





Crisis Resources

 <p>Georgia Crisis & Access Line 1-800-715-4225 mygal.com</p>	<p>A free 24/7 helpline providing mental health crisis assistance and access to mental health resources throughout the state of Georgia</p>	<p>1-800-715-4225 or mygal.com.</p>
	<p>For emergencies in which law enforcement may be called, ask for a Crisis Intervention Team (CIT) officer</p>	<p>Dial 9-1-1</p>
 <p>CRISIS TEXT LINE I think I might be program I feel angry... I can't get out of the house... I think I'm having a panic attack Text GA to 741741 A free, 24/7 text line for people in crisis.</p>	<p>Reach a trained counselor by text message. Youth and teens are especially welcome.</p>	<p>Text 'GA' to 741-741.</p>
 <p>NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org</p>	<p>Suicide Prevention Lifeline</p>	<p>1-800-273-TALK or 1-800-SUICIDE</p>



The image shows the MyGCAL App interface. On the left is the app icon, a green rounded square with a white outline, containing the text "my GCAL APP". Below the icon is the text "MyGCAL App". On the right is a screenshot of the app's main screen. At the top, there are two cartoon avatars of a man and a woman. Below them is the text "Find Support Today!". There are four large green buttons stacked vertically: "CHAT", "TEXT", "CALL", and "About Us". At the bottom, there is a small green banner with white text: "If you are experiencing technical issues with Chat or Text, and are in crisis, please call 1-800-715-4225".

Or Download and Use the Georgia Crisis and Access Line (GCAL) App to chat, text, or call