distress, and prevention and crisis resources for you or your loved ones



[Crisis Text Line](#)

Text TALK to 741741

- Text from anywhere in the USA to text with a trained Crisis Counselor

[The Trevor Project](#)

The leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people under 25



1-866-488-7386

hotline for crisis intervention and suicide prevention



Text START to 678678

text with a Trevor counselor



[TrevorChat](#)

online instant messaging with a Trevor counselor



Resources for Youth (continued)

[DBHDD Emotional Support Line](#)

1-866-399-8938

- For callers needing emotional support or resource information as a result of the COVID-19 pandemic; operated in Georgia
- Available 8am - 11pm ET

[Peer to Peer Support](#)

1-888-945-1414

- Operated in Georgia
- A warmline where Certified Peer Specialists listen, respond, and provide peer support

[NAMI GA Helpline](#)

770-408-0625

- A non-crisis helpline operated in Georgia
- Provides information about local resources and supports
- Monday - Friday, 9am - 5pm ET

[How to Help a Friend – A Student Guide to Mental Health](#)

- One of the most important ways to be a good friend is to help your friends when you notice something is wrong. This includes helping them get the support they need and deserve if they are experiencing a mental health condition. This might seem like a big task, but it doesn't have to be

Recognize the signs and symptoms!

[VOX ATL Teen Communications](#)

- Mental health resources created by teenagers

[Seize the Awkward](#)

- Talk with a friend about mental health using these conversation guides