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## How to get behavioral health help

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# HOW TO GET BEHAVIORAL HEALTH HELP



A Guide for Young Adults



GEORGIA  
SYSTEM  
of  
CARE

FAMILY | COMMUNITY | PARTNERS



As a young adult, figuring out how to manage jobs, bills, education, and housing is difficult enough.

## THINGS TO KEEP IN MIND

Thousands of young people in Georgia are either getting state services or applying to receive state services. Others are in your situation, too.

- There are a lot of services and resources out there for you. Do not be afraid to ask for help. It is out there.
- Connect with peer-support organizations. You can learn from others in your position how to best deal with the challenges of getting state services.
- Peer-support organizations can help provide emotional support, advice, and other extra services. A list of peer-support organizations is on page 12.

These things can become even more complicated if you need support from state services. Getting help from the state can be a long and difficult process. The goal of this guide is to give you some tips for getting the help you need.



**YOU ARE NOT ALONE!**

You are your own best advocate.  
Guide your own recovery. Don't be  
afraid to speak up.



**SPEAK UP FOR YOURSELF.**

- Ask questions related to your care.
- If you don't understand something, ask for someone to explain it to you.
- Be patient. Your care and improvement is a process that may take some time.
- Demand that your support workers help you address your basic needs like health, housing, and safety. After your basic needs are met, understand other services may take time.
- If you are in a state of crisis and you feel threatened or feel you may be a threat to yourself or others, call 911. If you call the police, ask for an officer that has Crisis Intervention Training and explain to the dispatcher your situation. If there is no immediate threat or danger, call your social worker or the Georgia Crisis Access Line at 1-800-715-4225.

## As you enter care, create a vision for what you want to achieve.

- Those who are successful create their own goals and plans for the future.
- Keep the long-term plan in mind in every decision you make. Temporary improvements and fixes are good, but long-term changes are better.
- Talk to your caseworkers about long-term goals and how to avoid mistakes on the way there.
- Don't give up when there is a setback. You can find a way around it.
- Take advantage of long-term support options. Youth who are served through Georgia Division of Family and Children Services (DFCS) can receive Medicaid up to age 26. The Multi-Agency Alliance for Children can provide support for youth involved with DFCS after they turn 18.



CREATE YOUR OWN PATH.

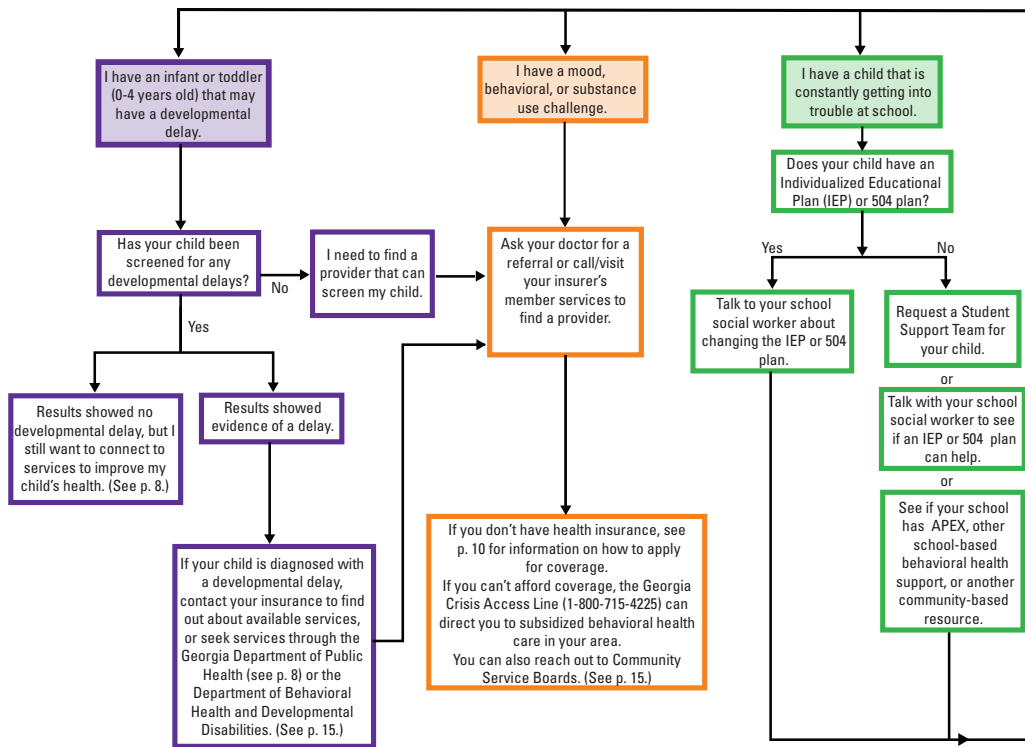


SEEK HELP TO GAIN  
EMPLOYMENT.

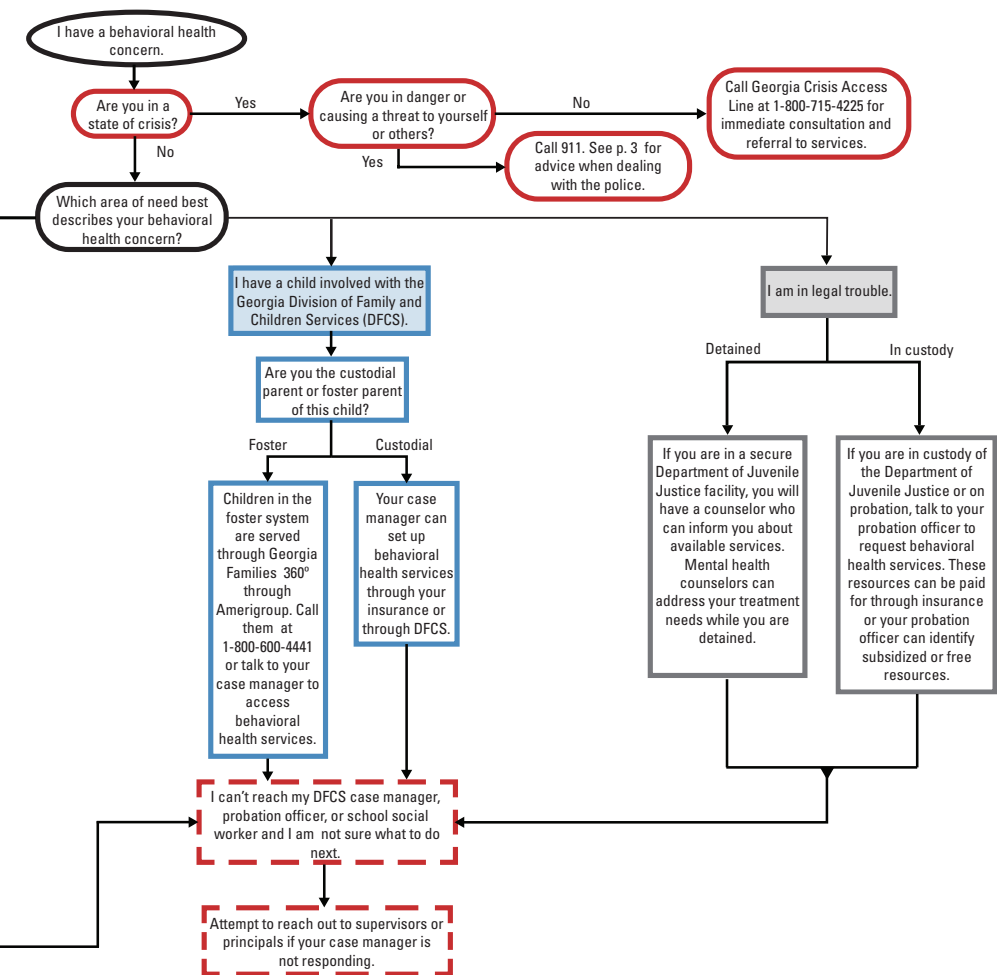
Many agencies specialize in providing support to young adults. These organizations can help you obtain identification documents, secondary education, or job training. A list of organizations that provide education and work training support for young adults is on page 9.

- Long-term employment requires a long-term plan.
- Think about education options for skilled labor, nursing, and other professional certificates. Some state agencies can help pay for your education.
- Build relationships with the people who support you and those around you who can help you as you work toward your future.

# BEHAVIORAL HEALTH ACCESS MAP



Peer support organizations: No matter what challenge you or your child may be facing, it is very important to reach out to others who are dealing with the system themselves. After connecting to the appropriate agency for your need, reach out to... (For a list of these or...



Important to connect with people who have been through what you are going through or who are currently in the system. Reach out to an organization that specializes in peer-to-peer or informal advocacy for people dealing with the system. (For more information on these organizations, see p. 12.)



# RESOURCES

## CHILD WELFARE

### Division of Family and Children Services

Services: In charge of child safety and welfare, as well as support for foster children and adoptive families.

Constituent services: 404-657-3433

Adoptions: 404-657-3550

Abuse hotline: 1-855-422-4453

Foster care info: 1-877-210-5437

List of department services and information: [dfcs.georgia.gov/node/695](https://dfcs.georgia.gov/node/695)

County offices and locations: [dfcs.georgia.gov/locations](https://dfcs.georgia.gov/locations)

## EDUCATION/EARLY LEARNING

### Georgia Department of Education

Services: Center for all prekindergarten to grade 12 education-related services and information.

Phone: 404-656-2800

Website: [gadoe.org](https://ga.gov/gadoe)

Special Education:

[gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services](https://ga.gov/gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services)

### Georgia Department of Public Health

Services: Maternal and infant health; Women, Infants, and Children (WIC).

Phone: 1-800-228-9173

WIC services website: [dph.georgia.gov/WIC](https://dph.georgia.gov/WIC)

Phone: 404-657-2850

## EDUCATION/WORK TRAINING

### Georgia Vocational Rehabilitation Agency

Services: Provides vocational training and rehabilitation programs for Georgians with disabilities.

Phone: 1-844-FOR-GVRA (1-844-367-4872)

Website: [gvs.georgia.gov](https://gvs.georgia.gov)

### Technical College System of Georgia

Services: Provides information on adult education, General Equivalency Diploma, and technical college programs. Also offers information on getting grants and scholarships.

Phone: 1-833-FOR-TCSG (1-833-367-8247)

Website: [tcsge.edu](https://tcsge.edu)

## JUVENILE JUSTICE

### Georgia Department of Juvenile Justice

Services: A system of courts and legal agencies that deal with youth offenders at the state level.

Office of Behavioral Health Services: [djj.georgia.gov/office-behavioral-health-services](https://djj.georgia.gov/office-behavioral-health-services)

List of locations: [djj.georgia.gov/find-location](https://djj.georgia.gov/find-location)

Office of the Ombudsman: [djj.georgia.gov/office-ombudsman](https://djj.georgia.gov/office-ombudsman)

## MEDICAID/SUPPLEMENTAL SECURITY INCOME

If you don't have health insurance and need coverage, first check to see if you are eligible for Medicaid. Go to [gateway.ga.gov](http://gateway.ga.gov) to check your eligibility.

- If you qualify for Medicaid, you will need to sign up with one of the four care management organizations. Your options depend on the conditions of your eligibility. See page 11.
- If you don't qualify for Medicaid, you can try to obtain affordable health insurance in the Marketplace at [Healthcare.gov](http://Healthcare.gov), or call 1-866-988-8246. If you can't afford coverage see the orange section of the Behavioral Health Access Map for more service options.

### Georgia Department of Community Health

Services: Provides oversight for Medicaid and Peach Care services in Georgia.

Medicaid services: 1-866-211-0950

Website: [dch.georgia.gov](http://dch.georgia.gov)

### Georgia Gateway

Services: Apply for and check eligibility for Medicaid and start application process.

Phone: 1-877-423-4746; 7 a.m. – 2 p.m. for a phone application

Website: [gateway.ga.gov/access](http://gateway.ga.gov/access)

### Georgia Social Security Offices

Services: Provide information on benefits for disabilities and employment services.

Phone: 1-800-772-1213; 7 a.m. – 7 p.m.

List of locations: [secure.ssa.gov/ICON/main.jsp](http://secure.ssa.gov/ICON/main.jsp)

Atlanta region site: [ssa.gov/atlanta/southeast/ga/georgia.htm](http://ssa.gov/atlanta/southeast/ga/georgia.htm)

## MEDICAID PROVIDERS

### Amerigroup

Services: Medicaid Care Management Organization.

Phone: 1-800-249-0442

Website: [amerigroup.com](http://amerigroup.com)

### CareSource

Services: Medicaid Care Management Organization.

Phone: 1-855-202-0729

Website: [caresource.com](http://caresource.com)

### Georgia Families 360<sup>SM</sup> (Amerigroup)

Services: Special Medicaid program for families of foster children.

Phone: 1-800-600-4441

Website: [myamerigroup.com/ga/your-plan/georgia-families-360.html](http://myamerigroup.com/ga/your-plan/georgia-families-360.html)

### Peach State

Services: Medicaid Care Management Organization.

Phone: 1-866-874-0633

Website: [pshpgeorgia.com](http://pshpgeorgia.com)

### Wellcare

Services: Medicaid Care Management Organization.

Phone: 1-866-231-1821

Website: [wellcare.com/en/Georgia/Members/Medicaid-Plans/Georgia-Families](http://wellcare.com/en/Georgia/Members/Medicaid-Plans/Georgia-Families)

## PEER SUPPORT

### Families Advocating for Voices of Resilience (FAVOR)

Services: Family and youth support.

Phone: 404-499-0078

Website: [favorfamilies.com](http://favorfamilies.com)

### Families First

Services: Provides health care, education, employment, and life skills enhancement for youth in the foster care system.

Phone: 404-853-2800

Website: [familiesfirst.org](http://familiesfirst.org)

### Georgia Parent Support Network

Services: Provides services and support to parents of children with severe emotional disturbances and behavioral health needs.

Phone: 1-844-278-6945

Website: [gpsn.org](http://gpsn.org)

### Integrated Concepts for Families

Services: Family support, individual and family counseling.

Phone: 770-463-0202

Website: [integratedconceptsforfamilies.com](http://integratedconceptsforfamilies.com)

### National Alliance on Mental Illness' Peer to Peer

Services: Free educational program for people living with mental illness taught by peers with lived experience.

Phone: 1-800-950-NAMI (6264)

Website: [nami.org/find-support/nami-programs/nami-peer-to-peer](http://nami.org/find-support/nami-programs/nami-peer-to-peer)

## Parent to Parent of Georgia

Services: Provides peer support to families of youth with disabilities.

Phone: 1-800-229-2038

Website: [p2pga.org](http://p2pga.org)

## HOMELESS SHELTERS AND EMERGENCY HOUSING

### CHRIS 180

1976 Flat Shoals Road, Atlanta, GA 30316

Services: Housing resources, counseling, and youth services for ages 18 to 24.

Monday-Friday: 8 a.m. – 7 p.m.

Phone: 404-486-9034

Website: [chris180.org](http://chris180.org)

### Covenant House

1559 Johnson Road NW, Atlanta GA 30318

Services: Short term (30 – 90 days) housing, employment, mental health, and education services for those 18 – 21 years only.

Phone: 404-589-0163; seven days a week, 24 hours a day

Website: [covenanthousega.org](http://covenanthousega.org)

## SOCIAL SECURITY/DISABILITY

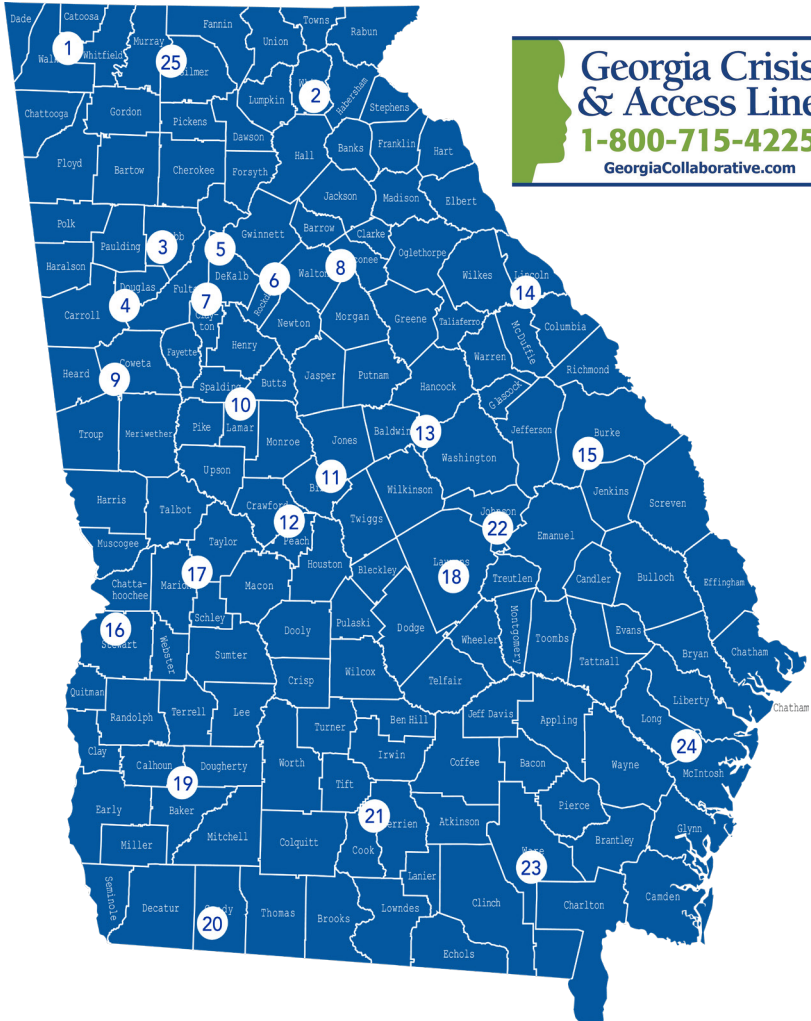
### Georgia Social Security Offices

Services: Provides information on seeking benefits for disabilities and employment services.

Phone: 1-800-772-1213; 7 a.m. – 7 p.m.

Office locator: [secure.ssa.gov/ICON/main.jsp](http://secure.ssa.gov/ICON/main.jsp)

Atlanta region site: [ssa.gov/atlanta/southeast/ga/georgia.htm](http://ssa.gov/atlanta/southeast/ga/georgia.htm)



**Georgia Crisis & Access Line**  
**1-800-715-4225**  
 GeorgiaCollaborative.com

Source: Adapted from information provided by the Georgia Association of Community Service Boards and the Georgia Department of Behavioral Health and Developmental Disabilities

## Georgia Department of Behavioral Health and Developmental Disabilities

The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) provides services for those with mental health and substance abuse issues, as well as disabilities. DBHDD also trains certified peer support workers. For services call the Georgia Crisis & Access Line at 1-800-715-4225 or visit [dbhdd.georgia.gov/dbhdd-services](http://dbhdd.georgia.gov/dbhdd-services).

Youth services and support clubhouses: [dbhdd.georgia.gov/office-cyf-services#clubs](http://dbhdd.georgia.gov/office-cyf-services#clubs)

Substance abuse and recovery clubhouses: [dbhdd.georgia.gov/adolescent-services](http://dbhdd.georgia.gov/adolescent-services)

### Community Service Boards across Georgia

1 - Lookout Mountain Community Services	<a href="http://lmcs.org">lmcs.org</a>	706-638-5580 x4151
2 - Avita Community Partners	<a href="http://avitapartners.org/about/locations.php">avitapartners.org/about/locations.php</a>	1-800-525-8751
3 - Cobb Community Service Board	<a href="http://cobbcsb.com">cobbcsb.com</a>	770-429-5000
4 - Douglas Community Service Board	<a href="http://cobbcsb.com">cobbcsb.com</a>	770-429-5000
5 - DeKalb Community Service Board	<a href="http://dekcsb.org">dekcsb.org</a>	404-294-3836
6 - View Point Health	<a href="http://myviewpointhealth.org">myviewpointhealth.org</a>	678-209-2411
7 - Clayton Community Service Board	<a href="http://claytoncenter.org">claytoncenter.org</a>	1-844-438-2778
8 - Advantage Behavioral Health Systems	<a href="http://advantagebhs.org">advantagebhs.org</a>	706-369-6363 x3100
9 - Pathways Center	<a href="http://pathwayscsb.org">pathwayscsb.org</a>	1-888-247-9048
10 - McIntosh Trail Community Service Board	<a href="http://mctrail.org">mctrail.org</a>	770-358-5252
11 - River Edge Behavioral Health Center	<a href="http://river-edge.org">river-edge.org</a>	478-803-7600
12 - Phoenix Center Behavioral Health Services	<a href="http://phoenixhealthcenter.com">phoenixhealthcenter.com</a>	478-988-1222
13 - Oconee Community Service Board	<a href="http://oconeecenter.org">oconeecenter.org</a>	478-445-5322
14 - Serenity Behavioral Health Systems	<a href="http://serenitybhs.com">serenitybhs.com</a>	706-432-4800
15 - Ogeechee Behavioral Health Services	<a href="http://obhs-ga.org">obhs-ga.org</a>	478-289-2522
16 - New Horizons Community Service Board	<a href="http://nhbh.org">nhbh.org</a>	706-596-5500
17 - Middle Flint Behavioral Healthcare	<a href="http://dbhdd.georgia.gov/location/middle-flint-behavioral-healthcare">dbhdd.georgia.gov/location/middle-flint-behavioral-healthcare</a>	229-931-2504
18 - Community Service Board of Middle Georgia	<a href="http://csbmg.com">csbmg.com</a>	478-272-1190
19 - Aspire Behavioral Health and Developmental Disabilities Services	<a href="http://aspirebhdd.org">aspirebhdd.org</a>	229-430-4140
20 - Georgia Pines	<a href="http://georgiapines.net">georgiapines.net</a>	228-227-5426
21 - Behavioral Health Services of South Georgia	<a href="http://bhsga.com">bhsga.com</a>	229-671-6170
22 - Pineland Area Community Service Board	<a href="http://pinelandcsb.org">pinelandcsb.org</a>	1-800-746-3526
23 - Unison Behavioral Health	<a href="http://unisonbehavioralhealth.com">unisonbehavioralhealth.com</a>	1-800-342-8168
24 - Gateway Behavioral Health Services	<a href="http://gatewaybhs.org">gatewaybhs.org</a>	1-866-557-9955
25 - Highland Rivers Community Service Board	<a href="http://highlandrivershealth.com">highlandrivershealth.com</a>	1-800-729-5700





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