The coronavirus outbreak and uncertainty of the future can be challenging to process emotionally. The resources provided offer information on the situation and tips on dealing with mental health. If you or someone you care about feels overwhelmed with sadness, depression or anxiety, or thoughts of suicide or self-harm; please reach out for intervention and support.

The Georgia COVID-19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic.

The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

Georgia Crisis and Access Line (GCAL) 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.

CARES Warm Line 1-844-326-5400
Substance Abuse Challenges Call or Test Every Day of The Year 8:30am – 11:00pm

COVID-19 Hotline (844) 442-2681
The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or urgent care clinic. Please do not show up unannounced at an emergency room or health facility.

NAMI Georgia Helpline Call (770) 408-0625 for non-crisis assistance from NAMI Georgia to find mental health resources and support.