

Mental Health Resources

24/7 Helplines

- Georgia Crisis and Access Line: 1-800-715-4225, or text MHA to 741741 to connect with a trained crisis counselor.
- Georgia COVID-19 Emotional Support Line: 1-866-399-8938
- National Suicide Prevention Helpline 1-800-273-8255
- National Domestic Violence Hotline 1-800-799-7233
- National Alliance on Mental Illness (NAMI) 1-800-950-NAMI
- National Alliance of Mental Health (NIMH) 1-800-662-HELP

Find a Therapist Near You

- Contact your insurance plan for a list of covered providers
- Visit www.psychologytoday.com for profiles of therapists nationwide
- Visit www.therapyforblackgirls.com for profiles of therapists nationwide

How to Choose A Therapist

- Ask friends and family for referrals.
- Research online and review photos, profiles, and specialties
- Be sure that the therapist holds a professional license in your state.
- Find a therapist who specializes in your area of concern.
- Interview your therapist. Most therapists will allow a brief complimentary phone consultation.
- Hang in there. Therapy is a process so don't give up after only a few sessions if you don't notice any changes or even if you start to feel better. However, if your therapist truly isn't a good fit, let him/her know and ask for a referral. Communication is key.

Additional Resources

- Internet access for displaced students, seniors, and veterans:
<https://www.alticeadvantageinternet.com/>

- If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit [211.org](https://www.211.org) or dial 211 to speak to someone who can help at the United Way.
- The Disaster Distress Helpline (DDH) provides support for anyone in the U.S. experiencing health concerns related to any natural or human-caused disaster, including public health emergencies. They can be reached at 1-800-985-5990, or text TalkWithUs to 66746.

For ongoing facts about Mental Health and the community, follow Dr. RJ on Instagram **@AskDrRJ**