



**RESOURCES
FOR EDUCATORS
& PROFESSIONALS**

OF YOUNG KIDS (BIRTH TO 5)



Resources for Educators and Professionals of Young Kids (Birth to Five Years Old)

[DECAL Helpline for Early Learning Professionals](#)

1-833-354-4357

- For learning professionals to access resources relating to inclusion of children with disabilities in early childhood settings
- Call the number above or email inclusion@decal.ga.gov to connect with an Inclusion and Behavioral Support Regional Supervisor

[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](#)

[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

NAMI GA App

- Search for various mental health resources and supports based on your location in Georgia - find the resources closest to you!
- Available on [Apple App Store](#) or [Google Play](#)



Resources for Educators and Professionals of Young Kids (Birth to Five Years Old)

- [Georgia's Seeds for Success](#) from DECAL — Led by the Georgia Department of Early Care and Learning (DECAL), this website contains links to various resources and documents to support educators in their efforts to support children's social, emotional, and behavioral development.
- [Infant Toddler Webinar Series](#) from DECAL — A 3-part webinar for infant/toddler teachers & childcare providers in Georgia. Learn what impacts brain development, how to be a responsive caregiver, and how temperament impacts learning & development.
- [Expert Tips](#) from CHOA Strong4Life — By Children's Healthcare of Atlanta Strong4Life, who has worked with more than 1,800 schools in Georgia providing training, resources, and support that help promote healthy habits.
- [Feelings are Important!](#), from MHA GA — A puppet show for ages 3 to 12, from Mental Health America of Georgia and Kids on the Block Georgia
- [Mental Health and Wellness K-12 Restart Working Group](#), from the Georgia Department of Education created to address the impact of COVID-19 on Georgia's K-12 schools and plan for a safe 2020-21 school year.
- [Talk With Me Baby](#) — Talking with your baby helps grow your baby's brain. Learn how early exposure to language is vital for a child's development.
- [Center on the Developing Child](#) — Explore key concepts and related resources for "serve and return", the contingent, reciprocal interactions between child and caregiver.
- [Build My Brain](#) — Free online, video-based course focused on the concept of serve and return.
- [CDC Milestone Tracker](#) — From birth to 5 years, a child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Track a child's development and act early if you have a concern.
 - Also available as an app on the [Apple Store](#) or [Google Play](#)
- [Sesame Street](#) — Content to spark playful learning, offer children comfort, and self-care for adults.



From Children's Healthcare of Atlanta Strong4Life:

- [Sadness vs. Depression in Children and Teens](#)
- [What Is Anxiety and How Does It Look in Kids?](#)

**Recognize the signs
and symptoms**



**RESOURCES
FOR EDUCATORS
& PROFESSIONALS**

OF SCHOOL-AGE YOUTH



Resources for Educators and Professionals of School-Age Youth (Elementary, Middle, and High School)



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

1-800-715-4225

- Provides immediate access to crisis or routine services

MyGCAL app

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- 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



[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

NAMI GA App

- Search for various mental health resources and supports based on your location in Georgia - find the resources closest to you!
- 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](#)



Resources for Educators and Professionals of School-Age Youth (Elementary, Middle, and High School)

- [Resource Pocket Guide](#), from NAMI GA — Created by NAMI Georgia, this booklet provides resources as well as tools to identify, assist, and de-escalate children or youth in crisis
- [In-school Presentations and Trainings](#), from NAMI GA — Geared towards students or school staff, delivered by NAMI GA trained presenters
- [Expert Tips by Age of Child](#), from Children's Healthcare of Atlanta Strong4Life — equips professionals and parents with resources specific to child's age
- [Feelings are Important](#), from MHA GA — A puppet show for ages 3 to 12, from Mental Health America of Georgia and Kids on the Block Georgia
- [Weekly Support Groups](#), from Georgia Parent Support Network — these groups meet every Tuesday with a different expert or featured speaker each week. While these meetings are geared towards parents, many agencies, professionals, and experts join to learn!
- [Mental Health and Wellness K-12 Restart Working Group](#), from the Georgia Department of Education — a group created to address the impact of the COVID-19 pandemic on Georgia's K-12 schools and plan for a safe 2020-21 school year.
- [SEE Learning](#) — Social, Emotional, and Ethical (SEE) Learning is an innovative K-12 education program developed by Emory University.
- [SEE-KS](#) — Social-Emotional Engagement - Knowledge & Skills; provides a professional development model that equips educators with knowledge, tools, and resources to encourage students social growth
- [American Foundation for Suicide Prevention GA Chapter](#) provides research and resources focusing on eliminating the loss of life from suicide in Georgia.

Recognize the signs and symptoms

From Children's Healthcare of Atlanta Strong4Life:

- [Sadness vs. Depression in Children and Teens](#)
- [What Is Anxiety and How Does It Look in Kids?](#)
- [Signs of Depression and When to Seek Help](#)