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

**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)

**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  
Text START to 678678
- hotline for crisis intervention and suicide prevention
- text with a Trevor counselor
- 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

**VOX ATL Teen Communications**
- Mental health resources created by teenagers

**Seize the Awkward**
- Talk with a friend about mental health using these conversation guides