

## MENTAL HEALTH RESOURCES

- ❖ Mental Health America (MHA) - call 1-800-985-5990 or text "TalkWithUs" to 66746 at the SAMHSA Disaster Distress Helpline. Take a Mental Health Test - <https://screening.mhanational.org/screening-tools/>
- ❖ National Alliance on Mental Illness (NAMI) HelpLine can be reached Mon through Fri, 10 am – 10 pm, ET. 1-800-950-NAMI (6264) or [helpline@nami.org](mailto:helpline@nami.org)
- ❖ Silence the Shame – <https://silencetheshame.com/>
- ❖ 24/7 Crisis Text Line - Text "HOME" to 741741
- ❖ National Domestic Violence 24/7/365 Hotline: 1-800-799-SAFE (7233) <https://ncadv.org/>
- ❖ Substance Abuse and Mental Health Services Administration (SAMHSA) – 24/7/365 National Helpline 1-800-622-HELP (4357)
- ❖ Boris Lawrence Henson Foundation – (213) 222-6327 <https://borislhensonfoundation.org/>
- ❖ The Trevor Project – [www.thetrevorproject.org](http://www.thetrevorproject.org) 24/7 crisis support for LGBTQ youth
- ❖ Veterans Crisis Line - <https://www.veteranscrisisline.net/>

### ONLINE DATABASES TO FIND A PROVIDER

- ❖ Therapy for Black Girls - <https://therapyforblackgirls.com/>
- ❖ American Psychological Association - <https://locator.apa.org/>
- ❖ Psychology Today - <https://www.psychologytoday.com/us>
- ❖ Christian Counselor Directory - <https://www.christiancounselordirectory.com/>
- ❖ Therapy for Black Men - <https://therapyforblackmen.org/>
- ❖ American Association for Marriage and Family Therapy - <https://therapistlocator.net/>
- ❖ Open Path Collective – reduced cost therapy - <https://openpathcollective.org/>

### ATLANTA COUNSELING CENTERS

- ❖ Odyssey Family Counseling Center: 404-762-9190 <https://odysseycounseling.org/>
- ❖ The Link Counseling Center: 770-541-1114 or 404-256-9797 <https://www.thelink.org/>
- ❖ Chris 180: 404-486-9034 <https://chris180.org/>
- ❖ Mercer Family Therapy Center: 678-547-6789 <https://medicine.mercer.edu/mftc/>
- ❖ Hope Counseling Centers: 404-835-6110 <https://hopecounselingatlanta.com/>