



MENTAL HEALTH RESOURCE LIST*

Compiled by the Georgia Mental Health Initiative of the Christian Church (Disciples) in Georgia

In an effort to provide mental health information to Disciples congregations, as well as to encourage innovative mental health ministries, we have compiled a list of resources related to mental health and wellness. While not intended to be complete, we hope that this document, also available at www.gadisciples.org/georgia-mental-health-initiative, will be helpful to Disciples clergy, laypersons, and congregations in Georgia seeking to counter stigma and provide support.

NATIONAL

American Foundation for Suicide Prevention (AFSP)

afsp.org

AFSP raises awareness, funds scientific research, and provides resources and aid to those affected by suicide. Chapters around the country also raise awareness 1) through programs called "Talk Saves Lives," 2) by marking International Survivors of Suicide Loss Day on November 23, and 3) through Out of the Darkness Walks. Rev. Cheryl Clear, pastor of Winder First Christian Church, is chairing the Barrow County Walk on Sept. 28, 2019.

Mental Health First Aid Training

www.mentalhealthfirstaid.org

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Evidence shows that training contributes to mental health literacy, helping individuals identify, understand, and respond to signs of mental illness. Rev. Tom Edmondson, pastor of First Christian Church of Atlanta, is a trained Mental Health First Aid instructor.

Mental Health America (MHA)

www.mentalhealthamerica.net

MHA, founded in 1909, is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. The website includes an abundance of information, plus basic mental health screening tools, including some in Spanish.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov

NIMH is the lead federal agency for research on mental disorders, with a website featuring extensive information including free downloadable fact sheets and brochures.

STATE

Georgia Crisis & Access Line (GCAL)

1-800-715-4225

GCAL is the 24/7 hotline for accessing mental health services in Georgia. Call this number either for help in accessing services and for immediate crisis help.

Georgia Collaborative ASO

www.georgiacollaborative.com

Working with the Georgia Department of Behavioral health and Developmental Disabilities' (DBHDD) network of more than 600 providers, the Georgia Collaborative Administrative Services Organization (ASO) facilitates the delivery of whole-health, person-centered and culturally sensitive support and services to individuals and their families throughout the state.



Georgia Council on Substance Abuse (GCSA)

www.gasubstanceabuse.org

The mission of GCSA is to increase the impact of recovery in Georgia’s communities through education, advocacy, and training. This organization offers peer support and other recovery training, as well as an extensive list of resources related to recovery from substance abuse.

Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD)

www.dbhdd.georgia.gov

The DBHDD provides services and resources in the areas of mental health and substance abuse, developmental disabilities, and deaf services. Services are organized through six field offices that serve Georgia and administer the hospital and community resources assigned to that region. Community resources are available through 26 agencies (Community Service Boards) throughout the state listed at dbhdd.georgia.gov/locations/community-service-board. Find local services through the interactive map at dbhdd.georgia.gov/regional-field-offices.

Georgia Mental Health Consumer Network

www.gmhcn.org

The mission of GMHCN is to promote recovery through advocacy, education, employment, empowerment, peer support, and self-help. Resources include Peer Support, Wellness, and Respite Centers, located in Cartersville, Cleveland, Decatur, McDonough, and Moultrie, which are peer-run alternatives to mental health day programs and psychiatric hospitalization. GMHCN also will set up a Mental Health First Aid Training at no cost. Visit www.gmhcn.org/mental-health-first-aid.

National Alliance on Mental Illness (NAMI), Georgia Chapter

www.namiga.org

The mission of NAMI – Georgia is to empower affiliates to create communities where all affected by mental illness find hope, help, and acceptance through support, education, and advocacy. NAMI is the nation’s largest grassroots mental health organization dedicated to improving the lives of persons and families living with serious mental illness. Visit www.nami.org/Local-NAMI?state=GA to locate a NAMI group near you – there are many affiliate groups across Georgia. Or search “resources” on the website to find services in your community.

REGIONAL & LOCAL

Alcoholics Anonymous Georgia

www.aageorgia.org

AA is a fellowship of men and women in recovery from alcoholism. The website includes a meeting finder.

Central Savannah River Area Community Resource Guide

This is a comprehensive guide to many community services in an 18-county region around August, including mental health and recovery. <http://www.serenitybhs.com/wp-content/uploads/2018/01/CSRA-Resource-Guide-2017.pdf>

Community Service Board

Community Service Boards are state-designated agencies that provide treatment, support and recovery services, often at low cost, for individuals with mental illness, substance use disorders, and intellectual and developmental disabilities. They operate through the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD); find out more at <https://dbhdd.georgia.gov/locations/community-service-board>.



Metropolitan Counseling Services

www.mcsatlanta.org

MCS is a non-profit center providing quality, low-cost, sliding fee scale counseling and psychotherapy to adults in metro Atlanta.

National Alliance on Mental Illness (NAMI), Atlanta Northside

www.naminorthsideatlanta.org

NAMI Atlanta Northside is an active affiliate of NAMI – Georgia and has published a free resource booklet at naminorthsideatlanta.org/wp-content/uploads/2017/04/Nami-Final-4-18-2017_WCOVERS.pdf.

National Alliance on Mental Illness (NAMI), DeKalb County

www.namidekalb.org

NAMI DeKalb, an active affiliate of NAMI – Georgia, has a free downloadable “Resource Guide and Family Guide on Mental Illness” at www.namidekalb.org/help-book.

Pastoral Institute, Columbus, Georgia

www.pastoralinstitute.org

The Pastoral Institute is a nonprofit, faith-based, non-denominational organization that offers education and counseling services to individuals, couples, and families. One of its many programs is the Ministry Assistance Program, a joint effort with the Christian Church in Georgia (Disciples of Christ), that offers counseling services and clergy crisis intervention for ministers and their families. Any Disciples minister or pastoral family member may receive at no charge up to six individual or twelve family sessions at the Pastoral Institute or with an affiliated counselor in Georgia, with confidentiality assured. Visit www.gadisciples.org/ministry-assistance.

Psychology Today

www.psychologytoday.com/us/therapists/

Because it can be confusing to find a therapist, *Psychology Today* has developed an extensive database of therapists and counselors. Search for providers by city or zip code, and then read about her/his credentials, experience, and counseling focus.

FAITH-BASED

Georgia Mental Health Initiative (GAMHI)

www.gadisciples.org

The purpose of the Georgia Mental Health Initiative (GAMHI), a ministry of the Christian Church (Disciples of Christ) in Georgia, is to 1) counter stigma around mental health, 2) provide resources, 3) support clergy and seminarians, and 4) encourage collaboration among Georgia Disciples congregations and other agencies.

Mental Health Ministries

www.mentalhealthministries.net

An online ecumenical ministry founded by a Methodist pastor in 2001 with worship, education, prayer, and other faith-based resources available.

National Benevolent Association (NBA) Mental Health Initiative

www.nbacares.org/mental-health

The NBA offers numerous congregational resources for worship and teaching related to mental health.



Toolbox for Mental Health Ministry

The Regional Council of the Churches of Atlanta has created an online resource for congregations that support and advocate for persons living with mental illness. Learn more about how your congregation can *Prepare, Welcome, Educate, Serve and Advocate* at www.chipgeorgia.com/creating-compasionate-congregations-a-toolbox-for-mental-health-ministry.html.

Worship Guide for Mental Health Awareness

May is Mental Health Awareness Month, July is Minority Mental Health Awareness Month, October 10 is World Mental Health Day, and October 6-12 is Mental Illness Awareness Week. Pick a date and plan a worship service to increase awareness.

VETERANS

VA Mental Health

www.mentalhealth.va.gov

The US Department of Veterans Affairs offers extensive resources and services to support the mental health of its veterans. If you are a veteran or service member, or family member or congregation of someone who is, check out some of the many resources, including some of those highlighted below.

- **App Store – Mental Health**
mobile.va.gov/appstore/mental-health

- **“Keeping It All Together”**
<https://download.militaryonesource.mil/12038/MOS/ResourceGuides/KeepingItAllTogether.pdf>
A guide to accessing care for wounded, ill, and injured service members/families.

- **National Center for PTSD**
www.ptsd.va.gov/index.asp

- **PTSD Online Coach**
www.ptsd.va.gov/apps/ptsdcoachonline/default.htm

- **VA General Information**
www.va.gov/va-welcome-kit-color.pdf

- **VA Mental Health and Chaplaincy**
www.mirecc.va.gov/mentalhealthandchaplaincy/community.asp
A division of the VA called the Mental Illness Research, Education and Clinical Centers has developed resources for congregations and clergy, to achieve a more collaborative system of care.

- **VA Mental Health Services**
www.va.gov/health-care/health-needs-conditions/mental-health/

*Every effort has been made to validate the resources on this list. However, the list of providers is intended for informational purposes only and does not constitute an endorsement or referral from the Christian Church (Disciples of Christ) in Georgia Regional Office or Georgia Mental Health Initiative.