



**RESOURCES  
FOR EDUCATORS  
& PROFESSIONALS**

**OF SCHOOL-AGE YOUTH**



# Resources for Educators and Professionals of School-Age Youth (Elementary, Middle, and High School)



## [Georgia Crisis and Access Line \(GCAL\)](#)

**1-800-715-4225**

- Provides immediate access to crisis or routine services

### **MyGCAL app**

- Download the MyGCAL app to text, chat, or call the Georgia Crisis and Access Line
- Available on [Apple App Store](#) or [Google Play](#)



## [National Suicide Prevention Lifeline](#)

**1-800-273-8255**

- Provides support for people in distress, and prevention and crisis resources for you or your loved ones



## [NAMI GA Helpline](#)

**770-408-0625**

- A non-crisis helpline operated in Georgia
- Provides information about local resources and supports
- Monday - Friday, 9am - 5pm ET

### **NAMI GA App**

- Search for various mental health resources and supports based on your location in Georgia - find the resources closest to you!
- Available on [Apple App Store](#) or [Google Play](#)



## [notOK app](#)

- Developed by teens
- Designate up to five people as your support network. The app then texts a message to them, along with your GPS coordinates, saying that you're not okay and need help (in the form of a visit, a text, or a call)
- Available on [Apple App Store](#) or [Google Play](#)



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- [Resource Pocket Guide](#), from NAMI GA — Created by NAMI Georgia, this booklet provides resources as well as tools to identify, assist, and de-escalate children or youth in crisis
- [In-school Presentations and Trainings](#), from NAMI GA — Geared towards students or school staff, delivered by NAMI GA trained presenters
- [Expert Tips by Age of Child](#), from Children's Healthcare of Atlanta Strong4Life — equips professionals and parents with resources specific to child's age
- [Feelings are Important](#), from MHA GA — A puppet show for ages 3 to 12, from Mental Health America of Georgia and Kids on the Block Georgia
- [Weekly Support Groups](#), from Georgia Parent Support Network — these groups meet every Tuesday with a different expert or featured speaker each week. While these meetings are geared towards parents, many agencies, professionals, and experts join to learn!
- [Mental Health and Wellness K-12 Restart Working Group](#), from the Georgia Department of Education — a group created to address the impact of the COVID-19 pandemic on Georgia's K-12 schools and plan for a safe 2020-21 school year.
- [SEE Learning](#) — Social, Emotional, and Ethical (SEE) Learning is an innovative K-12 education program developed by Emory University.
- [SEE-KS](#) — Social-Emotional Engagement - Knowledge & Skills; provides a professional development model that equips educators with knowledge, tools, and resources to encourage students social growth
- [American Foundation for Suicide Prevention GA Chapter](#) provides research and resources focusing on eliminating the loss of life from suicide in Georgia.

## Recognize the signs and symptoms

### From Children's Healthcare of Atlanta Strong4Life:

- [Sadness vs. Depression in Children and Teens](#)
- [What Is Anxiety and How Does It Look in Kids?](#)
- [Signs of Depression and When to Seek Help](#)