







## Helpers in Your Community: Is the helper able, available, and acceptable?

<b>SUICIDE/MENTAL HEALTH CRISIS CENTER:</b> Georgia Crisis & Access Line 800-715-4225; mygcal.com; text GA to 741-741	
<b>RAPE/SEXUAL ASSAULT CENTER:</b> Rape Crisis Center of the Coastal Empire 912-233-3000	
<b>DOMESTIC VIOLENCE HOTLINE:</b> Georgia Domestic Violence Hotline 800-334-2836	
<b>SEXUAL ABUSE HOTLINE:</b> Department of Family and Children Services 1-855-422-4453	
<b>POLICE/PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT:</b> 911	
<b>LGBT SUPPORT:</b> Savannah LGBT Center 912-200-9195	
<b>HOSPITAL EMERGENCY SERVICES:</b> Memorial 912-350-8000 St. Joseph's/Candler 912-819-6000	
<b>EMERGENCY SHELTERS:</b> Safe Shelter 912-629-8888 Red Cross 800-338-4894 Salvation Army 912-651-7420	
<b>YOUTH SHELTER:</b> Park Place Outreach 912-234-4048	
<b>MENTAL HEALTH OUTREACH CLINIC:</b> Union Mission 912-238-2777 Lakeside Crisis 912-748-4378	
<b>CHILDREN/YOUTH PSYCHIATRIC CLINIC:</b> Coastal Harbor 912-354-3911	
<b>PRIVATE PRACTITIONERS:</b> Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-4357	
<b>MEDICAL CLINIC / GENERAL PRACTITIONER:</b> J. C. Lewis 912-495-8887 Curtis V. Cooper 912.527.1100	
<b>STD INFORMATION AND TESTING SITES:</b> Chatham County Health Department 912-356-2441 dph.ga.gov	
<b>CHILDREN'S SERVICES OFFICES:</b> Division of Family and Children Services 877-423-4746 dfcs.dhs.georgia.gov	
<b>STUDENT SERVICES:</b> SCCPSS Student Affairs 912-395-5584	
<b>CHILD CARE REFERRALS:</b> 912-443-3011 ccrofsoutheastga.org	
<b>PARENT TRAINING:</b> Parent University 912-507-8566 Lutheran Services of GA 912-353-8875	
<b>FAMILY SUPPORT SERVICES:</b> United Way 912-651-7730 Parent University 912-507-8566 Wesley Community Center 912-447-5711	
<b>SELF HELP GROUPS:</b> National Alliance on Mental Illness Savannah (NAMI) 912-353-7143 Hospice Savannah-Demere Center 912-629-1088	
<b>SUBSTANCE ABUSE COUNSELING:</b> SAMSHA Hotline 800-662-4357 New Day Counseling 912-201-3605 Recovery Place 800 627-4010	
<b>ALCOHOLICS ANONYMOUS:</b> Savannah Area AA 912-356-3688	
<b>MENTAL HEALTH SERVICES:</b> Savannah Counseling/ Gateway Behavioral Health 912-790-6500 / 1-866-557-9955 Coastal Behavioral Health 912-354-3911	
<b>RELIGIOUS/SPIRITUAL SUPPORT:</b>	
<b>LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE:</b> GA Legal 912-651-2180 Victim-Witness: 912-652-7329	
<b>COMMUNITY CORRECTIONS OFFICERS:</b>	
<b>Other:</b> Healthy Mothers, Healthy Babies Georgia 1-800-300-9003	<b>Other:</b> America's Second Harvest Food Bank 912-629-0298
<b>Other:</b> Mediation Center 912-354-6686	<b>Other:</b> VA Outpatient 912-920-0214
<b>Health Insurance Enrollment Help:</b> Chatham County Safety Net Planning Council: 912-644-5219	

**Do you need help right now?**

**If you or someone you know is having thoughts of suicide, help is available.**

## National Helplines

 <p>Georgia Crisis &amp; Access Line 1-800-715-4225 mygal.com</p>	<p>The Georgia Crisis and Access Line 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 professionals will:</p> <ul style="list-style-type: none"> <li>● Provide telephonic crisis intervention services</li> <li>● Dispatch mobile crisis teams</li> <li>● Assist individuals in finding an open crisis or detox bed across the State</li> <li>● Link individuals with urgent appointment services</li> <li>● Help you to access a State Funded provider in your area in a non-emergency.</li> </ul>
 <p>NATIONAL <b>SUICIDE PREVENTION LIFELINE</b> 1-800-273-TALK (8255) suicidepreventionlifeline.org</p>	<p>The National Suicide Prevention Lifeline provides 24/7, free and confidential emotional support and resources to people in suicidal crisis or emotional distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. They also have a 24/7 online chat service available on their website.</p>
 <p>Veterans Crisis Line 1-800-273-8255 PRESS 1 Text to 838255</p>	<p>The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Confidential support is available 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.</p>
 <p>Need help? Text GA to 741741 CRISIS TEXT LINE   <small>A Free, 24/7 text line for people in crisis.</small></p>	<p>Anyone in Georgia experiencing an emotional crisis can text GA to 741741 to communicate with a trained Crisis Counselor. Children and Teens are especially welcome. The service is free, confidential and available 24/7.</p>
<p><b>TEEN LINE:</b> (310) 855-4673 OR (800)-852-8336; Text "TEEN" to 839863</p>	<p><b>NATURAL DISASTER:</b> Disaster Distress Helpline 1-800-985-5990</p>
<p><b>CHILD ABUSE:</b> USA National Child Abuse Hotline 800-422-4453</p>	<p><b>DATING ABUSE &amp; DOMESTIC VIOLENCE:</b> Love Is Respect 1-866-331-9474 National Domestic Violence Hotline 1-800-799-7233 RAINN: Rape, Abuse, and Incest National 1-800-656-4673</p>
<p><b>SEXUAL ABUSE:</b> Department of Family and Children Services 1-855-422-4453</p>	<p><b>HUMAN TRAFFICKING:</b> National Human Trafficking Resources Center 1-888-373-7888</p>
<p><b>SUBSTANCE ABUSE/MENTAL HEALTH:</b> Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-4357</p>	<p><b>CUTTING/SELF-INJURY:</b> Safe Alternatives 800-366-8288</p>
<p><b>SUPPLEMENTAL NUTRITION:</b> Women, Infants, and Children 855-262-7670</p>	<p><b>RUNAWAYS:</b> National Runaway Safeline 1-800-786-2929</p>
<p><b>POISON CONTROL:</b> 800-222-1222</p>	<p><b>EATING DISORDERS:</b> National Eating Disorders Association 1-800-931-2237 ANAD: National Association of Anorexia Nervosa and Associated Disorders 630-577-1330</p>
<p><b>CHILD/FAMILY SUPPORT:</b> Boys Town 1-800-448-3000</p>	<p><b>CUTTING/SELF-INJURY:</b> Safe Alternatives 800-366-8288</p>
<p><b>REPRODUCTIVE HEALTH:</b> Planned Parenthood 1-800-230-7526 STI Resource Center 919-361-8488</p>	<p><b>LGBT SUPPORT:</b> The Trevor Project (LGBT Suicide Hotline) 1-866-488-7386 GLBT National Youth Talk 1-800-246-7743</p>