**CRISIS RESOURCES**

**Mental Health & Substance Use Resources**

**Call 911**

If you or someone you know has attempted suicide or threatened an immediate suicide attempt, please call 911. If possible, request a CIT (Crisis Intervention Trained) officer that specializes in mental health concerns.

**Georgia Crisis & Access Line**

If you are experiencing a current mental health crisis, call this number and a licensed clinician will be able to assess the situation to connect you with further appropriate state-funded resources.

**National Suicide Prevention Lifeline**

If you are experiencing suicidal thoughts or emotional distress, call this number and you will be connected to a trained individual at the closest crisis center to your phone area code.

**Crisis Text Line**

If you are experiencing a mental health crisis, text this number and a trained crisis counselor will be on the other end of the text to respond within 5 minutes.

**SAMHSA Helpline**

If you are experiencing a mental health crisis and/or substance abuse support need, a trained individual can provide connections to both local and national resources. National resource information can be filtered by insurance status, location, and need while state resource information connects with state-funded facilities only.

**NAMI Georgia Helpline**

If you are seeking NON-CRISIS assistance, contact this number for mental health resources Mondays through Fridays, 9 am to 5 pm.

**Youth Only**

**Trevor Project Lifeline**

Provides crisis intervention and suicide prevention services to LGBTQ youth.

**Domestic Violence Resources**

**National Domestic Violence Hotline**

If you are in an unsafe situation where you are currently experiencing emotional and physical abuse, call this number to be screened and connected to local resources.

**Disaster Resources**

**Disaster Distress Helpline**

Provides crisis counseling and support to anyone in the US experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

**United Way**

Utilize this resource to find food, utility payment assistance, childcare support, transportation, and other essential resources.

**The North Georgia Conference**

of The United Methodist Church