MENTAL HEALTH RESOURCES

Phone and web resources:



[**The National Suicide Prevention Lifeline**](https://suicidepreventionlifeline.org/talk-to-someone-now/) ***800-273-8255***

A 24/7, free and confidential support for people in distress, prevention and crisis resources

##   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** or download MYGCAL App 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

[Crisis Text Line](https://www.crisistextline.org/) *Text HOME to 741741*

A free, 24/7 text line for people in crisis

[National Hopeline Network](http://hopeline.com/) *800-784-2433*

A helpline and online chat resource

[The Trevor Project](http://www.thetrevorproject.org/pages/get-help-now) *866-488-7386*

A phone number, online chat and text resource for LGBTQ people between the ages of 13-24

**MENTAL HEALTH VIDEOS, APPS, AND TIPS**

<https://psychhub.com/covid-19/covid-individuals/covid-individuals-videos/>

**Calm-Breathe, Meditate Relax, and Sleep App** **Tips**

 