

How to Connect to a Therapist

Here are some steps you can take to connect with a therapist in your home community:

- Contact the customer service number on the back of your insurance card
- Contact your local community behavioral health agency
- For urgent needs, contact 911 or go to your nearest emergency center
- Contact other resources listed on this page for additional assistance

In Georgia

Georgia Crisis and Access*
Line 1-800-715-4225

Crisis Text Line*
text GA to 741741

Going International?

Before you go check with your therapist or insurance about the availability of telemental health

Check with your study abroad program about supplemental international insurance

Nationally

Mental Health America
<https://www.mhanational.org/>

National Alliance on Mental Illness
<https://www.nami.org/>

www.211.org
Each state has a Mobile Crisis Service

Veteran's Crisis Line*
1-800-273-8225 (option 1)

National Suicide Prevention Lifeline
1-800-273-8255* or
text 273TALK to 839863

Military Helpline
1-888-457-4838* or
text MIL1 to 839863

Alcohol & Drug Helpline
1-800-923-4357* or
text RecoveryNow 839863

LGBT Hotline
1-888-843-4564

Trevor Project *
1-866-488-7386