



CRISIS RESOURCES

- **988 Lifeline:** Text or Call **988**, or chat online at **988lifeline.org/chat**
- **Crisis Text Line:** Text **HELLO** to **74174**
- Create a Safety Plan and Get Help at **mysafetyplan.org**
- Download the **notOK App®**
- **Georgia Crisis Access Line:** 1-800-715-4225
- **Crisis Text Line:** Text **HELLO** to 741741
- **Cobb County 24-hour crisis line:** 770-422-0202
- **My 3 App:** my3app.org
- **Buddy Project:** buddy-project.org
- If you are worried about a friend or family member, **TALK** to them, encourage them to get help, or get them help yourself!

IF A PERSON IS ACTIVELY SUICIDAL DO NOT LEAVE THEM ALONE AND GET HELP IMMEDIATELY.