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

- 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

* Denotes a 24/7 Service

- Mental Health America [https://www.mhanational.org/](https://www.mhanational.org/)
- National Alliance on Mental Illness [https://www.nami.org/](https://www.nami.org/)
- www.211.org Each state has a Mobile Crisis Service

Check with your study abroad program about supplemental international insurance