

# Crisis Resources

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|  <p>Georgia Crisis &amp; Access Line<br/>1-800-715-4225<br/>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  <br/>Text GA to 741741<br/>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<br/>SUICIDE<br/>PREVENTION<br/>LIFELINE<br/>1-800-273-TALK (8255)<br/>suicidepreventionlifeline.org</p> | <p>Suicide Prevention Lifeline</p>                                                                                                          | <p>1-800-273-TALK or 1-800-SUICIDE</p> |



MyGCAL App



Find Support Today!

CHAT

TEXT

CALL

About Us

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