



Mental health can be challenged during times of uncertainty and stress. The resources below may be helpful to you during this time or may help you identify resources for further assistance.

### **Emergency Resources:**

*Important note: The resources on this page are for informational purposes. If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 911. The crisis lines and helplines below may also be helpful.*

**Georgia Crisis and Access Line:** For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225. GCAL 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 can also help you to access a State Funded provider in your area in a non-emergency as well.

Georgia's youth can now access GCAL's services via text and chat through a new app called My GCAL, which became available for download in late January 2019. Developed by Behavioral Health Link, the app will allow youth to call, text, or chat with GCAL 24/7/365.

For More Information: <https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

### **National Helplines:**

Disaster Distress Helpline (SAMSHA) at 800-985-5990

National Suicide Prevention Lifeline at 800-273-8255

Text MHFA to 741741 to talk to a Crisis Text Line counselor

### **General Resources:**

**Mental Health First Aid, How to be the Difference for People with Mental Health Concerns During COVID-19:** Mental Health First Aid has compiled tips from the Mental Health First Aid Curriculum to create resources to aid people in caring for their own and their loved one's mental health. Topics Include: How to Care for Yourself While Practicing Physical Distancing; How Do I Know Someone is Experiencing Anxiety or Depression? How to Help Someone with Anxiety or Depression During COVID-19; How to Support a Loved One Going Through a Tough Time During COVID-19. <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

**Substance Abuse and Mental Health Services Administration (SAMHSA) Tips for Social Distancing, Quarantine, and Isolation:** This tip sheet provides helpful guidelines and information about social distancing, quarantine, and isolation in response to a pandemic scenario. <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**Mental Health America of Georgia, Mental Health & COVID-19:** MHA of GA has compiled a range of resources and information available through the state of Georgia <https://www.mhageorgia.org/covid19/>

**Suicide Prevention Resource Center, Resources to Support Mental Health and Coping with the Coronavirus (COVID-19):** The Suicide Prevention Resource Center has compiled a list of sites and resources related to mental health for everyone, for families, and for mental health professionals. <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

### **Resources for Children and Youth:**

**Centers for Disease Control and Prevention, Helping Children Cope:** Tips, activities, and resources for helping children cope during emergencies. <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

**Fred Rogers Center for Early Learning and Children’s Media, Talking with Children about Coronavirus:** The Fred Rogers Center offers tips for talking to children (especially younger children) about COVID-19. <https://www.fredrogerscenter.org/wp-content/uploads/2020/03/FRC-COVID19-Response.pdf>

**The National Child Traumatic Stress Network, Parent/Caregiver Guide to Helping Families Cope:** Tips and strategies for coping during traumatic events. [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

**SAMHSA, Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks:** [https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP20-01-01-006-508.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf)

**National PTA and the America Psychological Association: 6 Ways to Help Your Child Manage Their Anxiety During COVID-19:** <https://ptaourchildren.org/help-manage-covid-19-anxiety/>

**MentalHealth.Gov, Talking about Mental Health, For Parents and Caregivers:** Strategies for parents and caregivers to talk about mental health with children and youth. [www.mentalhealth.gov/talk/parents-caregivers](http://www.mentalhealth.gov/talk/parents-caregivers)

**Zero to Three National Center for Infants, Toddlers, and Families, Tips for Families on Coronavirus:** Strategies for families with babies and toddlers to handle COVID-19, including how to answer young children’s questions, self-care, making the most of video chats, and many other topics. <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

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