



**RESOURCES  
FOR PARENTS &  
CAREGIVERS**

**OF SCHOOL-AGE YOUTH**



# Resources for Parents and Caregivers 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
- [Expert Tips by Age of Child](#), from Children's Healthcare of Atlanta Strong4Life — This website equips parents with resources specific to your 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 Parent 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!
- [Federation of Families for Children's Mental Health](#) - a chapter near you can offer resources for services and supports for children with mental health needs and their families. Call or email Taylor Slade with GPSN today: (706) 853-1986 or taylor.slade@gpsn.org
- [Mental Health and Wellness Webinars](#) - access a bank of webinars for families, parents, and caregivers. Hosted by Mental Health America of Georgia.
- [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 the National Alliance on Mental Illness (NAMI)

- [Learning to Help Your Child and Your Family](#)

### 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](#)