

inspired

[to make healthy choices]

Volume 8 Issue 10 www.guideinc.org

Crisis Lines to Prevent Suicide

Knowing who to call in a crisis situation can be the difference between life and death.

If you or someone you know needs emotional support or is having suicidal thoughts, resources are available that offer help by trained professionals.

GEORGIA CRISIS AND ACCESS LINE

The Georgia Crisis and Access Line (GCAL) is a free and confidential service at 1-800-715-4225 that provides immediate support 24/7 to individuals seeking routine or crisis resources related to mental health or substance use.

MY GCAL APP

The My GCAL App is a resource designed to help young people experiencing a crisis access the Georgia Crisis & Access Line (GCAL) via chat, text or phone call 24/7/365. The app can be downloaded via the Apple App Store and Google Play.

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides 24/7 free and confidential support to people having thoughts of suicide or experiencing a mental health or substance use crisis. Call or text 988 or chat at 988Lifeline.org.

CRISIS TEXT LINE

Crisis Text Line provides access to free, 24/7 support and information via text message. Text HOME to 741741 and a live, trained volunteer Crisis Counselor receives the text and responds from a secure online platform.

THE TREVOR PROJECT

The Trevor Project connects LGBTQ youth to crisis counselors 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential and free. Individuals in need of immediate support can call 1-866-488-7386, text START to 678678 or chat online at thetrevorproject.org/get-help.

DISASTER DISTRESS HELPLINE

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including public health emergencies. Call 1-800-985-5990 or text TalkWithUs to 66746.

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