

# Suicide Prevention and Mental Health Resources

## National Suicide Prevention Lifeline

- <https://suicidepreventionlifeline.org/>
- Lifeline Phone: 1-800-273-8255
- Lifeline Chat:  
<https://suicidepreventionlifeline.org/chat/>

## NAMI Georgia Helpline

- <https://namiga.org/nami-georgia-helpline/>
  - Phone: 770-408-0625
- Call Monday-Friday, 9:00am-5:00pm for non-crisis assistance to find mental health resources and support.

## Georgia Crisis and Access Line

- <https://www.gmhcn.org/georgia-crisis-and-access-line>
- Phone line: 1-800-715-4225
- Text Line: 1-877-216-5062
- Online chat is also available through the [MyGCAL App](#) available for free on Apple and Android.

## CARES Warm Line

- <http://gasubstanceabuse.org/cares-warm-line/>
- Phone: 844-326-5400
- Call or text every day 8:30am-11:00pm to speak with a peer specialist regarding substance abuse challenges.

## Peer2Peer Warm Line

- <https://www.gmhcn.org/peer2peer-warm-line>
- Statewide phone number: 888-945-1414
- Provides Georgians the 24 hour opportunity to receive support from a peer who has lived experience recovering from behavioral health concerns, who has received special training to be able to listen with empathy, and who can provide assistance and resources to others.

## Georgia COVID-19 Emotional Support Line

- Phone: 866-399-8938
- Provides free assistance from 8 am – 11 pm to callers needing emotional support or resource information as a result of the COVID-19 pandemic.

## Georgia Mental Health Consumer Network

- <https://www.gmhcn.org/>
- Mental health peers with special training are able to use their lived recovery experience in clinical settings to provide skills, tools, and hope.

## The Free Mental Health Clinic

- <https://www.facebook.com/freeMHC/>
- Offers free psychiatric services to the uninsured or under-insured population that is 200% below the federal poverty line.

## Friendship Community Center

- <http://www.friendshiprecoverycenter.org/>
- Phone: (706)736-4339
- A Georgia State-recognized peer support center for adults in recovery from emotional and mental disorders.
- Friendship Community Center's resource list:  
<http://www.friendshiprecoverycenter.org/mhrguide.pdf>
- Includes local, state, and national options for mental health support.

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## Richmond County Suicide Prevention Coalition

- <https://www.facebook.com/RichmondCountySuicidePreventionCoalition/>
- A forum to communicate news and information and to create a community among individuals concerned about suicide prevention, coping with suicide loss and living with a mental illness.

