

HEALTHY BRAIN & CHILD DEVELOPMENT STUDY

EMORY RESOURCE GUIDE

Directory of support services for pregnant persons' and people with
young children

Updated February 2023



HEALTHY Brain and Child Development



Hotlines

Hotlines are answered by a person 24 hours a day for specific types of crises. However, call 911 if in a life-threatening situation

Emergency 911

Non-Emergency Police by County:

- Clayton County E-911 Communications (770) 477-3550 Francisco Romero
- Clayton City of Forest Park Police Services (404) 366-7280 Derrell Whitehead
- Cobb County Emergency Comm. Depart. (770) 499-3911 Melissa Alterio
- Cobb City of Austell Police and 911 (770) 944-4331 R.G. Starrett
- Cobb City of Kennesaw/Acworth 911 (770) 422-2505 Nikki McGraw
- Cobb Smyrna 911 (770) 434-6666 Rick James
- Decatur-Grady E-911 (229) 248-3000 Tonya Griffin
- DeKalb County E-911 (678) 406-7929 Vacant
- DeKalb Chamblee Police Department (770) 986-5000 Catherine Powell
- DeKalb Chattahoochee River 911 Authority (404) 843-6670 Kelli Beaman
- DeKalb City of Decatur Police Department 911 (404) 373-6551 Barry Woodward
- DeKalb City of Doraville Police Department (770) 455-1000 Carmen Villao
- DeKalb Emory University Police Smith (404) 727-6111 Tahirah Muwwakkil-
- Douglas County E-911 (770) 949-6408 Katrina Harley
- Fayette County 911 Communications (770) 461-4357 Katy Vogt
- Forsyth County 911 Center (770) 781-3087 Chris Grimes
- Fulton County Emergency Services (404) 730-7911 Chris Sweigart
- Fulton Chattahoochee River 911 Authority (404) 843-6670 Kelli Beaman
- Fulton City of Atlanta 911 (404) 658-6666 Desiree Arnold
- Fulton City of Alpharetta Police Department (678) 297-6314 Lexi Pinkerton
- Fulton City of College Park (404) 761-3131 Indria Mingo
- Fulton City of East Point (404) 761-2177 Russell W. Walters
- Fulton City of Roswell 911 (770) 640-4100 John Potrzebowski
- Fulton Georgia Institute of Technology (404) 894-2500 Shireka Graham
- Fulton Georgia State University (404) 413-2100 Angelia Jennings
- Fulton Grady EMS (404) 392-9563 Cliveita Brown
- Fulton Hapeville Police Department (404) 768-7171 Nikki Rodriguez
- Grady Decatur-Grady E-911 (229) 248-3000 Tonya Griffin
- Gwinnett County Police Department (770) 513-5700 Michelle Miller

- Henry County 911 (770) 957-9121 Tamika Kendrick
- Newton County 911 Communications (678) 342-8790 Trudy Henry
- Rockdale County 911 (770) 785-5911 Myisha Callaway
- Rockdale City of Conyers Communications (770) 483-6600 Kelly Swift

Prevention Services Crisis Hotlines*

- Poison Control HotLine: 1-800-222-1222
- Crisis Text Line (24/7 Text Line): Text NAMI to 741-741
- HHS Child Abuse Hotline: 858-560-2191 Toll Free: 800-344-6000
- DEKALB COUNTY (DeKalb Community Service Board) Crisis Access Line 24 hours / 7 days
(404) 892-4646
- FULTON COUNTY (Department of Mental Health Emergency Mental Health Services) 24
hours / 7 days
(404) 730-1600 or (404) 730-1608 TDD
- MARIETTA (Cobb & Douglas Counties Community Services Board) 24-Hour Crisis Line:
(770) 422-0202
- National Child Abuse Hotline: 800-422-4453
- National Domestic Violence Hotline: 800-799-SAFE TDD: 800-448-1833
- National Sexual Assault Telephone Hotline: 800-656-HOPE (4673) National Suicide
Prevention Lifeline: 1-800-273-8255
- Depression Hotline: 630-482-9696
- TrevorLifeline: 866-488-7386



Hotline Information

Poison Control System HotLine: provides immediate, free, and expert treatment advice and referral over the telephone in case of exposure to poisonous or toxic substances. Pharmacists, nurses, and poison information providers answer the calls to 1-800-222-1222 and are available 24 hours a day, 7 days a week, 365 days a year. Language interpreters are always available, just say the language you need when you call.

Crisis Text Line (24/7 Text Line): provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Child Abuse Hotline: The Hotline is contacted when a member of the community has a concern regarding potential abuse or neglect of a child. Upon notification of the concern (via phone or fax), the Hotline Social Worker does an immediate assessment of the referral. If the child is determined to be at risk, a social worker is assigned to investigate. Hotline staff are available 24 hours per day.

National Child Abuse Hotline: Call or text if you would like more information on child abuse, need assistance reporting abuse or neglect, or to speak with a Childhelp counselor. You can also live chat with a trained counselor at www.childhelpline.org. The hotline is available 24 hours a day, all calls are confidential, and reports can be kept anonymous. This hotline has access to a network of welfare agencies around the country and can direct your report to the proper authorities.

NAMI Suicide Prevention Services Crisis Hotline: The 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress.

National Domestic Violence Hotline: If you are being abused by your partner, know there is nothing you have done or are doing to cause the abuse.

National Sexual Assault Telephone Hotline: A confidential service. When you call the hotline, only the first six numbers of the phone number are used to route the call, and your complete phone number is never stored. Most states do have laws that require local staff to contact authorities in certain situations, like if there is a child or vulnerable adult who is in danger.

National Suicide Prevention Lifeline: For those struggling with difficult life circumstances or uncomfortable thoughts and emotions. Trained crisis intervention counselors are available to receive crisis calls and give supportive counseling 24 hours a day, every day. Translation is available in more than 140 languages. They also offer teletype (TDD) services for deaf and hearing-impaired individuals.

Suicide Prevention Services Depression Hotline: you or someone you know is struggling with difficult life circumstances or uncomfortable thoughts and emotions we are here to help. You do not need to be experiencing suicidal thoughts or feelings to call. Trained crisis intervention counselors are available to receive crisis calls and give supportive counseling 24 hours a day, every day. Translation is available in more than 140 languages.

TrevorLifeline: A crisis intervention and suicide prevention support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor. Phone service available 24/7.

Gay, Lesbian, Bisexual, and Transgender (GLBT) Youth Support Line: 1-800-246-7743

NAMI HelpLine: 800-950-NAMI (6264), Monday through Friday, 10 a.m. – 10 p.m., ET, or send an email to info@nami.org.

National Parent HelpLine: 855-427-2736

Planned Parenthood: text "PPNOW" to 774636 (PPINFO)

SAMHSA Disaster Distress Helpline: 800-985-5990 or Text "TalkWithUs" to 66746

Substance Abuse & Mental Health Services Administration (SAMHSA) HelpLine:
1-800-662-4357

Text4Baby BABY: (or BEBE for Spanish) to 511411: The free **Text4baby** app makes it even easier for you to get critical health and safety information! As the perfect companion to the text messages, you can get more health and safety tips and access fun, interactive features, including: How your **baby** is growing each week. Your progress and medical updates. Fun quizzes.

<https://www.text4baby.org>

NAMI HelpLine: NAMI offers support and education programs for families and individuals living with mental health conditions. NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness.

National Parent HelpLine: Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline to get emotional support from a trained Advocate.

Planned Parenthood: to get answers about pregnancy, birth control, emergency contraception, STDs, and abortion. Planned Parenthood's Chat/Text program is offered: Monday-Thursday: 9 a.m. – 11:30 p.m. ET.

SAMHSA Disaster Distress Helpline: provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human- caused disasters.

Substance Abuse & Mental Health Services Administration (SAMHSA) Helpline: Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.

Mental Health Support

- The Peer2Peer Warm Line has been in operation since the opening of the Peer Support and Wellness Center of Decatur in 2008. It provides Georgians the opportunity to receive peer support over the phone 24 hours a day. A Certified Peer Specialist is a person with lived experience recovering from behavioral health concerns, who has received special training to be able to listen with empathy, and who can provide assistance and resources to others.

Who calls the Peer2Peer Warm Line?

- People who live with chronic behavioral health conditions like depression or anxiety
- People who are experiencing life’s challenges, such as grief, or unemployment
- People who have limited mobility, but want to remain connected to others
- People who are recovering from trauma, and need support

How to contact the Peer2Peer Warm Line

- Call 888-945-1414 (toll-free) statewide, or locally:
 - Decatur: 404-371-1414
 - Bartow County: 770-276-2019
 - Colquitt County: 229-873-9737
 - White County: 706-865-3601

If you or someone you know is experiencing a mental health crisis:

- Call Georgia’s Crisis and Access Line at 800-715-4225
- Call the National Suicide Prevention Lifeline at 800-273-8255
- Call 911



We Hear You (Because We Listen)

If you or someone you know is in or seeking recovery from substance, use disorder, we are here for you. We are individuals in long term recovery with a message of hope. Freedom from addiction is real and available to all. We are here to listen with empathy and support. We promote wellness and self-directed care. Building on strengths, abilities, and resilience, we advocate and celebrate all pathways to recovery for you, your family. and your community. So call us....

- When you are struggling and need someone to talk to.
- When you want to talk to someone confidentially.
- When you want to share your triumphs as well as your challenges in recovery.
- When you feel lonely, depressed, or have suffered a loss or setback.
- When friends or family members don't seem to understand.
- When you need someone to listen who has been right where you are.
- When you have questions about recovery.

Contact Information: CARES Warm Line - Call or Text Every Day Of The Year

Phone: 1-844-326-5400

Hours of Operation: Monday – Sunday - 8:30AM- 11:00PM

EMORY HEALTHCARE

Georgia – Medical Resources

Emory University Hospital Locations:

<p>Services Provided</p>	<ul style="list-style-type: none"> ● Primary Care ● Pregnancy & Birth Care ● Behavioral & Mental Health Care ● Cancer Care ● Endocrinology & Diabetes ● Neurological Care ● Orthopedics ● Surgery
<p>Locations</p>	<ul style="list-style-type: none"> ● Clifton Road: 1364 Clifton Rd NE, Atlanta, GA 30322 - 404-712-2000 ● Decatur: 2701 N. Decatur Rd, Decatur, GA 30033 - 404-501-1000 ● Hillandale: 2801 DeKalb Medical Pkwy, Lithonia, GA 30058 - 404-501-8000 ● Midtown: 550 Peachtree St NE, Atlanta, GA 30308 - 404-686-4411 ● Wesley Woods: 1821 Clifton Rd NE, Atlanta, GA 30329 - 404-728-6200
<p>Website</p>	<ul style="list-style-type: none"> ● https://www.emoryhealthcare.org/

Georgia – Medical Resources

Emory Obstetrics and Gynecology Locations:

404-778-7777

Locations	<ul style="list-style-type: none"> ● Atlanta: Atlanta Premier OB/GYN Associates, P.C., 764 Memorial Drive Southeast Atlanta, GA 30316 ● Decatur: Atlanta Gynecology and Obstetrics, P.C., 315 Winn Way, Decatur, GA 30030 ● Lilburn: Atlanta Gynecology and Obstetrics, P.C., 449 Pleasant Hill Rd NW Lilburn, GA 30047 ● Tucker: Atlanta GYN Center, P.C. 1922 Northlake Pkwy, Tucker, GA 30084
Website	<ul style="list-style-type: none"> ● https://www.emoryhealthcare.org/

Georgia – Medical Resources

Emory Pediatrics Specialties Locations:

404-778-7777

Locations	<ul style="list-style-type: none"> ● Atlanta: Perimeter Pediatrics Clinic, 3020 Mercer University Drive, Atlanta, GA 30341 <hr style="width: 50%; margin: 10px auto;"/> <ul style="list-style-type: none"> ● Decatur: Pediatrix Medical Group of Georgia, P.C., 2701 North Decatur Road Decatur, GA 30033
Website	<ul style="list-style-type: none"> ● https://www.emoryhealthcare.org/

Georgia – Medical Resources

Emory Women’s Health Locations:

404-778-7777

Locations	<ul style="list-style-type: none"> ● Atlanta: Better Health Greater Life, 494 Blvd SE, Atlanta, GA 30312 ● College Park: Apogee Women's Health, 2575 Jolly Rd, College Park, GA 30349 ● Cummings: Complete Women's Healthcare, 634 Peachtree Pkwy, Cummings, GA 30041 ● Decatur: DeKalb Women's Specialists 1458 Church St, Decatur, GA 30030
Website	<ul style="list-style-type: none"> ● https://www.emoryhealthcare.org/

Georgia – Medical Resources

Emory Optometry:

404-778-7777

Locations	<ul style="list-style-type: none"> ● Atlanta: Emory Eye Center, 1365 Clifton Road Northeast, Atlanta, GA 30322 ● Atlanta: Emory Eye Center - Emory Saint Joseph's Hospital Campus 5671 Peachtree Dunwoody Rd, Atlanta, GA 30342 ● Decatur: Advanced Vision, P.C., 2799 Lawrenceville Highway, Decatur, GA 30030 ● Decatur: Georgia Retina, P.C., 465 Winn Way, Decatur, GA 30030 ● Morrow: Clayton Eye Center, 1000 Corporate Center Dr., Morrow, GA 30260 ● Midtown: Emory Eye Center - Emory Midtown Campus, 550 Peachtree Street Northeast Atlanta, GA 30308
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Website	<ul style="list-style-type: none"> • https://www.emoryhealthcare.org/
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Georgia – Medical Resources

Emory Behavioral Health:

404-778-7777

Locations	<ul style="list-style-type: none"> • Atlanta: Atlanta Behavioral Medicine, Inc. 2150 Peachford Rd, Atlanta, GA 30338 • Atlanta: Eliann Psych LLC/APPA, 2150 Peachford Road, Atlanta, GA 30338 • Atlanta: Emory Autism Center, 1551 Shoup Ct, Atlanta, GA 30322 • Atlanta: Emory Brain Health Center, 12 Executive Park Dr NE, Atlanta, GA 30329 • Alpharetta: Integrated Psychiatric Services 3333 Old Milton Parkway, Alpharetta, GA 30005 • Decatur: PACT Atlanta, 465 Winn Way, Decatur, GA 30030 • Marietta: Strongtower Behavioral Healthcare, 3750 Palladian Village Drive Marietta, GA 30066 • Smyrna: Georgia Psychiatry and Sleep 4015 South Cobb Dr., Smyrna, GA 30080
Website	<ul style="list-style-type: none"> • https://www.emoryhealthcare.org/

Georgia – Medical Resources

Emory Laboratory Services:

404-778-7777

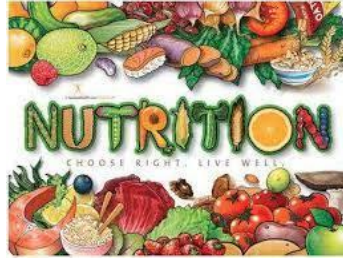
Locations	<ul style="list-style-type: none"> ● Atlanta: Physician's Professional Laboratory, P.C., 5665 Peachtree Dunwoody Rd, Atlanta, GA 30342 ● Atlanta: Emory Clinic at 1365 Clifton Rd 1365 Clifton Rd NE, Atlanta, GA 30322 ● Atlanta: Woodruff Memorial Research Building 101 Woodruff Cir, Atlanta, GA 30322 ● Decatur: DeKalb Pathology, P.C., 2701 North Decatur Road, Decatur, GA 30033
Website	<ul style="list-style-type: none"> ● https://www.emoryhealthcare.org/

Georgia – Medical Resources

Emory Dermatology

404-778-7777

Locations	<ul style="list-style-type: none"> ● Atlanta: Atlanta Center of Dermatology 2950 Stone Hogan Connector Rd SW Atlanta, GA 30331 ●
Website	<ul style="list-style-type: none"> ● https://www.emoryhealthcare.org/



Nutritional Support

About the WIC Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) target population are low-income, nutritionally at risk: Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends). Breastfeeding women (up to infant's 1st birthday). Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends). Infants (up to 1st birthday). WIC serves 53 percent of all infants born in the United States. Children up to their 5th birthday.

Benefits

The following benefits are provided to WIC participants:

- Supplemental nutritious foods
- Nutrition education and counseling at WIC clinics
- Screening and referrals to other health, welfare, and social services
- Breastfeeding promotion and support
- Spotlights feeding infant

Moving to Another State/Location?

- Continue to receive WIC benefits until your certification period expires if there is proof that you received WIC benefits in another area or state.



WIC Breastfeeding Support

WIC Breastfeeding Support:

- Learn Together
- Grow Together
- The Breastfeeding Stages is our unique approach to breastfeeding.

The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants, and children up to five years of age who are at nutritional risk. WIC food packages and nutrition education are the chief means by which WIC affects the dietary quality and habits of participants.

A final rule revising the food packages was published on March 4, 2014. This rule completes implementation of the first comprehensive revisions to the WIC food packages since 1980.

The revisions are designed to improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants, and young children by providing more healthy choices to meet their needs during critical periods of growth and development. The modifications in the final rule reflect the experiences of WIC state agencies in implementing the interim rule, while continuing to fulfill the intent of the recommendations of the Institute of Medicine (IOM) of the National Academies that serve as the basis for the WIC food package changes. The final rule modifications include yogurt as a partial substitute for milk and more whole grain and fish options for women and children as well as additional fruits and vegetables for children.

- [Final Rule: Revisions in the WIC Food Packages](#)
- [Corrected Table 3](#)
- [USDA Finalizes Changes to the WIC Food Packages](#)
- [Regulatory Requirements for WIC-Eligible Foods in the new WIC food packages](#)

Maximum monthly allowances of WIC supplemental foods in the new WIC food packages:

- [Foods for Children and Women](#)
- [Food for Infants in Food Packages I, II and III](#)

[Information for Food Manufacturers](#)

[Questions and Answers about the WIC Food Packages](#)

[Background: Revisions to the WIC Food Package](#)

IOM Food Package Review 2014-2017

The phase I [Evaluation of White Potatoes in the Cash Value Voucher: Letter Report](#), recommended allowing white potatoes for purchase with the cash value voucher. This second report presents the evidence, analyses, and framework that will be applied to develop the final report (phase II), which will include recommendations for potential modifications to WIC food packages.

WIC mothers are strongly encouraged to breastfeed their infants unless there is a medical reason not to. All WIC staff are trained to promote breastfeeding and provide the necessary support new breastfeeding mothers and infants need for success. WIC state and local agencies are required by WIC program regulations to create policies and procedures to ensure breastfeeding support and assistance is provided throughout the prenatal and postpartum period, particularly when the mother is most likely to need assistance.

Breastfeeding Promotion and Support in WIC Includes

- Anticipatory guidance, counseling, and breastfeeding educational materials
- A greater quantity and variety of foods
- Longer participation in the program
- Breastfeeding aids such as breast pumps, breast shells
- Trained staff

WIC Breastfeeding Data Local Agency Reports

WIC promotes and supports breastfeeding as an important part of the nutrition service benefits to meet its mission of safeguarding the health of low-income women, infants and children. The reports are a compilation of fiscal year breastfeeding performance measurements, based on program participation data of the number of partially and fully breastfed infants for each WIC state and local agency.

WIC Breastfeeding Award of Excellence

The WIC Breastfeeding Award of Excellence recognizes local WIC agencies that have provided exemplary breastfeeding promotion and support activities. The intent is to provide models and motivate other local agencies and clinics to strengthen their breastfeeding promotion and support activities and ultimately increase breastfeeding initiation and duration rates among WIC participants. Three levels of excellence will be recognized and awarded: Gold, Premiere, and Elite.

Contact Information: <https://wicbreastfeeding.fns.usda.gov/>



Who Can Apply?

Local WIC agencies that have operated a peer counseling program for at least one year, which meets all of the required core components of the FNS [WIC Breastfeeding Model for Peer Counseling](#) for a successful peer counseling program.

- [The WIC Breastfeeding Award of Excellence Program Applications](#)
- [The WIC Breastfeeding Award of Excellence Awardees](#)

Resources

- [WIC Breastfeeding Support](#)
- [Health & Nutrition Information for Pregnant & Breastfeeding Women](#) (ChooseMyPlate.gov)
- [Tips for Breastfeeding Moms \(English and Spanish\)](#)
- [Legislative History of Breastfeeding Promotion Requirements in WIC](#)
- [Breastfeeding Promotion Consortium \(BPC\)](#)
- [Publications - Resources for WIC Clinics](#)

For more breastfeeding information, contact your [state agency's breastfeeding coordinator](#) or visit the National Women's Health Information Center website at <https://www.womenshealth.gov/patient-materials/health-topic/breastfeeding>.

<https://wicbreastfeeding.fns.usda.gov/breastfeeding-101>



Approved Georgia WIC Infant Formula Supplier

- All vendor applicants and authorized vendors are required to purchase infant formula directly from a WIC approved supplier or manufacturer included on the Approved Infant Formula Supplier list provided by the Georgia WIC Program.
- Infant formula wholesalers and distributors interested in becoming an approved supplier for Georgia WIC Program must complete and submit an Infant Formula Supplier Request Form. Approved manufacturers, wholesalers, distributors, and suppliers must be registered with the Food and Drug Administration (FDA) for consideration.

Forms Should Be Mailed to:

Georgia WIC Program
Office of Vendor Management
2 Peachtree Street NW, Floor 10
Atlanta, Georgia 30303-3142

OR

Email to:

wic-vendor.relations@dph.ga.gov

The Infant Formula supplier list is updated as new suppliers are added or at a minimum, annually. Annual updates will occur during the Federal Fiscal year of October 1st through September 30th. Vendors may not appeal the State's decision to include or exclude an infant formula wholesaler, distributor, or manufacturer from the approved list.

A-Z WIC Information: <https://dph.georgia.gov/WIC/vendor-information/wic-program-vendor-handbook>



Children 1st

What is Children 1st?

- Children 1st collaborates with families, healthcare providers, schools, and other agencies to identify children, birth - 5 years old, who may be at risk for poor health outcomes and developmental delay. Children 1st links eligible children to early intervention services, as well as other public health programs and community-based resources.
- Children 1st is the single point of entry for all DPH Child Health programs and services for children, from birth - 5 years old. All referrals made to DPH Child Health programs including Babies Can't Wait (BCW), Children's Medical Services (CMS), Early Hearing Detection and Intervention (EHDI), and 1st Care must be made through Children 1st.

When should I make a referral to Children 1st? What are some risk factors?

- If your child or a child in your care is between the ages of birth - 5 years old, and you have any concerns about the child's growth and development, contact the Children 1st program for more information. Some children have medical conditions and environmental concerns that place them at greater risk for developmental delay. These risk conditions may include but are not limited to the following:

Medical Conditions (One or more present)

- Developmental speech or language disorder
- Cleft Palate/Lip
- NICU Stay > 5 days
- Microcephaly
- Very Low Birth Weight (< 1500 grams)
- Autism

Who should make referrals to Children 1st?

- Parents/Family Members
- Regional Perinatal Centers
- Birthing Hospitals Programs
- Newborn Screening (Metabolic & Hearing)
- Physicians
- Public Health Programs
- Daycares/Head Start Centers
- Anyone can refer children to Children 1st if there are concerns about the child's growth and development

Socio-Environmental Risk Conditions (Three or more present)

- Lack of Housing
- Legal Circumstances (Parental Incarceration)
- Insufficient Prenatal Care (Little or no prenatal care)
- Maternal Age < 18 Years
- Parental Unemployment
- Education Circumstances (Maternal Education <12 years)

How do I make a referral to Children 1st or other Child Health programs?

- Maternal and Child Health Services Locator
 - Use this tool to find your local Children 1st Coordinator.
 - [SERVICE LOCATOR](#)
1. Complete the [Children 1st Screening and Referral Form](#)
 2. Find your local Children 1st Coordinator using the [Maternal and Child Health Services Locator](#)
 3. Mail or fax the Children 1st Screening and Referral Form to the local Children 1st Coordinator
 4. Call your local Children 1st Coordinator and complete the Children 1st Screening and Referral Form by phone.

What happens after a child is referred to Children 1st?

After contacting Children 1st, the local Children 1st Coordinator will schedule a home visit or clinic appointment with you. During the visit, a developmental screening and family needs assessment will be conducted to determine if your child should be referred to programs such as Babies Can't Wait, Children's Medical Services, Early Hearing Detection and Intervention, 1st Care, or other community-based programs and resources.

Children 1st COVID-19 Update

The Children 1st Program provides families with resources and services to support healthy growth and development in children birth – 5 years of age. As the CDC and DPH recommend social distancing in response to COVID-19, Children 1st will offer developmental screening, education, and linkage to services and resources over the phone.

Contact Children's Health Programs

Help Me Grow: (888) HLP-GROW ([+1 888-457-4769](tel:+18884574769))

P2P of Georgia: [\(800\) 229-2308](tel:8002292308)

HMHBGA Resource Line: [\(800\) 300-9003](tel:8003009003)

State Office: [\(404\) 657-2850](tel:4046572850)

Website: <https://dph.georgia.gov/childrens-health>



Medical Nutrition Therapy program offers nutrition diagnosis, therapy and counseling services to men, women and children who have a nutrition sensitive chronic disease and who are committed to improving their health through better food choices and modified behaviors. To enroll in this program, individuals must be referred by a qualifying primary care provider, physician's assistant, nurse practitioner or partner agency.

Program:

- Nutrition Education
- Health Education
- Counseling
- Group Therapy

Populations this program serves:

- Anyone in Need

Eligibility:

- Referred by a qualifying primary care provider, physician's assistant, nurse practitioner, or partner agency

Contact Information: Open Hand Atlanta, 181 Armour Dr NE, Atlanta, GA 30324

Phone: 404-872-6947

Main: 404.872.8089

Volunteer Services: 678.306.6649

Development: 404.419.3302

Website: <https://openhandatlanta.org/>

Hours of Operation: Monday – Friday – 8am – 5pm



Food Pantry

Spencer Godffrey Food Pantry - Buckhead Christian Ministry (BCM)

Main Services: Food Pantry & Meals

Serving: Anyone in Need, All Ages, & Homeless

Description: The C. Spencer Geoffrey Food Pantry provides non-perishable foods, meat, and other household supplies for a one-week period. Our work addresses the needs of low-income individuals and households that lack a reliable access to affordable, nutritious food and may experience hunger on a regular basis.

We provide:

- Nutritious food
- Homeless individuals can also receive a daily snack bag.

Household Member Documents:

- Photo ID for Adults
- Social Security Cards for Minors

Contact Information:

Spencer Godffrey Food Pantry - Buckhead Christian Ministry (BCM)

Address: 2847 Piedmont Road Northeast, Atlanta, GA 30305

Phone Number: 404-239-0038

Hours of Operation: Monday – Friday: 8:00 AM - 4:00 PM EDT Closed: Saturday & Sunday



Community Fridges

North Decatur Presbyterian Church Community Fridges

Main Services: Emergency Food

Serving: Anyone in Need & All Ages

Hours of Operation: Open 24 Hours

Eligibility: Anyone can access this program.

Description: Free99Fridge's Community Fridges are planted outside of local businesses to allow 24/7, open access to free, fresh food. Anyone can put food in the fridges, and anyone can take food out.

This program provides: Foods to meet basic nutritional needs.

Coverage Areas: This program covers residents of the following cities: Atlanta, GA, Clarkston, GA and Decatur, GA.

Contact Information: North Decatur Presbyterian Church Community Fridges

Address: 611 Medlock Road, Decatur, GA 30033

Phone: (404) 636-1429



Food Pantry

Intown Food Pantry by Intown Collaborative Ministries

Intown Food Pantry provides free food to feed families and individuals in need. They supply groceries for residents that do not have enough food because they lack the resources to purchase it.

Main Services: Emergency Food

Serving: Anyone in Need, All Ages and Families with low income.

Contact Information: Intown Collaborative Ministries

Address: 1026 Ponce De Leon Avenue Northeast, Atlanta, GA 30306

Phone: 404-590-6956

Hours of Operation: Tuesday: 10:00am - 12:00pm, Saturday: 10:00am – 12:00pm



Toco Hills Community Alliance

Toco Hills Community Alliance provides assistance and support for individuals and families living in the northeastern part of Atlanta who face the possibility of the loss of housing and/or who are without sufficient food for themselves or their families.

This program provides:

- Food to meet basic nutritional needs
- Clothing closet
- Referrals to other services
- Emergency food
- Food pantry meals

Populations this program serves:

- adults
- young adults
- seniors
- veterans
- individuals
- families
- homeless

Documents Required:

- Identification
 - Photo ID
- Proof of Residency

Contact Information: Toco Hills Community Alliance, 1790 Lavista Rd NE, Atlanta, GA 30329

Phone: 404-325-0677

Website: <https://toco hillsalliance.org/>

Hours of Operation: Monday - Thursday 1pm – 4pm



Manna From Heaven

TAKE-OUT MEALS STILL AVAILABLE EACH WEDNESDAY!

A collaborative partnership to provide a weekly hot meal served every Wednesday from 11:30 a.m. until 1:00 p.m. Pickup meals are available or can be delivered to those meeting a specified criterion. Other services are available to patrons including counseling, support groups, and referrals from 11:00 a.m. until 2:00 p.m.

Programs:

- **COMMUNITY CLOSET** - Provides free clothing to those in need while maintaining their dignity and providing opportunities to improve the quality of life.
- **DISTRIBUTIONS ARE EACH 3RD SATURDAY, FROM 12 NOON UNTIL 2PM** - Provides free healthy food items to families in need.
- **BOUNTIFUL BLESSINGS**
- **IMPACT KIDZ** - Impact Kidz features programs designed to curve and eliminate youth violence, teen pregnancy, drug use and school dropout rate are currently in place.
- **G.A.M.E. Changers**
- **Real Girls, Inc.**
- **Tutoring by appointment**
- **TOYS FOR TOTS GIVEAWAYS** - Provide toys and back to school donations to families in need.
- Other services:
 - Counseling
 - support groups
 - referrals

Eligibility:

- Anyone can access this program.
- Must meet specific criteria for meal delivery.

Contact Information: Pathway Christian Church, 1517 Ralph David Abernathy Boulevard
Southwest, Atlanta, GA 30310

Phone: 404-274-1810

Website: <https://www.abrahamshouseinc.com/>

Email Address: abrahamshouseinc@gmail.com

Hours of Operation: Wednesday: 11:30 AM - 1:00 PM EST

FOOD⁴LIFE

ATLANTA SURVIVAL PROGRAM

This program provides:

- Grocery delivery

Food4Life supports anyone who:

- Is already self-isolating because their age and/or medical conditions put them in serious danger if they contract the virus.
- Can't afford expensive grocery delivery services and must either risk exposure or go hungry.
- Is sick and cannot leave home for fear of infecting others.
- Can't afford groceries because of lost work or structural poverty
- Lives in a food desert. Lack of access to healthy food weakens the immune system, putting everyone in greater danger.

Please visit the website to fill out the google form on the 'Request Groceries' link, or call and leave a voicemail to request services.

NOTE: Supply is limited and there's a huge need. It may be weeks before they can deliver to you.

Services this program provides:
food delivery

Populations this program serves:
all ages limited mobility covid19 individuals families low-income

Next Steps

Contact on their website to register.

Call 678-616-1285 to apply.

Near Capacity

Website: Program's Website

Twitter: Program's Twitter

Eligibility: Follow the Next Steps to find out if this program has eligibility criteria.

Languages: English

Cost: Free

Coverage Area: This program covers residents of the following cities: Atlanta, GA.

Hours and Locations Closest to 30329

Atlanta Survival Program

Admin-Only Location

Open Now: 08:00 AM - 05:00 PM EST

Sunday: Closed

Monday: 8:00 AM - 5:00 PM EST

Tuesday: 8:00 AM - 5:00 PM EST

Wednesday: 8:00 AM - 5:00 PM EST

Thursday: 8:00 AM - 5:00 PM EST

Friday: 8:00 AM - 5:00 PM EST

Saturday: Closed

<https://atlsurvival.org/>

SimpliFed

Lactation Consulting and Support

Claimed Program
by Simplified

Save

Simplified offers pregnant and new parents breastfeeding and baby feeding services (lactation, breast pumping, and formula feeding support) which is covered by most insurance plans at no cost to beneficiaries. SimpliFed can check your coverage. If SimpliFed is not in-network with a plan, or for uninsured individuals, we offer free baby feeding education class support.

Please schedule an appointment online at www.simpliFed.com or text MRP to 888-458-1364.

Services this program provides:

nutrition education health education parenting education postnatal care

Populations this program serves:

adults young adults teens pregnant families with children mothers parents

Next Steps

Contact on their website to get more info.

Available

Website: Program's Website

Facebook: Program's Facebook

Eligibility: This program serves expecting and new parents.

Languages: English, French, Indonesian, Interpretation Services Available, Portuguese, Russian, Spanish

Cost: Free

Coverage Area: This program covers residents of All US states and territories.

Hours and Locations Closest to 30329

Andrea Ippolito

Admin-Only Location

Phone: 3392340164 ext.

Email:

andrea@simplifed.us

Visit Website <https://www.simplifed.com/>

Open Now: 09:00 AM - 09:00 PM EST

Sunday: 9:00 AM - 9:00 PM EST

Monday: 9:00 AM - 9:00 PM EST

Tuesday: 9:00 AM - 9:00 PM EST

Wednesday: 9:00 AM - 9:00 PM EST

Thursday: 9:00 AM - 9:00 PM EST

Friday: 9:00 AM - 9:00 PM EST

Saturday: 9:00 AM - 9:00 PM EST



**The Investors Academy Inc.
Clothing and Food Assistance**

The Investors Academy operate a clothing and food pantry each week to assist community members with basic needs. This program supplies critical nutrition and clothing to individuals and families who lack the means or resources to purchase them on their own.

Program provides:

- Food
 - Meet Basic Nutritional Needs
- Clothing
- Housing
 - Transitional Houses that serve Veterans and has served over 72 clients to date and Graduated 54 clients into permanent housing to date
 - Assisted 254 clients with full time permanent employment to date

Populations:

- Anyone in need
- All ages
- Individuals
- Families

Contact Information: The Investors Academy Inc., 400 West Peachtree Street Northwest, Suite 2314, Atlanta, GA 30308

Phone: 404-257-6304

Website: <https://www.investorsacademyyouth.com/>

Hours of Operation: Tuesdays from 11am – 3pm - Wednesday, Thursday, and Friday (**by appointment only**).

Website: <https://www.investorsacademyyouth.com/>

Email: montra@investorsacademyyouth.com



A-Z Health Topics

- Acne
- Anorexia nervosa
- Anxiety disorders
- Asthma
- Autoimmune diseases
- Bacterial vaginosis
- Binge eating disorder
- Birth control methods
- Bladder control
- Bladder pain syndrome (interstitial cystitis)
- Bleeding disorders
- Body image
- Breast cancer
- Breast reconstruction after mastectomy
- Breastfeeding
- Bulimia Nervosa
- Cancer
- Caregiver Stress
- Carpal Tunnel Syndrome
- Cervical Cancer
- Chlamydia
- Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (ME/CFS)
- Chronic Obstructive Pulmonary Disease (COPD)
- Date Rape Drugs
- Depression

- Depression During and After Pregnancy
- Diabetes
- Domestic Violence/Abuse
- Douching
- Eating Disorders
- Emergency Birth Control/Emergency Contraception
- Endometriosis
- Female Fetal Mutilation or Cutting (FGM/C)
- Fibroids (Uterine)
- Fibromyalgia
- Fitness
- Folic Acid
- Genital Herpes
- Genital Warts
- Getting Active
- Gonorrhea
- Graves' Disease
- Hashimoto's Disease
- Health Information Gateway (formerly Quick Health Data Online)
- Healthcare and Women
- Healthy Eating
- Healthy Living by Age
- Healthy Weight
- Heart Disease
- Heart-Healthy Eating
- Hepatitis
- Herpes
- HIV and AIDS
- Human Papillomavirus (HPV)
- Hysterectomy
- Infertility
- Inflammatory Bowel Disease (IBD)
- Insomnia
- Interstitial Cystitis (Bladder Pain Syndrome)
- Iron-Deficiency Anemia
- Irritable Bowel Syndrome (IBS)
- Lupus
- Mammograms
- Menopause
- Menstrual Cycle
- Mental Health
- Migraine

- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)
- Myasthenia Gravis
- National Women and Girls HIV/AIDS Awareness Day
- National Women's Health Week
- Neonatal Abstinence Syndrome/Opioid Withdrawal in Infants
- Nursing (Breastfeeding)
- Nutrition
- Oral health
- Osteoporosis
- Ovarian Cancer
- Ovarian Cysts
- Ovarian Syndrome (PCOS or Polycystic Ovary Syndrome)
- Overweight, Obesity, and Weight Loss
- Ovulation Calculator
- Pap and HPV Tests
- Polycystic Ovary Syndrome (PCOS)
- Pelvic Inflammatory Disease (PID)
- Pelvic Organ Prolapse
- Period (Menstruation)
- Physical Activity (Exercise)
- Pregnancy
- Postpartum Depression
- Pregnancy and Medicines
- Pregnancy Tests
- Prenatal Care
- Premenstrual Syndrome (PMS)
- Screening Tests and Vaccines
- Sexual Assault
- Sexually Transmitted Diseases (STDs, STIs)
- Sexually Transmitted Infections (STIs), Pregnancy, and Breastfeeding
- Sickle Cell Disease
- Sleep
- Spider Veins and Varicose Veins
- Stress
- Stroke
- Syphilis
- Thyroid Disease
- Trichomoniasis
- Urinary Incontinence
- Urinary Tract Infection (UTI)
- Uterine Cancer
- Uterine Fibroids

- Vaginal Yeast Infections
- Violence Against Women
- Viral Hepatitis
- Weight Loss (Overweight and Obesity)

Healthy Eating: The basics of healthy eating and good nutrition are the same for women. Choose healthy foods most of the time and limit the number of unhealthy foods you eat. But women have some unique nutritional needs, especially in different stages of life. And healthy eating can be difficult to fit into your everyday life.

1. Why is healthy eating important?
2. Do women have different nutritional needs than men?
3. What vitamins and minerals do women need?

- Different Nutritional Needs of Women
- Good Sources of Fiber
- How to Eat for Health

Food labels:

- Vitamins and Minerals for Women
- Food Allergies and Sensitivities
 - Food Allergy Symptoms
- Lactose Intolerance
- Healthy Eating Resources

Contact Information:

Our helpline is here to connect you with information and resources to answer your health questions.

Phone: 1-800-994-9662

Hours of Operation: Monday – Friday - 9 a.m. – 6 p.m.



Pregnancy Counseling Service

Mother-To-Baby experts answer questions from women who are pregnant, breastfeeding, or planning a pregnancy. Spouses, other family members, health care professionals and the public can also call us.

Services include:

- Pregnancy Counseling
- Nutrition Education
- Health Education
- Maternity Care
- Help Hotlines
- One-on-One Support
- Mother-To-Baby experts can discuss the risks of any kind of exposure during pregnancy or breastfeeding, including:
 - Prescription medications
 - Over-the-counter medications
 - Vitamins and supplements

- Alcohol and recreational drugs
- Vaccinations or immunizations
- Diseases or infections
- Chemicals
- Pesticides
- Occupational exposures
- Paternal exposures

Populations this program serves:

- Adults
- Young Adults
- Teens
- Female
- Pregnant
- Families/with children

Contact Information:

Mother-To-Baby experts are available through our confidential, free counseling phone service at:

(866) 626-6847 or via text message at (855) 999-3525.

You can also email an expert or live chat with us through the Mother-To-Baby website.

<https://mothertobaby.org/contact/>

Phone: 855-789-6222

Hours of Operation: Monday – Friday 9am – 5pm



Pregnancy and Lactation Help - Infant Risk Center

The InfantRisk Center (IRC) provides information to mothers, doctors, lactation consultants, and others on the use of medications while women are pregnant and while breastfeeding. We know it takes more than facts to make decisions. Sometimes you need guidance from a seasoned expert, help resolving conflicting information, or even just a little reassurance about your choice. Thanks to the generosity of the David D. & Nona S. Payne Foundation, we have a free call center for parents or providers, staffed by experienced nurses trained by Drs. Hale and Krutsch.

Program provides:

- Information on drug use while pregnant or breastfeeding
- Health education maternity care virtual support

Populations this program serves:

- adults
- young adults
- teens pregnant
- families with children
- mothers

InfantRisk Center Resources

We know lactation. The InfantRisk Center team includes a diverse group of specialists—a necessity for breastfeeding medicine. We provide up-to-date knowledge on the safety of various medications for all nursing mothers. We want to ensure each mother has a strong, healthy breastfeeding journey by connecting parents and providers with our cutting-edge resources.

Contact Information: InfantRisk Call Center - Call the Infant Risk Center during regular business hours with any questions about medications and breastfeeding.

Phone: 1-806-352-2519

Website: <https://www.infantrisk.com/infantrisk-center-resources>

Hours of Operation: Monday – Friday – 9am – 6pm



Pregnancy Services Women's Clinic Of Atlanta

The Women's Clinic of Atlanta offers free pregnancy testing and related services at an affordable cost. The clinic's licensed medical professionals provide expert pregnancy services to Atlanta women from all backgrounds. The clinic also offers pregnancy termination screenings and advanced pregnancy termination screenings to assist women in making a choice about their pregnancies. The Women's Clinic of Atlanta does not provide pregnancy termination services or refer patients to other providers for those services.

This organization employs licensed medical professionals to provide evidence-based education about all options (pregnancy termination, adoption, and parenting) to those dealing with an unplanned or unwanted pregnancy in a safe, non-judgmental environment.

The majority of services are free of charge however, some costs may be associated with lab fees and prescriptions. An unwanted pregnancy can be intimidating to face alone. If your pregnancy test is positive, the Women's Clinic Of Atlanta team is here to support you with educational resources and medical services.

To schedule an appointment, please call the nearest Women's Clinic of Atlanta location. It's the fastest and easiest way to schedule an appointment. You can leave a message, and someone on staff will call you back. You may also text the Women's Clinic of Atlanta at 678-764-0857 to schedule an appointment.

This program provides:

- Early Detection Pregnancy Testing
- First Trimester Limited Ultrasound
- Proof of Pregnancy for Medicaid
- Specialized Health Screenings
- Pregnancy Education
- Connections to Community Resources
- Health Education
- Family Planning
- Parenting Education
- Sex Education
- Checkups & Test
- Pregnancy Tests
- Sexual & Reproductive Health
- Women's Health
- Maternity Care
- Navigating the System

Populations this program serves:

- Adults
- Young Adults
- Teens
- Female
- Pregnant
- Low-income

Eligibility: This program serves individuals who are pregnant or may believe they are pregnant.

Contact Information: Text Appointments: 404-777-4771

Address: Women's Clinic of Atlanta of Decatur, 125 Clairemont Avenue, Suite 330, Decatur, GA 30030. **Phone:** 404-377-6640 – **Hours of Operation:** Mon. – 9:30am – 5:30pm, Wed. – 9:30am – 5:30pm, Thurs. – 11am – 7pm, Fri. – 9:45am – 4pm.

Address: Women's Clinic of Atlanta of John's Creek, 2750 Old Alabama Road, Suite 100 Johns Creek, GA 30022. **Phone:** 404-937-3334 – **Hours of Operation:** Mon. – 9:30am – 4:30pm, Tues. – 12pm – 8pm, Wed. – 9:30am – 4:30pm. Thurs. – 9:30am – 4:30pm

Website: <https://www.womensclinicofatlanta.com/>

Coverage Area: This program covers residents of the following counties: Dekalb County, GA and Fulton County, GA.



Crisis Pregnancy Hotline - Project Cuddle

Project Cuddle provides pregnant women a shelter, prenatal care, and unconditional support throughout their pregnancy. At Project Cuddle's confidential 24-hour hotline you will never be judged, and no one will ever be aware that you called.

Program provides:

- 24-hour confidential hotline
- Information about safe and legal alternatives to baby abandonment
- Provide Support for Pregnant Women in Crisis
- Educate Girls & Woman
- Prevent Baby Abandonment
- Navigating the System
- Temporary Shelter
- Maternity Care Support Network

Common Questions and Concerns From Birth Mothers

1. Common Questions and Concerns From Birth Mothers
2. If I choose adoption does it have to be closed or open?
3. Do pregnant girls & women really call Project Cuddle?
4. If I call will my family find out about the baby?
5. How can Project Cuddle help if I don't want my baby?
6. What if I have been using drugs while pregnant?
7. Is baby abandonment illegal?
8. What if I don't know who the father is?
9. Is Project Cuddle an adoption agency or facilitator?
10. Can I safely deliver in a hospital and still use the Safe Surrender Law?
11. Can you help if I feel like I have no way of keeping my baby, but want to?

Project Cuddle never judges on race, color, religious creed, sexual orientation, age, physical or mental disability. They won't judge you if you have a history of drugs, rape, incest or prostitution. Project Cuddle is here to care, to listen and to help you.

Contact Information:

Phone: 888-628-3353 for English and 888-483-2323 for Spanish anytime, 24 hours a day, 7 days a week. You can also text 714-448-8323 for English, and 714-724-9724 for Spanish.

Website: <https://projectcuddle.org/contact-us/>

Hours of Operation: Monday – Friday – 11am – 8am ***Crisis Hotline Available 24hrs.



The Women's Center, PC, in Stockbridge and Conyers, Georgia, is a full-service gynecology and urogynecology practice. The experienced team of women's health care professionals provides a complete range of services uniquely applied to suit each patient's personalized needs.

In addition to well-woman care and menopause management, The Women's Center specializes in the care of common gynecological issues. Their areas of expertise include the diagnosis and treatment of endometriosis, fibroids, infertility, ovarian cysts, polycystic ovary syndrome (PCOS), pelvic prolapse, and fecal and urinary incontinence. They also help patients get relief from menstrual issues like painful periods, irregular bleeding, and heavy menstrual bleeding.

This program provides:

- Pap Smear
- Breast Cancer Screening
- STD Testing
- Fibroids
- Polycystic Ovary Syndrome (PCOS)
- Pelvic Pain
- Endometriosis
- Infertility
- Painful Periods
- Ovarian Cysts
- Irregular Bleeding
- Urinary Incontinence
- Fecal Incontinence
- Recurrent Urinary Tract Infections
- Menopause Management
- Bioidentical Hormone Therapy
- Robotic Surgery
- Pelvic Prolapse
- Well Woman Care
- Heavy Menstrual Bleeding

Contact Information:

Address: The Women's Center, PC, Stockbridge - 140 Eagle Spring Court, Stockbridge, GA 30281. **Phone:** 770-249-5070 (Appointments) **Phone:** 770-302-0878 (General Inquiries)

Address: The Women's Center, PC, Conyers - 2750 Owens Drive, Conyers, GA 30094

Phone: 678-661-2422 (Appointments) **Phone:** 678-413-4644 (General Inquiries)

Hours of Operation: Monday – Friday 8am – 4pm

Website: <https://www.womenscenterga.com/>



Perinatal Mood & Anxiety Disorders

1. Are you feeling sad or depressed?
2. Do you feel more irritable or angry with those around you?
3. Are you having difficulty bonding with your baby?
4. Do you feel anxious or panicky?
5. Are you having problems with eating or sleeping?
6. Are you having upsetting thoughts that you can't get out of your mind?
7. Do you feel as if you are "out of control" or "going crazy"?
8. Do you feel like you never should have become a parent?
9. Are you worried that you might hurt your baby or yourself?

Any of these symptoms, and many more, could indicate that you have a form of perinatal mood or anxiety disorder, such as postpartum depression. While many parents experience some mild mood changes during or after the birth of a child, 15 to 20% of women experience more significant symptoms of depression or anxiety. Please know that with informed care you can prevent a worsening of these symptoms and can fully recover. There is no reason to continue to suffer.

Parents of every culture, age, income level and race can develop perinatal mood and anxiety disorders. Symptoms can appear any time during pregnancy and the first 12 months after childbirth. There are effective and well-researched treatment options to help you recover. Although the term "postpartum depression" is most often used, there are several forms of illness that parents may experience, including:

Depression During Pregnancy & Postpartum

Someone with PPD might experience feelings of anger, sadness, irritability, guilt, lack of interest in the baby, changes in eating and sleeping habits, trouble concentrating, thoughts of hopelessness and sometimes even thoughts of harming the baby or themselves.

Anxiety During Pregnancy & Postpartum

Someone with PPA may experience extreme worries and fears, often over the health and safety of the baby. Some people have panic attacks and might feel shortness of breath, chest pain, dizziness, a feeling of losing control, and numbness and tingling.

Pregnancy or Postpartum (OCD)

Someone with PPOCD can have repetitive, upsetting, and unwanted thoughts or mental images (obsessions), and sometimes they need to do certain things over and over (compulsions) to reduce the anxiety caused by those thoughts. These individuals find these thoughts very scary and unusual and are very unlikely to ever act on them.

Postpartum Post-Traumatic Stress Disorder

PPTSD is often caused by a traumatic or frightening childbirth or past trauma, and symptoms may include flashbacks of the trauma with feelings of anxiety and the need to avoid things related to that event.

Bipolar Mood Disorders

Many people are diagnosed for the first time with bipolar depression or mania during pregnancy or postpartum. Bipolar mood disorder can appear as a severe depression; individuals may need informed evaluation and follow-up on past and current mood changes and cycles to assess whether there is a bipolar dynamic.

Postpartum Psychosis

PPP sufferers sometimes see and hear voices or images that others can't, called hallucinations. They may believe things that aren't true and distrust those around them. They may also have periods of confusion and memory loss and seem manic. This severe condition is dangerous, so it is important to seek help immediately.

BIRTH AND POSTPARTUM DOULAS

What is a Doula?

A Doula is a trained professional who guides and supports families during pregnancy, labor, birth, and postpartum care of the newborn and birthing person. A doula might specialize in birth support, postpartum care, or both. Doulas receive training about emotions and mental health, and in many communities, they can help birthing individuals find additional resources for mental health needs during pregnancy, birth, and postpartum. The goal of the doula is to help families feel supported and informed throughout pregnancy, postpartum, and after loss.

Birth Doulas

A birth doula assists a birthing person and their family before and during childbirth. They provide non-medical emotional and physical support during pregnancy and the birthing process. Doulas work with the rest of the birthing team and are there to assist the birthing person and support their helpers or partners but not to replace them.

Many cities have Community Doula Programs, which pair birthing people with doula support during childbirth for no fee or at low cost. People in the community are trained through community doula programs to provide peer support during birth, and often provide support in languages other than English. Contact your local birth centers, hospitals, or state Public Health Department to find out if there is a community doula program in your city.

Postpartum Doulas

Postpartum doulas provide families information and support on infant feeding, emotional and physical recovery from childbirth, infant soothing, and coping skills for new parents. They might also help with light housework, fix a meal and help incorporate an older child into this new experience.

Questions to Ask a Doula

If you are looking for a birth or postpartum doula, ask them if they have had training or experience in pregnancy or postpartum mental health. Many doulas have had relevant training and education to assist birthing people who are struggling with perinatal mood disorders, but it is important to ask questions so that you can assess the doula's expertise and sensitivity. Informed doulas will know that it is important to work with the whole healthcare team, and they will understand that there is no simple cure for pregnancy or postpartum mood or anxiety disorders.

Finding a Doula:

CAPPA: Childbirth and Postpartum Professional Association www.cappa.net

DONA: www.dona.org

International Childbirth Education Association: www.icea.org

Childbirth International: www.childbirthinternational.com

ICTC: International Center for Traditional Childbearing: www.ictcmidwives.org

HealthConnect One: Learn about community-based doula programs:

www.healthconnectone.org

DTI: Doula Trainings International: www.doulatraininginternational.com/

Books to Read:

Nurturing the Family: The Guide for Postpartum Doulas - Jacqueline Kelleher

Natural Health after Birth: The Complete Guide to Postpartum Wellness - Aviva Jill Romm

Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers - Debra Pascali-Bonaro

Mothering the New Mother: Women's Feelings & Needs After Childbirth: A Support and Resource Guide - Sally Placksin

Other PSI Resources:

- Find a Trained Provider
 - Visit the PSI online directory of qualified perinatal mental health professionals:
<https://psidirectory.com/w:Atlanta,%20DeKalb%20County,%20GA,%20United%20States>
- Call or Text our HelpLine 1-800-944-4773 (4PPD) #1 En Español or #2 English; Text in English: 800-944-4773; Text en Español: 971-203-7773
- Join a PSI Online Support Group. Led by trained PSI facilitators, our online groups will connect you with other parents and provide helpful tools and resources
- Chat with an Expert
- Join our weekly call and talk with a PSI expert about symptoms, resources, treatment options and more
- Join our Peer Mentor Program
- Receive dedicated support from a parent who has been in your shoes
- For additional safety information, call the toll-free Georgia Crisis & Access Line at 1-800-715-4225 or the National Suicide Prevention Hotline at 1-800-273-8255



Moms' Mental Health Matters Depression and Anxiety Around Pregnancy

<https://www.nichd.nih.gov/ncmhep/initiatives/moms-mental-health-matters/moms#>

Pregnancy and a new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for some time.

Depression and anxiety that happen during pregnancy or anytime during the first year after the birth of your baby are medical conditions. These feelings are not something you caused by doing or not doing something. And they can be treated if you seek help.

What are depression and anxiety?

Depression—feeling sad, empty, and/or “down”—and anxiety—feeling nervous, worried, and/or scared—are serious medical conditions that involve the brain and may occur during pregnancy or after birth. “I felt like I was supposed to be happy because I had a new baby, but I was putting on a happy face for everyone else.” These feelings go beyond what people may experience when they have a bad day or are nervous about an upcoming event. They are also more than “just feeling moody” or having the “baby blues.”

Depression and anxiety may get in the way of doing everyday activities, like taking care of yourself and your baby. They are long lasting and won’t go away on their own. But they are treatable, which is why it’s important to get help.

Are you talking about postpartum depression?

Postpartum depression is one name you might hear for depression and anxiety that can happen during and after pregnancy. But it might not be the best way to describe what women feel.

The word “postpartum” means “after birth,” so “postpartum depression” is talking only about depression after the baby is born. For many women, this term is correct: they start feeling depression sometime within the first year after they have the baby.

But research shows that some women start to feel depression while they’re still pregnant. You might hear the term “perinatal depression” to describe this situation. The word “perinatal” describes the time during pregnancy or just after birth.

Researchers believe that depression is one of the most common problems women experience during and after pregnancy.

We now know that women may also experience anxiety around the time of pregnancy, beyond just being nervous about having a baby. Anxiety during and after pregnancy is as common as depression and may even happen at the same time as depression. So, you also may hear “perinatal depression and anxiety” or “perinatal mood and anxiety disorders” used to describe all of what women might feel.

No matter what you call them, depression and anxiety that happen during pregnancy or after birth are real medical conditions, and they affect many women.

What are some signs of depression and anxiety?

Women with depression or anxiety around pregnancy tell us that they feel:

- Extremely sad or angry without warning
- Foggy or have trouble completing tasks
- "Robotic," like they are just going through the motions
- Very anxious around the baby and their other children
- Guilty and like they are failing at motherhood
- Unusually irritable or angry

They also often have:

- Little interest in things they used to enjoy
- Scary, upsetting thoughts that don't go away

How common are depression and anxiety during pregnancy or after birth?

As mentioned above, researchers believe that depression is one of the most common problems women experience during and after pregnancy. According to a national survey, about 1 in 8 women experiences postpartum depression after having a baby.

Anxiety during and after pregnancy is as common as depression and may happen at the same time as depression.

You may feel like you're the only person in the world who feels depressed and anxious during pregnancy or after your baby is born, but you are not alone.

What are the risk factors for depression and anxiety during pregnancy or after birth?

Depression and anxiety during pregnancy or after birth can happen to anyone. However, several factors make some women more likely than others to experience one or both of these conditions.

These risk factors include:

- A history of depression or anxiety, either during pregnancy or at other times¹
- Family history of depression or anxiety²
- A difficult pregnancy or birth experience³
- Giving birth to twins or other multiples⁴
- Experiencing problems in your relationship with your partner⁵
- Experiencing financial problems⁶
- Receiving little or no support from family or friends to help you care for your baby⁷
- Unplanned pregnancy⁸

Depression and anxiety during pregnancy or after birth don't happen because of something you do or don't do—they are medical conditions. Although we don't fully understand the causes of these conditions, researchers think depression and anxiety during this time may result from a mix of physical, emotional, and environmental factors.

Can depression and anxiety during pregnancy or after birth affect my baby?

Yes—these medical conditions can affect your baby, but not directly. Early mother-child bonding is important for your baby's development and becoming close to your baby is a big part of that bonding. When you have depression or anxiety during pregnancy or after birth, it can be hard to become close to your baby. You may not be able to respond to what your baby needs. And, if there are older children in the house, they may be missing your support as well.

Early treatment is important for you, your baby, and the rest of your family. The sooner you start, the more quickly you will start to feel better.

Are there treatments for depression or anxiety during pregnancy or after birth?

Yes, there are treatments, and they can help you feel better. Treatment can reduce your symptoms or make them go away completely. Depression and anxiety will not go away on their own. With treatment, there is hope.

Many treatment options are available for depression or anxiety during pregnancy or after birth. Some women may participate in counseling ("talk therapy"); others may need medication. There is no single treatment that works for everyone.

Your provider may ask you a set of questions, called a screening, to learn more about what you are feeling. Together, you can find the treatment that is right for you. Some treatments for depression and anxiety that occur during or after pregnancy are listed below.

Counseling ("Talk Therapy")

Some women find it helpful to talk about their concerns or feelings with a mental health provider. Your provider can help you find ways to manage your feelings and to make changes to help ease the depression or anxiety.

Medication

I wasn't myself for a long time. I wanted to get back to being myself. Several medications can treat depression and anxiety effectively and are safe for pregnant women and for breastfeeding moms and their babies. Talk with a health care provider about medications that may be right for you. You can also visit the U.S. Food and Drug Administration to learn about drugs and their possible effects on a breastfed baby.

Is there anything I can do in addition to treatment?

There are some things you can do, in addition to treatment, that may help you feel better.

- **Connect with other moms** - Look for a moms' group in your community or online. These groups may give you the chance to learn from others who are going through or have gone through the same thing and to share your own feelings. Postpartum Support International (PSI) external link can help you locate groups in your area. Postpartum Progress® external link offers a private online community so you can connect with other moms no matter where you live.
- **Make time for yourself** - Do something for you, like getting out of the house, or taking a hot bath without interruption. If you can, have your partner, a family member, or babysitter watch the baby regularly and go visit a friend or run an errand.
- **Do something you enjoy** - Whether it is listening to music, reading a book, or watching a favorite movie, take a bit of time each day to do something you enjoy.
- **Be realistic** - You don't have to do everything. You don't have to have the "perfect" home. Just do what you can and leave the rest.
- **Ask for help** - Don't be afraid to ask for help from family and friends, whether it's caring for the baby or doing household chores.
- **Rest when the baby rests** - Sleep is just as important for you as it is for the baby. Sleep when the baby sleeps, during naps and at night.
- **Be with others** - Seek out other adults, like family and friends, who can provide comfort and company. Regularly create a special time for you and your partner or for you and a friend to be together.

Can I prevent depression or anxiety during pregnancy or after birth?

Currently, there is no known way to prevent depression or anxiety that occurs during pregnancy or after the birth of your baby. But knowing what signs and symptoms to watch for during and after pregnancy can help you prepare and get help quickly.

Here's what you can do:

- Find out whether you have factors that put you at greater risk for depression and anxiety during pregnancy and after birth.
- Talk with a health care provider about depression and anxiety around pregnancy and learn what to watch for
- Learn as much as you can about pregnancy, childbirth, and parenthood so you know what to expect
- Set realistic expectations for yourself and your family.
- Do things in addition to seeking treatment that may help you feel better
- Plan ahead. While you're pregnant, think about who can give you support and help when your baby comes. Talk with that person about helping you so that you can both prepare.
- Remember, depression and anxiety that happen during pregnancy or after the birth of your baby are not things you cause—they are medical conditions that require medical care.



Safe House for Survivors by Women’s Resource Center to End Domestic Violence (WRC)

This program has been claimed by Women's Resource Center to End Domestic Violence (WRC) and they are helping to ensure the information is accurate and up to date. Learn more. WRC's Safe House provides secure and confidential temporary housing for survivors and their children. The Safe House helps guests reclaim their personal strengths, work toward their goals for the future and transition into a safe and stable living situation.

Main Services: Temporary shelter for immediate safety, help escape violence and provide safe housing.

Serving: All ages, Female LGBTQIA+ transgender or non-binary, individuals with children, single parent domestic violence survivors in danger.

Contact Information: Safe House for Survivors by Women’s Resource Center to End Domestic Violence (WRC)

Phone Number: 404-688-9436

Email: info@wrcdv.org

Hours of Operation: Open 24 Hours



Pregnancy Services - Morning Center

The Morning Center is a ministry launched by Samaritan Ministries International out of love for mothers and their newborns. Morning Center provides their services at no charge for pregnant women who are in need.

This program provides:

- Prenatal visits
- Routine labs and testing
- Ultrasound
- Postpartum Care
- Spiritual Counseling
- Educational Classes
- Health Education
- Family Planning
- Parenting Education
- Checkups
- Pregnancy Tests
- Support Network
- One-on-One Support
- Spiritual Support

Populations this program serves:

- Adults
- Young Adults
- Teens
- Pregnant Individuals
- Families
- Single Parent
- Low-Income Mothers

Contact Information: Morning Center – Atlanta - 4805 Tilly Mill Road, Atlanta, GA 30360

Phone: 470-552-8562

Website: <https://www.morningcenter.org/about/pregnancy-services/>

Hours of Operation: Monday – Friday – 8am – 5pm

Email: contact@charity.com



Pregnancy Resource Center - First Care Women's Clinic

If you are facing the uncertainty of an unplanned pregnancy, you do have options. First Care Women's Clinic can provide information that can help you make a decision that is right for you.

This program provides:

- Pregnancy Testing
- Official Verification of Pregnancy
- Limited Ultrasounds
- Free STI/STD Testing
- Education and information about pregnancy options
- Referrals
- Support Services
- Family Planning
- Sex Education
- Checkup & Pregnancy Tests

Options:

Abortion - If you are considering an abortion, it is important to know the procedures and the risks involved. If you are considering abortion, it is important that you confirm that you have a viable pregnancy before you schedule with an abortion clinic. Free ultrasounds administered at First Care Women's Clinic provide a pregnancy diagnosis using sonar imaging. The type of abortion administered depends on the age of the unborn child which can be determined by fetal measurement during an ultrasound. Our medical staff and trained consultants will discuss types of abortion procedures and possible risks. **First Care Women's Clinic does not perform abortions or give abortion referrals.**

Adoption - Making an adoption plan is an opportunity to give your baby a positive future. The decision to place your child with a loving family is a selfless one. Choosing to make an adoption plan can be the best thing for both biological parent and child. First Care Women's Clinic can provide information about adoption laws in Georgia and a list of reputable adoption agencies in the area. It is normal to change your mind about adoption many times throughout your pregnancy. In Georgia, a biological mother is not bound to her decision until ten days after her baby is born and surrender papers are signed. The non-profit adoption agencies our patients are referred to are not just an advocate for your child but for you. First Care Women's Clinic and the agencies we refer you to respect your right to make this important decision without coercion.

Parenting - Women's Health Clinic can help you prepare to be a parent and plan for this baby. As you decide about your pregnancy, it is important to see beyond your current circumstances. Fear that you may not be able to love or provide for your child may cause you to decide you will regret. Trained consultants will help you plan for the birth of your baby. This plan includes financial resources, housing, planning, and how you will manage your child's emotional and practical needs. First Care Women's Clinic offers free prenatal and parenting classes and assistance with diapers and baby supplies. We also provide referrals to other help agencies in the community.

Populations this program serves:

- Adults
- Young Adults
- Teens
- Pregnant Moms

Contact Information: First Care Women's Clinic - 615 Roswell Street Northeast, Marietta, GA 30060

Phone: 770-590-9361

Website: <https://firstcarewomensclinic.com/our-services/>

Hours of Operation: Monday & Wednesday – 9am – 6pm, Tuesday, Thursday & Friday – 9am – 4pm & Saturday 10am – 2pm



Crisis Shelter by Covenant House Georgia (CHGA)

CHGA Crisis Shelter provides emergency shelter ranging from 30-90 days to young people ages 18-24 with the goal of creating an independent, sustainable future for themselves.

Main Services: Temporary Shelter, Help Find Housing , Daily Life Skills, Primary Care, Checkup & Test , Disease Screening: Prevent & Treat, Mental Health Care, Education, Help Find Work, Skills & Training,

Serving: Young Adults, Teens, Homeless, Runaways in crisis

Contact Information: Crisis Shelter by Covenant House Georgia (CHGA)

Address: 1559 Johnson Road Northwest, Atlanta, GA 30318

Phone Number: 404-713-0954

Operating Hours: Open 24 Hours



Hagar's House Emergency Shelter and Assessment Center

Hagar's House offers emergency night shelter and assessment to homeless families with children. The 5-room 30-bed shelter provides safe, comfortable accommodations for up to 90 days. While enrolled, families have access to daily showers, a tech center, laundry facilities, and two meals a day. If you live in DeKalb County and need homelessness prevention or housing services, please contact DeKalb County Coordinated Entry by calling 404-687-3500.

This program provides:

- Temporary shelter
- Case management
- Meals
- Hygiene facilities
- Support Network
- Meals
- Counseling
- Computer or Internet Access
- Navigating the system
- Support Network
- Support Groups
- Skills & Training
- Help Finding Work

Populations this program serves:

- All Ages
- Families with Children
- Single parent
- Homeless & Near Homeless
- Low-Income
- Emergency Shelter

How to get assistance:

- Get a referral from Contact DeKalb County Coordinated Entry by calling 404-687-3500.
- Call 404-287-4411 to get more info.
- Website: <http://www.decaturooperativeministry.org/html/programs.php>

Eligibility:

- Your family must be headed by a single mother and have children younger than 18.
- Your family must be homeless as defined by HUD guidelines.
- Must be able to be out of the shelter during the day and return by 6:30 p.m. each evening.
- Your children must be enrolled in school during the school year.

Contact Information:

Phone: 404-377-5365

Hours of Operation: Monday – Friday: 8am – 5pm

**International Women's House**

Description: International Women's House provides a safe haven and supportive services for immigrant and refugee women and children who are victims of domestic violence and abuse with a focus on cultural sensitivity and self-sufficiency.

Main Services:

- Temporary Shelter
- Long-term housing
- Short-term Housing
- Parenting Education
- Medical Care
- Financial Education
- Help Fill out Forms
- Help Hotlines
- Citizenship & Immigration Advocacy
- Skills & Training

- Interview Training
- Resume Development
- Advocacy & Legal Aid
- 24-hour Help Hotline
- Legal Advocacy & Aid
- Counseling

Serving:

- All Ages
- Immigrants
- Refugees
- Undocumented
- Individuals & Families w/low-income
- Caregivers
- Parents

Contact Information:

Email: info@internationalwomenshouse.org

Phone: 770-413-5557

Mailing: P.O. Box 1327, Decatur, GA 30031

Hours of Operation: Monday – Friday 8am – 5pm



Domestic Violence Help and Support

Family Violence Protective Orders

[Filing A Protective Order](#) | [Protective Order Forms](#) | [Stalking Protection Order](#) | [GSCCCA](#)

Basic info: What is the legal definition in Georgia of family violence? Domestic violence for the purposes of getting a family violence protective order. “Family violence” includes the occurrence of one or more of the following acts when committed by a family/household member.

- simple assault
- assault
- simple battery
- battery
- stalking
- criminal damage to property in the 1st degree or 2nd degree
- unlawful restraint
- criminal trespass

[Georgia Restraining Orders](#) | [WomensLaw.org](#)

<https://www.gsccca.org/file/family-violence-forms>



Georgia Restraining Orders

[Georgia Restraining Orders | WomensLaw.org](https://www.womenslaw.org/locations/georgia/domestic-violence-restraining-orders)

Family Violence Protective Orders

Basic info:

1. What is the legal definition in Georgia of family violence?
2. What types of family violence protective order are available? How long do they last?
3. What protections can I get in a family violence protective order?
4. In which county can I file for a family violence protective order?
5. If the abuser lives in a different state, can I still get an order against him/her?
6. Who can get a family violence protective order?
7. Am I eligible to get a family violence protective order?
8. Can I get a family violence protective order against a same-sex partner?
9. How much does it cost? Do I need a lawyer?
10. What can I do if I'm not eligible for a family violence protective order?

Steps for getting a family violence protective order:

- Step 1: Get the necessary forms and fill them out.
- Step 2: Get an ex parte temporary family violence protective order
- Step 3: Service of process
- Step 4: The hearing

After the hearing:

1. Can the abuser have a gun?
2. What should I do when I leave the courthouse?
3. What can I do if the abuser violates the order?
4. After I get an order, what steps will law enforcement take to help ensure my safety?
5. How do I extend my protective order?
6. Can I get my family violence protective order enforced if I move?

Dating Violence Protective Orders:

- Stalking Protective Orders

Getting an injunction:

1. Where should a petition under this law be filed?
2. What are the necessary steps to file for a temporary restraining order and an injunction and how long do they last?
3. What does my employer need to prove to qualify for a temporary restraining order?

After an injunction is issued:

1. Can an injunction be renewed?
2. If my employer files a petition seeking an injunction under this law, does that affect the employer's duty to provide me with a safe workplace?

Bonds for Good Behavior:

1. What is a bond for good behavior?
2. In what situations can a bond for good behavior be issued?
3. What protections can a bond for good behavior offer?
4. How can I get a bond for good behavior?

Moving to Another State with a Family Violence Protective Order

General rules:

1. Can I get my protection order from Georgia enforced in another state?
2. How do I know if my protection order is good under federal law?
3. I have a temporary ex parte order. Can it be enforced in another state?

Getting your Georgia family violence protection order enforced in another state:

1. How do I get my protection order enforced in another state?
2. Do I need anything special to get my protection order enforced in another state?
3. Can I get someone to help me? Do I need a lawyer?
4. Do I need to tell the court in Georgia if I move?

Enforcing custody provisions in another state:

1. I was granted temporary custody with my protective order. Can I take my kids out of the state?
2. I was granted temporary custody with my protective order. Will another state enforce this custody order?

Enforcing Your Out-of-State Order in Georgia

General rules for out-of-state orders in Georgia:

1. Can I get my out-of-state protective order enforced in Georgia? What are the requirements?
2. Can I have my out-of-state protective order changed, extended, or canceled in Georgia?
3. I was granted temporary custody with my protective order. Will I still have temporary custody of my children in Georgia?

Registering your out-of-state order in Georgia:

1. If I don't have a hard copy of my out-of-state order, how can law enforcement enforce it?
2. How do I register my protective order in Georgia?
3. Do I have to register my protection order in Georgia to get it enforced?
4. Will the abuser be notified if I register my protective order?
5. Does it cost anything to register my protective order?



Counseling and Support Services

Description: This program has been claimed by Families First and they are helping to ensure the information is accurate and up to date. Families First's professional clinicians offer non-judgmental, empathetic mental health care and support for adults, children, adolescents, and families. Families First utilizes evidence-based tools to help people set goals for thriving, celebrate their progress in their journey of recovery and set emotional safeguards for the long term. They also offer free counseling and a sliding fee scale on a case-by-case basis.

Main Services:

- Counseling
- Group Therapy
- Family Counseling
- Individual counseling

Serving:

- Adults
- Young Adults
- Teens
- Children
- Seniors
- Low Income Families
- Uninsured

Contact Information:

Address: 4298 Memorial Drive, Decatur, GA 30032

Phone: Call 404-853-2844

Hours of Operation:

Monday 8am – 5pm

Tuesday: 12:30pm - 8:30pm

Wednesday: 9am - 5:30pm

Thursday: 9am - 5:30pm

Friday: 9am - 5:30pm

GEORGIA DEPARTMENT of
BEHAVIORAL HEALTH *and* DEVELOPMENTAL DISABILITIES



D·B·H·D·D
<https://dbhdd.georgia.gov/>

Services: Behavioral Health Services, Developmental Disability Services & Hospital Services

- **Behavioral Health Services:** The Division of Behavioral Health manages programs and services delivered by DBHDD’s community-based behavioral health providers, which are divided into three tiers:
 - TIER 1: Comprehensive Community Providers are DBHDD’s community service boards, which serve as the public safety net and offer a core benefit package, as well as additional specialty services.
 - TIER 2: Community Medicaid Providers ensure choice for individuals receiving Medicaid and offer a core benefit package.
 - TIER 3: Specialty Providers offer an array of specialty treatment and support needed in the continuum of care.
- The division’s goal is to build a recovery-oriented, community-based system of care, with the capacity to provide timely access to high-quality behavioral health treatment and support services. Recovery accepts that severe and persistent mental illness, substance use, and co-occurring disorders are long-term conditions that a person will be managing for life. This model signifies a shift from crisis-driven services to a prevention-focused continuum of care that provides sustained support, and is based on the strengths, wellness, and goals of the person in recovery. The division also supports policy development, service planning, program development, budget development, workforce development (training), and external collaboration with stakeholders across the system of care.

- Intellectual and Developmental Disability Services:** The Division of Intellectual and Developmental Disabilities supports people with intellectual and developmental disabilities and provides them with opportunities to live independently and in the most integrated setting possible. To be eligible for services, a person must have an intellectual disability—or a closely related developmental disability, such as severe autism, cerebral palsy, or epilepsy—that substantially impairs intellectual or adaptive functioning. The disability must have originated from birth or during the developmental years (by age 18 for an intellectual disability, or by age 22 for a developmental disability). The division works with providers, advocates, individuals, and families to provide access to high-quality services in a safe environment. Our service providers must have the capacity to support individuals with complex behavioral or medical needs. Services are funded via state dollars and two types of Medicaid waivers, New Options Waiver (NOW) and Comprehensive Waiver (COMP). The NOW waiver offers services and supports to individuals to enable them to remain living in their own family home and participate or live independently in the community. The COMP waiver serves individuals with more intensive needs, primarily provides residential care for individuals with I/DD. The waivers provide additional support for people who want to live at home or in other kinds of community living arrangements. All services for people with intellectual and developmental disabilities are designed to encourage and build on existing social networks and resources; promote integration into the community; and ensure safety.
- Hospital Services:** DBHDD operates five hospitals, located in Augusta, Columbus, Decatur, Milledgeville, and Savannah. The hospitals are a vital part of DBHDD’s continuum of care, offering inpatient adult mental health and forensic services. People in adult mental health services receive comprehensive psychiatric and psychosocial assessments from which an individual recovery plan is developed. Treatments include supportive psychotherapy, a comprehensive array of group therapies, and medication for the treatment of mental health conditions. When an individual is ready for discharge, hospital staff work with the individual’s support network and DBHDD’s network of community-based providers to facilitate continuity of care. Individuals in forensic programs have been referred by the courts for inpatient psychiatric assessment and treatment because they have been found either incompetent to stand trial (IST) or not guilty by reason of insanity (NGRI) due to a mental illness. DBHDD’s role with individuals who have been found IST is to treat their mental illness and attempt to restore them to legal competence, so that they can continue with their legal proceedings. For those individuals who cannot be restored to competence or who have been adjudicated NGRI, the courts mandate them to the custody of DBHDD for long-term treatment. The courts decide if and when an individual in forensic services is eligible to be released from DBHDD’s care. While DBHDD hospitals no longer admit people whose primary diagnosis is an intellectual or developmental disability, those who remain in our hospitals receive services and supports tailored to their individual needs. DBHDD continues to enhance its community-based service delivery system, so that where possible, people with intellectual and developmental disabilities who are currently in a DBHDD hospital can look forward to a life in the community.

Contact Information:

Address: 2 Peachtree Street NW., 24th Floor, ATLANTA, GA 30303

Phone: (404) 657-2252

Hours of Operation: Monday to Friday 8 am - 5 pm

*For access to services and immediate crisis help, call the **Georgia Crisis & Access Line (GCAL)** at **1-800-715-4225, available 24/7.**



<https://familiesfirst.org/>

Services: We have been there to help support parents, counsel families, and strengthen families.

Services Offered:

- Adoption & Adoption Support Services
- Early Learning, Maternal Child Health, Teenage Pregnancy & Prevention
- Foster Care
- Mental and Behavioral Health
- Parenting

Despite our work, our families still suffer from the impacts of poverty on their lives. When their day-to-day life is focused on survival, parents often cannot give their children the full attention they need. The economic deprivation poverty creates leads to depression and stress that creates family dysfunction and affects the children. Our families also face biases in education, underinvestment in their communities and unjust policies that limit access to economic opportunity. So, in 2019, we began to explore how we could do more for our families.

A new prevention-based strategy emerged, designed to accelerate families toward a permanent path of stability and success. Our vision focuses on two generations – the parent and the child – and combines critical Families First services like counseling, parenting skills and maternal health support with those of our partners in housing, education, hunger, and workforce development.

Our strategy is driven by our new mission: Building resilient families so all children can thrive. Resilience decreases the effects of adversity on a family's health and development. It enables adults to then demonstrate healthy behaviors to their children – and it can be measured. The "Navigator" care model is the cornerstone of our strategy, employing a "quarterback" who provides intensive early intervention services. It's a game changer for families. Navigators engage, listen, and connect the families to our programs and other community resources that meet their needs. They also track and measure progress and provide aftercare following program completion.

We can embark on this new vision for our future and the future of our families thanks to your support. Together we can break down barriers in communities to ensure our families and their children can thrive.

Building Resilient Families So Children Can Thrive

Families First works to improve outcomes for children, youth, individuals, and families at every stage of life by providing them with mental health support, coaching, early education, parenting skills, and supportive housing via prevention and intervention techniques that help strengthen families, as well as build resiliency, no matter what challenges they may be facing.

Families First leads a portfolio of programs and services across impact areas that help improve individual outcomes while strengthening and stabilizing families.

Through a highly skilled workforce and a comprehensive approach to service delivery, we serve and impact over 16,000 children, youth, and families annually.

Contact Information:

Address: 80 Joseph E. Lowery Boulevard, NW Atlanta, GA 30314-3421

Phone: 404-853-2844

Website: info@familiesfirst.org

Hours of Operation: Mon–Thurs: 8 a.m. - 8 p.m., Friday: 8 a.m. - 6 p.m.



Paradise for Living Services, Inc. (PFLS)

Paradise for Living Services, Inc. (PFLS) is a non-profit 501 C 3 organization, a Non-Intensive Outpatient Services and Substance Abuse Intensive Outpatient Program (SAIOP) provider contracted by the Department of Behavioral Health and Development Disabilities (DBHDD). PFLS is Commission on Accreditation of Rehabilitation Facilities (CARF) Accredited for program(s)/Service(s): Case Management/Services Coordination: Integrated: AOD/MH (Adults), Case Management/Services Coordination: Integrated: AOD/MH (Children and Adolescents), Outpatient Treatment: Integrated: AOD/MH (Adults), Outpatient Treatment: Integrated: AOD/MH (Children and Adolescents) and Drug and Alcohol Treatment Education Program (DATEP) licensed in the state of Georgia.

PFLS was established in 2008 in the state of Georgia through the vision of Dean and Dr. Marie Sampson and their overwhelming passion to minister to the needs of hurting people, the Sampsons established a recovery ministry in 2008 to serve individuals and their families who were dealing with the disease of drug and/or alcohol addictions. Through that program, known as the Paradise for Living Recovery Ministry, the Sampsons reached out to various recovery organizations and facilities to bring forth what was needed to meet the needs and bring a ray of hope to those suffering in these areas.

In Georgia, each year thousands of individuals are dealing with the disease of mental illness and addiction. Some are fortunate enough to overcome these diseases that plague the many neighborhoods and communities in America. However, there are those who need help from organizations such as Paradise for Living Services to overcome these diseases enabling them to lead a productive and stable life. Through our recovery service, we are able to help those who are struggling with this disease to begin a pathway to recovery which would cause their lives to be transformed.

Paradise for Living Services Inc. is not a medical facility. All medical needs of an individual are referred to outside sources including all drug screening/testing done at contractual testing site. While we provide a variety of services through our agency, we DO NOT provide sleeping, housing, cooking, or screening/testing at our administrative office located at: **2165 West Park Court, Suite A, Stone Mountain, GA 30087**. This address location is strictly used for our administrative staff and counseling services.

PFLS is not inundated in the service area by similar agencies that provide the services that we do. Although there are quite a few agencies (20), what makes us different is our ability to create such a home-based environment for our clients. We not only look to cater to their mental health needs and addiction, but we help to create a support system for the clients with our team that is involved. Every day for one hour we provide an activity hour which includes games, trivia, arts, and crafts where the individuals are free to be themselves and enjoy each other's company. In addition, individuals are provided with an optional spirituality group where they are free to share their ideas, thoughts, and feelings of their higher being. With these two hours alone, PFLS helps to create a family like environment and helps the individuals holistically and not just clinically.

In one-on-one session with individuals, clinicians provide one-hour sessions of therapy based on individual's treatment plan. Clinicians provide interventions that involve principles, methods and procedures of counseling that assist the person in identifying and resolving personal, social, vocational, intrapersonal, and interpersonal concerns. These interventions are directed towards achievement of specific goals defined by the individual.

Therapists/Clinicians also engage in family counseling which provides systematic interactions between the identified individual, staff and the individual's identified family members directed toward restoration, development, enhancement or maintenance of functioning of the identified individual/family unit; this includes support of the family and specific therapeutic interventions/activities to enhance family roles, relationships, communications and functioning that promote the recovery of the individual. Paraprofessionals (PP) facilitate sessions to guide individuals to independence; money management, take the Marta, finding independent housing, shopping, doctor's appointments, community linkages etc.

PFLS is different because we not only provide services to individual who can afford to pay through Medicaid, but we also provide services to individuals who do not have any resources. We provide a family-oriented environment where everyone feels comfortable (like a home) and feel important. We link them to transportation services to and from the program daily. Daily staff provides breakfast and lunch as well as funds for medication out of pocket. PFLS utilizes unique techniques to obtain these dimensions.

Through the agency's Non-Intensive Outpatient Program, it offers comprehensive services that assist those on the road to recovery. By addressing and providing resources in these six key areas, PFLS hopes to aid and empower those seeking sobriety and stability to achieve a successful and renewed lifestyle.

Although the demand is high, PFLS passionately feels that providing solutions to the many barriers our clients face, we can reduce the rate of relapse and slowly but surely build back the integrity of our families in the Metro Atlanta area and provide a safe and healthier place for our future generations to live.

These services include:

- Employment
- Housing
- Education
- Family Reunification
- Health Care
- Spiritual Guidance
- Substance Abuse Counseling
- Substance Dependency

Serves:

- 18 to 99 years old

Contact Information:

Address: 1836 Rockbridge Road Southwest, Stone Mountain, GA 30087

Phone: 404-522-3555

Hours of Operation: Monday – Friday 8am – 5pm



Mental Health Services / Substance Abuse Disorder

Charlie Health offers video-based intensive outpatient programs (IOP), including group, individual, and family therapy. Services are for teens and young adults struggling with mental health and substance use disorders. Charlie health is dedicated to providing services to those in need and will provide financial assistance on a case-by-case basis. Anyone in need of services can reach out by phone and a staff member will work to find an affordable treatment option.

This program provides:

- Intensive outpatient program (IOP)
 - **Anxiety Disorders** - Generalized anxiety, social anxiety, panic attacks, panic disorder, obsessive compulsive disorder, trichotillomania, phobias
 - **Behavioral Issues** - ADHD, oppositional defiant disorder, codependency, relationship addiction, sex addiction, conduct disorder
 - **Depression** - Major depression, melancholic depression, atypical depression, seasonal affective disorder, persistent depressive disorder
 - **Dissociative Disorders** - Dissociative identity disorder, dissociative amnesia, psychosis, depersonalization-derealization disorder
 - **Gender Identity & Dysphoria** - Gender identity issues, gender dysphoria
 - **Mood Disorders** - Disruptive mood disorder, bipolar I, bipolar II, dissociative identity disorder, borderline personality disorder, schizophrenia
 - **Self-Harm** - Self-harm, self-injury, suicidal ideation, suicide survival
 - **Substance Use & Mental Health** - Alcohol, cannabis, prescription drugs, stimulants, cocaine, opioids, inhalants, hallucinogens, tobacco
 - **Technology and Online Addiction** - Internet addiction, gaming addiction, social media addiction, gambling addiction
 - **Trauma** - Post-traumatic stress disorder (PTSD), acute, chronic, and complex trauma, relational trauma, sexual trauma, adjustment disorder

- Individual therapy
- Family therapy
- Financial assistance provided on a case-by-case basis

Populations this program serves:

- Young Adults
- Teens
- Children
- Low-Income
- Uninsured
- Underinsured
- All mental health substance dependency

Contact Information: Charlie Health - Admin-Only Location

Phone: 866-365-3295

Website: <https://www.charliehealth.com/about-us>

Hours of Operation: Open 24 Hours



Multicultural Mental Health and Substance Abuse Services

Positive Growth Inc.'s mental health and substance abuse programming is an intervention and prevention program specializing in helping children, adolescents, adults, and families find the path that leads to a successful and positive life. The program provides a supervised structured environment combining skilled building, counseling, positive reinforcement, goal planning, job skills, education enrichment, substance awareness and cultural activities. Our program is designed to treat each participant as an individual and offer support through a home-like environment and community-based setting. Through our activities and therapeutic interactions, each participant is able to identify their issues and find the strength to make changes.

Program components include substance abuse treatment, educational support, parent education and family counseling, individual and group counseling, social support, independent living preparation, social and life skills building, and intensive follow-up and aftercare. The overall aim of Positive Growth is to help consumers become effective managers of their lives, prevent the escalation and continuation of delinquent behavior, and lessen the use of social services.

Services are facilitated through our Counseling Center where we seek to support, empower, and enable individuals, families, and communities to be strengthened through professional community-based services that will enhance the health, safety, and needs of the community. Our services are evidenced based and provided in the least restricted areas: at homes, schools, neighborhood sites, or our office located in Clarkston. The mental health and substance abuse programming services are offered daily and during the day, evening, and weekends.

Services:

- Individual, family and group therapy
- School-based prevention counseling services
- Parenting education classes/prevention support groups
- Mental/behavioral health assessments.
- Substance abuse assessment, education, and treatment
- Trauma-focused cognitive-behavioral therapy
- Anger management classes
- Family violence intervention program/assessments
- Psychosexual assessments/parental fitness.
- Therapeutic crisis intervention and brief therapy.
- Psychological/psychiatric assessments.
- Emergency/crisis intervention {911, police, fire rescue, and ambulance} (individual and group).
- Preventing disruption of out of home placement services.
- Addiction & recovery
- Mental health care counseling
- Outpatient treatment
- Parenting education
- Understand mental health translation & interpretation

Populations this program serves:

- Adults
- Young adults
- Teens
- Children
- Seniors
- Immigrants
- Refugees
- Trauma survivors
- All mental health substance dependency

Other Programs from This Provider:

- Summer S.M.A.R.T Camp
- Parent Education Classes and Support Groups
- Adult Outpatient Drug Abuse Treatment and Education Program (ODATP)
- GED Preparation
- Adult Mental Health Services
- Self-Reliance Guidance Program (SRGP)
- Children and Adolescent Mental Health Services
- S.M.A.R.T. Education Enrichment After-School Program
- Adolescent Outpatient Drug Abuse Treatment and Education Program (ODATP)

Contact Information: Website: <https://www.positivegrowthinc.org/>

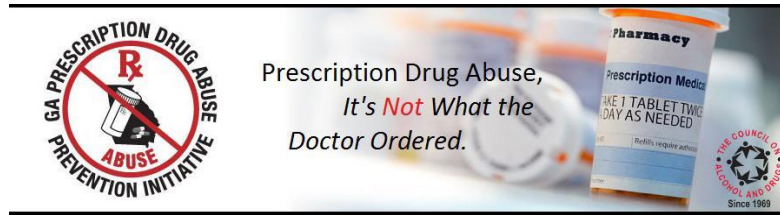
OFFICE LOCATIONS:

Residential Care Program, 4036 E. Ponce De Leon Ave., Clarkston GA 30021. **Office Phone:** 404-292-6420, **Fax:** 404-292-2041 **Email Address:** residential@positivegrowthinc.org

Intervention & Education Center, 945 N. Indian Creek Drive, Clarkston GA 30021. **Office Phone:** 404-298-9005 **Fax:** 404-298-0046 **Email Address:** info@positivegrowthinc.org

Multicultural Services, 3155 E. Ponce DeLeon Ave., Bldg A Scottdale, GA 30079. **Office Phone:** 678-973-2005 **Fax:** 678-973-2534 **Email Address:** mcsd.admin@positivegrowthinc.org

Hours of Operation: Monday – Friday – 8am – 5pm



StopRxAbsuseGA.org

This website is being funded by the Georgia Department of Behavioral Health and Developmental Disabilities Office of Behavioral Health Prevention (GDBHDD/OBHP) via a contract to The Council on Alcohol and Drugs. This website was constructed and is being maintained by The Council on Alcohol and Drugs.

- Contact the Council on Alcohol and Drugs
- Email Mr. John Bringuel, MA, Statewide Project Director of the Georgia Prescription Drug Abuse Prevention Initiative, at jbringuel@livedrugfree.org or call him at (404) 223-2484
- Email Dr. Gregg G. Raduka, Ph.D., LPC, ICPS, Director of Prevention/Intervention for The Council on Alcohol and Drugs, at [graduka\(at\)livedrugfree.org](mailto:graduka(at)livedrugfree.org) or call him at (404) 223-2483
- Council Websites: www.livedrugfree.org and www.stopalcoholunder21.org.
- Council Address: The Council on Alcohol and Drugs
270 Peachtree Street, NW, Suite 2200
Atlanta, Georgia 30303-1283
- What is The Council on Alcohol and Drugs?
- The Council's Mission: We change lives by empowering communities to combat substance abuse and its related problems at home, school and work with proven, practical resources, prevention education and advocacy.
- The Council's Vision: To be the premier resource for substance abuse prevention and education: changing lives, saving futures.
- The Council on Alcohol and Drugs is a 40+ year-old nonprofit, 501(c)3 substance abuse prevention and education agency that develops programs and materials based on the most current research on drug use and its impact on community.
- Since our establishment in 1969 we have served the community through high-quality services and effective prevention programs. We have an exciting range of educational programs and services designed to engage children and teens, address the needs of parents, and to provide employers, educators, health professionals, policymakers, and the media with authoritative information on tobacco, alcohol, and other drugs.
- The Council is an official affiliate of the Georgia Chamber of Commerce and a partnership program of the South Carolina State Chamber of Commerce. Our offices are in the Georgia Chamber of Commerce headquarters in Atlanta. The Council's Drugs Don't Work program has been the official drug free workplace provider for the state of

Georgia since 1993. Drugs Don't Work in Georgia is funded by the Georgia Department of Behavioral Health and Developmental Disabilities, Division of Addictive Diseases, Office of Prevention Services and Programs.

- What is the Department of Behavioral Health and Developmental Disabilities?
- The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) is the state agency that focuses solely on policies, programs, and services for people with mental illness, substance use disorders, and developmental disabilities. Created by the Governor and the General Assembly in 2009, DBHDD began operations on July 1st, 2009. DBHDD is responsible for most of the activities that were undertaken by the Division of Mental Health, Developmental Disabilities, and Addictive Diseases, which was part of the former Department of Human Resources. The Department is structured in three divisions by disability area: Mental Health, Developmental Disabilities, and Addictive Diseases. DBHDD operates 7 regional state hospitals and provides and oversees community-based services across the state.

Contact Information:

Georgia Crisis Access Line (GCAL)

<https://dbhdd.georgia.gov/access-services>

1-800-715-4225

Opioid Treatment Providers of Georgia

www.otpgeorgia.org

(770) 840-9912



<https://www.samhsa.gov/esmi-treatment-locator>

Programs:

- **Maternal Mental Health** - Maternal mental health concerns can include a range of symptoms, including but not limited to depression, anxiety, and psychosis. These can occur during pregnancy and/or postpartum. When left untreated, these symptoms can cause devastating consequences for the mother and her family.

- **Counseling Services** - The Disaster Distress Helpline puts people in need of counseling on the path to recovery. Our staff members provide counseling and support before, during, and after disasters and refer people to local disaster-related resources for follow-up care and support. Since its launch in February 2012, the Disaster Distress Helpline has provided counseling and support in response to disasters such as hurricanes, wildfires, and the Coronavirus pandemic.
 - Crisis counseling for people in emotional distress related to any natural or human-caused disaster
 - Information on how to recognize distress and its effects on individuals and families
 - Tips for healthy coping
 - Referrals to local crisis call centers for additional follow-up care and support
- **Certified Community Behavioral Health Clinics (CCBHCs)** - A Certified Community Behavioral Health Clinic model is designed to ensure access to coordinated comprehensive behavioral health care. CCBHCs are required to serve anyone who requests care for mental health or substance use, regardless of their ability to pay, place of residence, or age - including developmentally appropriate care for children and youth.
- **National Child Traumatic Stress Initiative (NCTSI)** - SAMHSA's National Child Traumatic Stress Initiative (NCTSI) improves treatment and services for children, adolescents, and families who have experienced traumatic events. **Center for Mental Health Services - 240-276-1310 - NCTSI@SAMHSA.gov**
- **Depression During Pregnancy & Postpartum** - Someone with PPD might experience feelings of anger, sadness, irritability, guilt, lack of interest in the baby, changes in eating and sleeping habits, trouble concentrating, thoughts of hopelessness and sometimes even thoughts of harming the baby or themselves.
- **Anxiety During Pregnancy & Postpartum**
- Someone with PPA may experience extreme worries and fears, often over the health and safety of the baby. Some people have panic attacks and might feel shortness of breath, chest pain, dizziness, a feeling of losing control, and numbness and tingling.

Get Help
Call the PSI HelpLine:
1-800-944-4773



Someone Cares Atlanta

Opioid Program

Someone Cares Inc. of Atlanta provides medication-assisted treatment (MAT) as part of a grant we received from the Department of Behavioral Health and Developmental Disabilities (DBHDD) to service Cobb, DeKalb, and Fulton Counties. Suboxone (buprenorphine) is used in our MAT program to treat Opioid Use Disorders.

Since it was approved for clinical use in October 2002 by the Food and Drug Administration (FDA), medications such as suboxone, in combination with counseling and behavioral therapies, provide a whole-patient approach to the treatment of opioid dependency. Based on the research, when taken as prescribed, buprenorphine is safe and effective.

Unlike methadone treatment, which must be performed in a highly structured clinic, buprenorphine is the first medication to treat opioid dependency that is permitted to be prescribed or dispensed in physician offices, significantly increasing treatment access.

Intensive Outpatient Program: What is Intensive Outpatient Program (IOP)? Intensive Outpatient Program (IOP) Services at Someone Cares, Inc is a limited Level structured treatment Day or Evening program. IOP participants may attend 3- 5days per week for a maximum of 3 hrs. per day. IOP is designed to assist persons who need a higher level of care to develop positive mental health coping and substance abuse recovery skills to stabilize and improve their quality of life. Participants are assigned to intensive core curriculum sessions comprised of psycho-therapeutic, psycho-educational and activity sessions based upon their individualized treatment plan. SIC utilizes a Holistic and Traditional health practices, which is a more effective recovery model based upon the latest behavioral health research. The “group setting” engenders a positive cohesive supportive network for all participants, which aids to increase feelings of acceptance and helps improve treatment compliance. Participants have the flexibility to continue working or attend. school while enrolled in IOP services. All treatment planning is individualized and consequently each participants attendance is based upon their treatment goals.

IOP is a structured treatment program that offers a comprehensive recovery environment for adults who have been referred by physicians, hospitals, detox clinics, drug courts, private practices, EAP, or self-referred etc.

Someone Care, Inc., hires an interdisciplinary Team of Licensed staff, certified professionals and other allied health/mental health professionals and employs a Medical Director for med/psych supervision. Each participant is assigned to a therapist and case manager for personalized care. We strongly believe in strengthening families and therefore family members or supportive persons are included into the treatment process per client permission.

When participants successfully meet treatment goals a certificate of completion is issued and they “step down” into Aftercare outpatient services.

Intensive Outpatient Programs participants are diagnosed with the following disorders:

- Substance Abuse/Dependence
- Mental Health Moderate/Chronic
- Co-Occurring Disorders
- Stabilizing mental health disorders and maintaining abstinence long term is the primary treatment goal for IOP

Contact Information: Marietta Location, 1950 Spectrum Circle, Suite 200 Marietta, GA 30067.

Phone: (678) 921-2706

Email: info@s1catl.org



Changing Phases Behavioral Support

ADULT SERVICES

Adult Substance Abuse services offer support to individuals and families experiencing alcohol and other drug-related problems. The program's staff are experienced and trained to evaluate and help individuals and families with these challenges. We offer a variety of services based on personal situations and motivations.

Adult Intensive Outpatient

The Intensive Outpatient Program (IOP) focuses on helping the adult client to understand addiction and begin the recovery process through group counseling, educational presentations, self-inventory, family relationship building, and continuing care planning. Co-occurring mental health disorders are also addressed in the group sessions with information provided regarding effective coping mechanisms; coordination with and/or referrals to psychiatrists are made when appropriate.

Adult Non-intensive Outpatient

Within the Adult Core Program, the consumer will be assigned a Community Support Individual and a Mental Health Therapist. Community Support services consist of rehabilitative skills building, the development of environmental supports and resources coordination considered essential to assist a person in improving functioning, gaining access to necessary services and in creating environments that promote recovery and support the emotional and functional improvement of the individual. Individual Therapy services will allow the consumer to explore thoughts and feelings related to his challenges and be given the support necessary to conquer through challenges with a licensed professional counselor.

Services:

- Behavioral Health Assessment
- Case Management
- Crisis Intervention
- Diagnostic Assessment
- Family Outpatient Services: Family Counseling & Training
- Group Outpatient Services: Group Counseling & Training
- Individual Counseling
- Medication Administration
- Nursing Assessment and Health Services
- Psychiatric Treatment
- Psychosocial Rehab- Individual (PSR-I)
- Psychological Testing
- Service Plan Development

Our Contact Info

Give us a call. We'd love to hear from you!

Phone:

Line 1: 770-726-1162

Line 2: 678-903-5197

Fax Line: 678-401-6557

Office Hours:

*Due to Covid, hours may vary. Please call for for appointments and scheduling.

Monday: 9am - 5pm

Tuesday: 9am - 5pm

Wednesday: 9am - 5pm

Thursday: 9am - 5pm

Friday: 9am - 5pm

Outside Hours Are By Appointments or
Scheduled Court Programs Only

Opioid Services Clinic Hours

*Due to Covid, hours may vary. Please call for for appointments and scheduling.

Dosing & Counseling Only: Monday-Friday from 5:00 a.m.-10:00 a.m.

Dosing Only: Saturday: 6:00 a.m.-9:00 a.m.

Site 1: Cobb County Location

Changing Phases Behavioral Support, Inc.

3655 Canton Rd Suite 201
Marietta GA 30066

Site 2: Bibb County Location
Phone: 1-888-START-NOW
Changing Your Ordinary Community Center
283 Grant Ave
Macon, GA 31201

Site 2: Henry County Location
Phone: 678-671-3547
Beyond Your Ordinary Treatment Center
97 Atlanta Street Suite 100
McDonough, Georgia



Outpatient Substance Use Treatment

CSB provides individualized outpatient substance abuse treatment to adults struggling with addiction. The program's caring and compassionate professionals help clients build a foundation for sustainable recovery so they may function effectively at home, at work and in the community. For individuals who would prefer less intensive treatments than those listed above, outpatient treatment for addictive disease and other psychiatric disorders is available in each of the mental health clinics including individual and group therapy and psychiatric services. Currently, private insurance, Medicare Supplemental Coverage or Advantage plans are not accepted.

This program provides:

- Substance Abuse Treatment
- Psychoeducational and therapy groups
- Individual Therapy with a licensed clinician
- Diagnostic Assessment and ongoing psychiatric treatment
- Pharmacotherapeutic interventions (Antabuse, Campral, Naltrexone, etc.)
- Nursing Assessment
- Referral to medical services
- Random weekly drug screens
- HIV testing and counseling
- Pharmacy Services
- Reduced MARTA fares
- Addiction & Recovery
- 12-step
- Outpatient Treatment
- Substance Abuse Counseling
- Peer Recovery Coaching
- Medications for addiction
- Mental Health Care
- Support Network
- Help Pay for Transit

Populations this program serves:

- Adults
- Young Adults
- Teens
- Seniors
- Developmental Disability
- Benefit Recipients
- Low-Income
- Uninsured
- Underinsured

Contact Information:

DeKalb CSB Central Access: (Appointments and referrals) **Phone:** 404.892.4646
(For the hearing impaired: 404.377.9224)

DeKalb CSB Crisis Services DeKalb Regional Crisis Center - Phone: 404.294.0499

DeKalb CSB Administrative Office: General Information Phone: 404.294.3836

Mailing Address: PO Box 1648, Decatur, GA 30031

Physical Address: 445 Winn Way, 4th floor, Decatur, GA 30030

Email: info@dekcsb.org

Brighter DeKalb Foundation: Phone: 404.508.7706

Email: info@brighterdekalbfoundation.org

Office of Public & Community Relations: Phone: 404.508.7706

Email: info@dekcsb.org

Call [404-892-4646](tel:404-892-4646) to get more info.

Call [404-892-4646](tel:404-892-4646) to schedule an appointment.

Behavioral Health - Winn Way Behavioral Health Center Central Access / Intake Location:
445 Winn Way, 2nd Floor, Decatur, GA 30030. **Phone:** 404-508-7700

Clifton Springs Behavioral Health Center: 3110 Clifton Springs Road, Suite B, Decatur, GA
30034. **Phone:** 404-243-9500

Kirkwood Behavioral Health: 23 Warren St, SE, Atlanta, GA 30317. **Phone:** 404-370-7474

North DeKalb Behavioral Health Center: 3807 Clairmont Road, NE, Chamblee, GA 30341.
Phone: 770-457-5867

DeKalb Regional Crisis Center: 450 Winn Way, Decatur, GA 30030. **Phone:** 404-294-0499

Addiction and Recovery - DeKalb Addiction Clinic: 455 Winn Way, Decatur, GA 30030. **Phone:**
404-508-6430

Fox Recovery Center: 3100 Clifton Springs Road, Decatur, GA 30034



**Georgia Rental Assistance Program (GRA) Georgia Rental Assistance Program
(GRA) Georgia Department of Community Affairs (DCA)**

<https://georgiarentalassistance.ga.gov/>

The Georgia Department of Community Affairs will begin administering the State of Georgia Rental Assistance Program (GRA) in early March 2021. GRA can help renters with their past due rent and utilities. Payment will be made directly to landlords and utility providers.

This program provides:

- Up to 15 months of rental assistance and utility assistance
- Payment will be made directly to landlords and service providers on behalf of tenants

Main Services:

- Emergency Payments
- Help Pay for Housing
- Help Pay for Utilities
- Financial Assistance

Serving:

- Adults
- 18+
- Covid19 Unemployed
- Individuals
- Families
- Home Renters
- Near Homeless
- Low-Income

Eligibility:

- Must be a Georgia home renter.
- Must qualify for unemployment benefits or have experienced a reduction in household income, incurred significant costs, or experienced other financial hardship due directly or indirectly to COVID-19.
- Must demonstrate a risk of experiencing homelessness or housing instability.

Documents Required:

- **Identification:** Driver's license, government-issued photo identification, U.S. Military photo ID, tribal photo ID, or passport.
- **Proof of Income:** For households seeking assistance based upon 2020 annual income: Copy of Form 1040 for 2020 as filed with the IRS for the household, documents evidencing annual income (e.g., wage statement, interest statement, unemployment compensation statement), and receipts of forms of benefit income (TANF, Social Security, SSI, SSDI, etc.). | For households seeking assistance based upon the current household monthly income, income verification for at least the most recent two months (60 days) leading up to application submission is required: Documents evidencing monthly income (e.g., wage statement, interest statement, unemployment compensation statement),; If employed, pay stubs, third party verification from the employer, or a letter from their employer indicating reduced pay; Documentation of cash assistance such as Social Security income, unemployment benefits, worker's compensation (excluding lump sum distributions), or public assistance benefits; Documentation of child support, alimony; TANF, SSI or other supplemental income programs that are limited to households with incomes below 80 percent of AMI (or a comparable poverty threshold); Documentation of any income received for self-employment, including documentation of income from the operation of a business or profession, or direct payments for services; Bank statements; Documentation of Social Security, annuities, retirement income, pensions, disability or death benefits (to include spousal benefits) and other similar types of periodic or monthly receipts, excluding benefits received by anyone 17 years old or under.
- Must have a household income at or below 80 percent of the Area Median Income (AMI).
- **Other Documents:** Verification of risk of experiencing homelessness or housing instability: An eviction notice, a past due rent notice or a past due utility notice. | Lease agreement that has been signed by both parties OR households without a current signed lease (such as those renting under a month-to-month arrangement) should provide a certification that they still reside in the rental unit for which the assistance is being applied and confirmation of this from their landlord.

Contact Information:

DCA Email: rentalassistance@dca.ga.gov

Phone: 833-827-RENT (833-827-7368) or call 404-679-4840 (your nearest location)

Hours of Operation: Monday – Friday – 8am – 5pm



Select the program U.S. Department of Housing and Urban Development - VA Supportive Housing (HUD-VASH)

U.S. Department of Housing and Urban Development - VA Supportive Housing (HUD-VASH) by US Department of Veterans Affairs (VA) - Veterans Health Administration (VHA) Claimed Program. This program has been claimed by US Department of Veterans Affairs (VA) - Veterans Health Administration (VHA) and they are helping to ensure the information is accurate and up to date. Learn more. The HUD-VASH is a collaborative program between HUD and the VA that combines HUD housing vouchers with VA supportive services to help Veterans who are homeless, and their families find and sustain...

Main Services:

- **Help Pay for Housing:** housing vouchers
- **Government Benefits:** understand government programs
- **Navigating the System:** findhelp.org

Serving: adults 18+, veterans, all disabilities, homeless, low-income families and **mental Health:** substance dependency & dual diagnosis





HOUSING RESOURCES

Housing Resources – FindHelp.org

Description:

Public Housing (PH) is a federally funded program, overseen by the U.S. Department of Housing and Urban Development (HUD), with a mandate to provide rental assistance to qualified low-income families, the elderly, and persons with disabilities. The Taylor Housing Authority is focused on managing public housing for low-income residents at affordable rents.

This program provides: Affordable Housing

Contact Information:

Phone Number: 404-270-2100

Location: 750 Commerce Dr. Decatur, GA 30030

Hours of Operation: Monday – Friday 8am – 5pm



Georgia Rental Assistance Program (GRA) Georgia Department of Community Affairs (DCA)

The GRA program helps low-income Georgia renters who have fallen behind on payments due to the COVID-19 pandemic to pay past-due rent and/or utility bills. This program serves households who need...

Main Services:

- Emergency Payments
- Help Pay for Housing
- Help Pay for Utilities
- Financial Assistance

Serving:

- Adults 18+
- Covid19 Affected
- Unemployed
- Individuals
- Families
- Home Renters
- Near Homeless
- Low-Income

Eligibility:

- Must be a Georgia home renter
- Must qualify for unemployment benefits or have experienced a reduction in household income, incurred significant costs, or experienced other financial hardship due directly or indirectly to COVID-19
- Must demonstrate a risk of experiencing homelessness or housing instability
- Must have a household income at or below 80 percent of the Area Median Income (AMI)

Description:

The GRA program helps low-income Georgia renters who have fallen behind on payments due to the COVID-19 pandemic to pay past-due rent and/or utility bills. This program serves households who demonstrate a risk of experiencing homelessness or housing instability.

This program provides:

Up to 15 months of rental assistance and utility assistance

Payment will be made directly to landlords and service providers on behalf of tenants.

Applicants may utilize the online screening tool to verify if they are eligible and to apply for assistance.

Priority is given to:

- 1) households below 50 percent of the AMI
- 2) households with one or more individuals who have been unemployed 90 days or longer at the time of application.

Documents Required:

- **Identification:** Driver's license, government-issued photo identification, U.S. Military photo ID, tribal photo ID, or passport.
- **Proof of Income:** For households seeking assistance based upon 2020
 - **Annual Income:**
 - Copy of Form 1040 for 2020 as filed with the IRS for the household, documents evidencing annual income (e.g., wage statement, interest statement, unemployment compensation statement), and receipts of forms of benefit income (TANF, Social Security, SSI, SSDI, etc.). | For households seeking assistance based upon the current household monthly income, income verification for at least the most recent two months (60 days) leading up to application submission is required: Documents evidencing monthly income (e.g., wage statement, interest statement, unemployment compensation statement),; If employed, pay stubs, third party verification from the employer, or a letter from their employer indicating reduced pay; Documentation of cash assistance such as Social Security income, unemployment benefits, worker's compensation (excluding lump sum distributions), or public assistance benefits; Documentation of child support, alimony; TANF, SSI or other supplemental income programs that are limited to households with incomes below 80 percent of AMI (or a comparable poverty threshold); Documentation of any income received for self-employment, including documentation of income from the operation of a business or profession, or direct payments for services; Bank statements; Documentation of Social Security, annuities, retirement income, pensions, disability or death benefits (to include spousal benefits) and other similar types of periodic or monthly receipts, excluding benefits received by anyone 17 years old or under.

Required Documents:

- Verification of risk of experiencing homelessness or housing instability
 - Eviction Notice
 - Past Due Rent Notice
 - Past Due Utility Notice
- Lease agreement that has been signed by both parties OR households without a current signed lease (such as those renting under a month-to-month arrangement) should provide a certification that they still reside in the rental unit for which the assistance is being applied and confirmation of this from their landlord.

Contact Information: Georgia Department of Community Affairs

Address: 60 Executive Park S #2231, Atlanta, GA 30329

Phone: 404-679-4840

Hours of Operation: Monday – Friday 8am – 5pm

Phone: 404-679-4840



LGBTQ+

The LGBTQ+ community is diverse and made up of different experiences, identities, and challenges. However, members of the community are disproportionately at-risk for suicide and other mental health struggles. This section has information and resources for yourself and to help support loved ones who identify as a member of the LGBTQ+ community.

How To Take Care of Yourself: If you're struggling, you can call or chat with the Lifeline. We're available 24/7 and confidential. There are crisis counselors available to listen and support you without judgment. Know you are not alone. In addition to the Lifeline, there are resources at the bottom of this page where you can connect with other members of the LGBTQ+ community. You can also check out the stories of hope and recovery below in the resources section to learn how some LGBTQ+ people have coped during hard times.

Build a support network: Develop a support network in your life that will help keep you safe and that you can lean on if you feel depressed or suicidal.

Talk to someone: Don't keep thoughts of suicide to yourself. Lean on your support network, find a therapist or a support group, or get in touch with the Lifeline.

Make a safety plan: Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.

Resources For LGBTQ+ People and Allies

Planned Parenthood: Sexuality Info and Resources Planned Parenthood - Sexuality Info and Resources - <https://www.plannedparenthood.org/learn>

GLAAD: An Ally's Guide To Terminology GLAAD: An Ally's Guide To Terminology - <https://www.glaad.org/publications/talkingabout/terminology>

You Matter: How To Be A Straight Ally You Matter: How To Be A Straight Ally -
https://youmatter.988lifeline.org/how-to-be-an-ally/?_ga=2.151093566.646934534.1664807021-237739780.1663078504

It Gets Better Project: Hope for LGBT Youth It Gets Better Project: Hope For LGBT Youth -
<https://itgetsbetter.org/>

The Trevor Project the Trevor Project - <https://www.thetrevorproject.org/>

Trans Lifeline Trans Lifeline - <https://translifeline.org/>

Mental Health and the LGBTQ Community Stats Mental Health and the LGBTQ Community Stats - https://988lifeline.org/wp-content/uploads/2017/07/LGBTQ_MentalHealth_OnePager.pdf?_ga=2.176310562.646934534.1664807021-237739780.1663078504

Trans Student Educational Resources Trans Student Educational Resources -
<https://transstudent.org/graphics/>

LGBTQ and ALL LGBTQ and ALL - <https://www.lgbtqandall.com/>



The LGBTQ+ community is diverse and made up of different experiences, identities, and challenges. However, members of the community are disproportionately at-risk for suicide and other mental health struggles. This section has information and resources for yourself and to help support loved ones who identify as a member of the LGBTQ+ community.

How To Take Care Of Yourself. If you're struggling, you can call or chat with the Lifeline. We're available 24/7 and confidential. There are crisis counselors available to listen and support you without judgment.

Know you are not alone. In addition to the Lifeline, there are resources at the bottom of this page where you can connect with other members of the LGBTQ+ community. You can also check out the stories of hope and recovery below in the resources section to learn how some LGBTQ+ people have coped during hard times.

Build a support network. [Develop a support network](#) in your life that will help keep you safe and that you can lean on if you feel depressed or suicidal.

Talk to someone. Don't keep thoughts of suicide to yourself. Lean on your [support network](#), [find a therapist or a support group](#), or [get in touch with the Lifeline](#).

Make a safety plan. Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.

How To Help

We all have a role in preventing suicide. Learn how to support and be an ally to your LGBTQ+ loved ones.

Be an ally. Publicly show your support for the LGBTQ+ community. Ensure that you are supporting loved ones by affirming their identity, using their pronouns, and being committed to providing a non-judgmental and safe space for all.

Know the facts. Over 80% of LGBTQ+ youth have been assaulted or threatened, and every instance of victimization in an LGBTQ+ person's life more than doubles the likelihood of self-harming.

Ask and listen. Be an active part of your loved ones' support systems and check in with them often. If they show any [warning signs](#) for suicide, be direct and ask. Tell them it's OK to talk about suicidal feelings. Listen to their story without offering advice or judgment. For more guidance on steps you can take to help someone thinking of suicide, visit www.bethe1to.org.

Link them to resources and remember to take care of yourself. Collaborate with your loved one to get them any help they might need. If you're not sure where to start, the Lifeline is always here to talk or chat, both for crisis intervention and to support allies.

Strong family bonds, safe schools and support from caring adults can all protect LGBTQ youth from depression and suicidality ([Committee on Adolescence 2013](#)).

Family and community support. Support from family, trusted adults, and friends make all the difference for transgender children and youth. A recent study found that transgender children whose families affirmed their gender identity were as psychologically healthy as their non-transgender peers ([Olson 2016](#)).



Planned Parenthood: Sexuality Info and Resources

Birth Control: Birth control is how you prevent pregnancy. There are lots of different birth control options out there. We're here to help you figure it all out.

Pick what's important to you to find your best birth control method:

- Best At Preventing Pregnancy
- Easiest to Use
- Helps with Periods
- Helps Prevent STDs
- Doctor or Nurse Required
- Less or No Hormones

Birth Control Options:

Implant: The birth control implant (AKA Nexplanon) is a tiny, thin rod about the size of a matchstick. The implant releases hormones into your body that prevent you from getting pregnant. A nurse or doctor inserts the implant into your arm and that's it — you're protected from pregnancy for up to 5 years. It's get-it-and-forget-it birth control.

The birth control implant is a tiny, thin rod about the size of a matchstick. It's also called Nexplanon and there's a slightly older version called Implanon. A doctor inserts the implant under the skin of your upper arm. It releases the hormone progestin to stop you from getting pregnant.

The hormones in the birth control implant prevent pregnancy in two ways:

- Progestin thickens the mucus on your cervix, which stops sperm from swimming through to your egg. When sperm can't meet up with an egg, pregnancy can't happen.
- Progestin can also stop eggs from leaving your ovaries (called ovulation), so there's no egg to fertilize. When eggs aren't released, you can't get pregnant.

One of the awesome things about the implant is that it lasts for a long time — up to 5 years — but it's not permanent. If you decide you want to get pregnant or you just don't want to have your implant anymore, your doctor can take it out. You're able to get pregnant quickly after the implant is removed. You can keep track of your insertion and removal dates using our birth control app.

IUD: An IUD is a tiny device that's put into your uterus to prevent pregnancy. It's long-term, reversible, and one of the most effective birth control methods out there. IUD stands for Intrauterine Device (basically: a device inside your uterus). It's a small piece of flexible plastic shaped like a T. Sometimes it's called an IUC — intrauterine contraception.

IUD Brands: There are 5 different brands of IUDs that are FDA approved for use in the United States:

- Paragard
- Mirena
- Kyleena
- Liletta
- Skyla

These IUDs are divided into 2 types:

- Hormonal IUDs (Mirena, Kyleena, Liletta, and Skyla)
- Copper IUDs (Paragard)

The Paragard IUD doesn't have hormones. It's wrapped in a tiny bit of copper, and it protects you from pregnancy for up to 12 years. The Mirena, Kyleena, Liletta, and Skyla IUDs use the hormone progestin to prevent pregnancy. Progestin is very similar to the hormone progesterone that our bodies make naturally. Mirena works for up to 8 years. Kyleena works for up to 5 years. Liletta works for up to 8 years. Skyla works for up to 3 years.

Both copper IUDs and hormonal IUDs prevent pregnancy by changing the way sperm cells move so they can't get to an egg. If sperm can't make it to an egg, pregnancy can't happen.

The Paragard IUD uses copper to prevent pregnancy. Sperm doesn't like copper, so the Paragard IUD makes it almost impossible for sperm to get to that egg.

The hormones in the Mirena, Kyleena, Liletta, and Skyla IUDs prevent pregnancy in two ways: 1) they thicken the mucus that lives on the cervix, which blocks and traps the sperm, and 2) the hormones also sometimes stop eggs from leaving your ovaries (called ovulation), which means there's no egg for a sperm to fertilize. No egg, no pregnancy.

One of the awesome things about IUDs is that they last for years — but they're not permanent. If you decide to get pregnant or you just don't want to have your IUD anymore, your nurse or doctor can quickly and easily take it out. You're able to get pregnant right after the IUD is removed.

Can IUDs be used as emergency contraception? Yes! The Paragard, Mirena, and Liletta IUDs work super well as emergency contraception. If you get one of these IUDs, put in within 120 hours (5 days) after unprotected sex, it's more than 99% effective. It's the most effective way to prevent pregnancy after sex. Another great thing about using an IUD as emergency contraception: you can keep it and have effective birth control that you can use for up to 8 to 12 years (depending on which kind you get). The other kind of emergency contraception is the morning-after pill. You can take it up to 5 days after unprotected sex to reduce the risk of pregnancy.

Does the implant prevent STDs?

Nope. Nexplanon doesn't protect against STDs. Luckily, using condoms or internal condoms every time you have sex does lower your chances of getting or spreading STDs. So, using condoms with your implant is the best way to prevent infections.

Birth Control Shot: The depo shot (AKA Depo-Provera) is an injection you get once every 3 months. It's a safe, convenient, and private birth control method that works well if you always get it on time.

The birth control shot (sometimes called Depo-Provera, the Depo shot, or DMPA) contains the hormone progestin. Progestin stops you from getting pregnant by preventing ovulation. When there's no egg in the tube, pregnancy can't happen. It also works by making cervical mucus thicker. When the mucus on the cervix is thicker, the sperm can't get through. And when the sperm and the egg can't get together, pregnancy can't happen.

Does the shot protect against STDs?

No. The shot is good at preventing pregnancy, but it won't protect you from sexually transmitted infections.

Luckily, using condoms every time you have sex really lowers the chance of getting or spreading STDs. The other great thing about condoms is that they also protect against pregnancy, which means that using condoms along with the shot gives you awesome pregnancy-preventing power!

To get the shot's full birth control powers, you must remember to get a new shot every 12-13 weeks. That's about every 3 months, or 4 times a year. Most of the time, a doctor or a nurse must give you the shot. So, you have to make an appointment at a health center, and then remember to go to the appointment. But you also may be able to get a supply of shots at the health center to bring home and give yourself. You can use our birth control app to keep track of when you need to get your next shot, and any upcoming shot appointments.

You can start using the birth control shot whenever you want. If you get your first shot within the first 7 days after the start of your period, you're protected from pregnancy right away. If you get it at any other time in your cycle, you need to use another form of birth control (like a condom) for the first week after getting the shot.

After your first shot, it's all about remembering when to get your follow-up shots. Here are some tips to make sure you stay on top of it:

- Use our birth control reminder app
- Set an alarm on your phone
- Add it to whatever calendar you use daily
- Ask friends, family members, or your partner to remind you

If you're 2 or more weeks late getting your shot, your doctor or nurse may ask you to take a pregnancy test or tell you to use emergency contraception if you had vaginal sex in the previous 120 hours (five days). Also use a condom every time you have vaginal sex. Condoms are the only way to help protect yourself from STDs, so using the shot with condoms is the way to go.

Birth Control Ring: The birth control ring (AKA the vaginal ring, or the ring) is a safe and convenient birth control method that works well if you always use it correctly. You wear a small, flexible ring inside your vagina, and it prevents pregnancy 24/7 by releasing hormones into your body. The ring has lots of other health benefits, too. There are 2 kinds of birth control rings: NuvaRing and Annovera.

NuvaRing: Each NuvaRing lasts for up to 5 weeks. You take your old NuvaRing out of your vagina and put in a new one about once a month, depending on the ring schedule you choose. You can also use NuvaRing to safely skip your period if you want to. Read more about how to use NuvaRing.

Annovera: One Annovera ring lasts for 1 year (13 cycles). You put the Annovera ring in your vagina for 21 days (3 weeks), then take it out for 7 days — Annovera comes with a case to safely store it during your ring-free week. After 7 ring-free days, put Annovera back in your vagina. Read more about how to use Annovera.

The ring works by stopping sperm from joining with an egg (which is called fertilization).

Like most birth control pills, the ring contains the hormones estrogen and progestin. These are like the hormones our bodies make naturally. You wear the ring inside your vagina, and you absorb the hormones into your body through your vaginal lining.

The hormones in the ring stop ovulation. No ovulation means there's no egg hanging around for sperm to fertilize, so pregnancy can't happen.

The ring's hormones also thicken the mucus on your cervix. This thicker cervical mucus blocks sperm so it can't swim to an egg — kind of like a sticky security guard.

To get the vaginal ring's full birth control powers, you must use it correctly. Making a mistake like forgetting to refill your prescription or not putting your ring in on time — is the main reason why people might get pregnant when they're using the ring.

Stay on Schedule:

- Use our birth control reminder app or set an alarm on your phone
- Use a calendar to mark the days you need to take out the ring, put in the ring, and get a new ring
- Be birth control buddies with friends or family members who also use the ring, and help each other remember
- Your partner can help remind you

Take Care of your Birth Control Ring Properly:

- Keep your ring(s) in the same place so you don't lose them
- Store NuvaRings at room temperature, and away from direct sunlight for up to 4 months (16 weeks).
- Keep any NuvaRings that you won't use within 4 months in the refrigerator
- When you take Anovera out, wash the ring with mild soap and lukewarm water, pat it dry with a clean paper towel or cloth, and store it in the case
- Keep Anovera away from children, pets, and extreme temperatures when it's out of your body
- When Anovera is in your vagina, don't use any vaginal products with oil or silicone in them — no oil or silicone-based suppositories, creams, gels, or lubricants
- Water-based lubes are OK to use

Does the ring protect against STDs? Nope. The birth control ring is good at preventing pregnancy, but it won't protect you from sexually transmitted infections. Luckily, using condoms every time you have sex really lowers the chance of getting or spreading STDs. Condoms also protect against pregnancy — so using condoms and the ring together gives you awesome pregnancy-preventing power.

Birth Control Pill

Birth control pills are a kind of medicine with hormones. Birth control pills come in a pack, and you take 1 pill every day. The pill is safe, affordable, and effective if you always take your pill on time. Besides preventing pregnancy, the pill has lots of other health benefits, too.

There are two kinds of birth control pills:

- Combination pills (aka combined oral contraceptives, or COCs)
- Combination pills have both estrogen and progestin

These are the most common type of birth control pill:

- Progestin-only pills (aka POPs or mini pills)
- Progestin-only pills only have progestin

Birth Control Pills Prevent Pregnancy: The birth control pill works by stopping sperm from joining with an egg. When sperm joins with an egg it's called fertilization. The hormones in the pill safely stop ovulation. No ovulation means there's no egg for sperm to fertilize, so pregnancy can't happen. The pill's hormones also thicken the mucus on the cervix. This thicker cervical mucus blocks sperm so it can't swim to an egg — kind of like a sticky security guard.

The Pill Work Best:

- Do Not Forget pills
- Do Not Lose the Pack
- Not refilling your prescription on time — these are the main reasons why people might get pregnant when they use the pill. It's good to plan ahead and think about the best way for you to use the pill correctly. Here are some ways to help you remember to take your pills every day:
- Use our birth control reminder app or set an alarm on your phone
- Keep your pill pack next to something you use every day (like your toothbrush or phone charger)
- Keep your pills in your bag so they're always with you
- Be pill buddies with friends or family members who also take medicine every day, and help each other remember
- Your partner can help remind you

Do whatever works to help you take your pill on time, all the time. Depending on where you live, you may be able to order and refill your pills online through the Planned Parenthood Direct app.

Does the pill protect against STDs? Nope. The pill is good at preventing pregnancy, but it won't protect you from sexually transmitted infections. Luckily, using condoms every time you have

sex really lowers your chances of getting or spreading STDs. Condoms also protect against pregnancy — so using condoms + birth control pills together give protection from STDs AND awesome pregnancy-preventing power.

What is a condom: Condoms are thin, stretchy pouches that you wear on your penis during sex. Condoms provide great protection from both pregnancy and STDs. They're easy to use and easy to get. Condoms are small, thin pouches that cover your penis during sex and collect semen (cum). Condoms prevent pregnancy by stopping sperm from getting into the vagina, so sperm can't meet up with an egg. Some types of condoms also help prevent STDs.

There are 3 types of condoms:

- Latex Condoms
 - Latex condoms are made from rubber
 - Latex condoms are the most common type of condom
 - Latex condoms help protect against both pregnancy and STDs.
 - Only use water-based or silicone lube with latex condoms — don't use anything with oil, because oil can damage latex condoms.
- Plastic (non-latex) Condoms
 - Plastic/non latex condoms are safe for people with latex allergies or sensitivities.
 - Plastic/non latex condoms help protect against both pregnancy and STDs.
 - You can use water-based and silicone lube with any kind of plastic condom. You can generally use oil-based lubes with plastic condoms. If you're not sure whether your lube is safe to use with your condoms, check the directions on the condom package.
- Lambskin (animal skin) Condoms
 - Lambskin condoms are made from the lining of animal intestines (usually sheep).
 - Lambskin condoms only help protect against pregnancy — they don't prevent STDs.
 - Lambskin condoms are safe for people who are allergic or sensitive to latex.
 - You can use any kind of lube, including oils, with lambskin condoms.

Do condoms help protect against STDs? Yes! Using condoms every time you have oral, anal, or vaginal sex is the best way to reduce your chances of getting or spreading sexually transmitted infections. Condoms protect you and your partners from STDs by preventing contact with bodily fluids (like semen and vaginal fluids) that can carry infections. And because condoms cover your penis, they help protect against certain STDs like herpes and genital warts that are spread through skin-to-skin contact (but they're somewhat less effective with these because they don't cover all your skin).

Pro-tip: if you cut a condom up the side, you can open it out and put it over the vulva for safer oral sex there. Condoms are helpful for everyone!

Condoms are the only type of birth control out there that also help protect against STDs. So even if you're using another form of birth control (like the pill), it's a good idea to also use condoms to prevent the spread of sexually transmitted infections.

Keep in mind that condoms made of lambskin or other animal membranes DO NOT protect against STDs — they only prevent pregnancy. Only synthetic condoms (latex or plastic) prevent the spread of STDs.



Child Care

[childcare programs in Atlanta, GA | findhelp.org](https://findhelp.org/childcare-programs-in-atlanta-ga/)

Early Head Start by Clarkston Child Development Center: Early Head Start provides early, continuous, intensive, and comprehensive child development and family support services to low-income infants and toddlers and their families, and pregnant women...

Main Services: Nutrition Education, Personal Safety, Health Education, Parenting Education, Daytime Childcare, Navigating the System & Head Start Programs.

Serving: Infants, Children, Pregnant, Low Income Families with Children

Contact Information:

Phone: 404-929-2503

Address: 815 Park North Boulevard, Clarkston, GA 30021

Hours of Operation: Monday – Friday 8am – 3pm



Emergency Child Care (ECC) Assistance Program Quality Care for Children (QCC)

This program has been claimed by Quality Care for Children (QCC) and they are helping to ensure the information is accurate and up to date. Learn more. Quality Care for Children's ECC Assistance Program assists families with children 0 - 12 years old who are experiencing crisis situations by providing access to resources for quality childcare.

Family crisis situations include violence, divorce, starting a new job, or facing a large, unexpected expense. QCC works with parents to understand their childcare needs, locates appropriate childcare and/or school-age care programs, and negotiates fees with the provider. QCC facilitates the relationship between the provider and parent, monitors the placement of the child to guarantee that services are being provided, connects families to additional resources, and issues checks to the provider. QCC also assists families in developing long-term childcare plans so that they can meet their childcare needs when the financial assistance ends.

Main Services

- Financial Assistance
- Help Find Childcare
- Help Pay for Childcare

Serving

- Infants
- Children in-Treatment/Post-Treatment
- Homeless
- Near Homeless
- Low-Income
- Domestic Violence Survivors
- Emergency

Eligibility: This program helps people who are 0 to 12 years old. Children cannot be receiving CAPS. Must have a qualifying emergency (recent job loss, starting new job, homelessness, domestic violence, recent illness/hospitalization, unexpected expense, etc.) Must be at or below 200% of the State Median Income.

Contact Information:

Address: Atlanta Location - 3 Corporate Boulevard Northeast, Atlanta, GA 30329

Phone: 877-255-4254

Hours of Operation: Monday – Friday 8am – 5pm

Northeast Georgia Location - 3805 Crestwood Parkway Northwest, Suite 225, Duluth, GA 30096

Phone: 706-543-6177

North Georgia Location - 913 North Tennessee Street, Suite 202, Cartersville, GA 30120

Phone: 770-387-0828



Georgia Department of Early Care and Learning (DECAL) - Bright from the Start

Georgia Department of Early Care and Learning offers the Quality Rated Child Care system to determine, improve, and communicate the quality of programs that provide childcare. This system helps parents and caregivers find quality childcare, preschool, and Pre-k programs.

This program provides:

- Help Finding Childcare
- Help Finding Preschool
- Navigating the System

Populations this program serves:

- Anyone in Need
- All Ages
- Families
- Parents

Contact Information:

Address: 2 Martin Luther King Junior Drive Southeast, 754 East Tower, Atlanta, GA 30334

Phone: 1-877-255-4254

Website: <https://families.dec.al.ga.gov/ChildCare/Search>

Hours of Operation: Monday – Friday 8am – 5pm



Early Head Start OFFICE OF HEAD START
An Office of the Administration for Children & Families
Sheltering Arms- Dorothy Arkwright Model Infant/Toddler Center

Head Start programs are helping children get ready to succeed in school and in life through learning experiences tailored to their changing needs and abilities.

Early Learning and Development Program:

- Building strong relationships as the foundational driver for early learning
- Engaging families in their child's learning and recognizing parents as a child's first and most influential teacher
- Implementing effective practices to promote children's growth in five key domains: approaches to learning, social and emotional development, language and literacy, cognition, and physical development
- Encouraging learning through play, creative expression, and guided activities with schedules and lesson plans that include the cultural and language heritage of each child and family in relevant ways
- Creating welcoming learning environments in indoor and outdoor settings that are well-organized and safe
- Conducting ongoing screenings and assessments to ensure each child is making progress, and collaborating with parents and community agencies when further assessment is needed
- Supporting the full inclusion of children with disabilities and building on their strengths

Health and Wellness Program:

- Engaging all children in both indoor and outdoor physical activity
- Serving breakfast, lunch, and snacks that are healthy and nutritious
- Ensuring children receive medical, dental, hearing, vision, and behavioral screening
- Making sure children brush their teeth after meals and promoting oral health and hygiene
- Helping families understand and support their child's health and behavioral health needs
- Assisting with mental health services for children and families, as needed
- Building resilience to help children and families heal from traumatic experiences or events and overwhelming situations

Family Well-Being Program:

- Providing parenting support and strategies
- Supporting parental health and links to community services during pregnancy
- Connecting families to community and federal assistance
- Assisting families in identifying and reaching their goals and dreams, including those related to finances and economic mobility, housing, employment, and education
- Providing a career pathway in early care and education — about 25% of program staff are former Head Start parents!

Family Engagement Program:

- Inviting parents to share information and insights about their child
- Celebrating the role of fathers and male caregivers through father engagement
- Engaging parents as their child's lifelong advocate
- Welcoming parents to offer ways to improve children and families' experiences in the program, including through leadership roles on the Policy Council
- Supporting child and family transitions when the child is ready for the next step, to Head Start, kindergarten, or another early childhood program

Meeting Community Needs

To reach the children and families who need Head Start services the most, programs are designed according to community need. Directly funded at the local level, Head Start programs tailor their programs as appropriate for families in the designated service area. These programs may be provided in different settings and hours according to the needs indicated by their community assessment.

Federal-to-Local Funding Model

The federal government funds Head Start programs through the U.S. Department of Health and Human Services, Administration for Children and Families. Across the country, school districts, nonprofit and for-profit groups, faith-based institutions, tribal councils, and other organizations qualify to become a Head Start recipient and receive federal funding. The federal-to-local model allows local leaders to create a Head Start experience that is responsive to the unique and specific needs of their community. Many programs are combining funding from federal, state, and local sources to maximize service delivery and continuity. Head Start Collaboration Offices facilitate partnerships between Head Start agencies and other state entities that provide services to benefit low-income children and their families.

Migrant and Seasonal Head Start (MSHS) Programs:

- Serve children ages birth to 5 from families engaged in agricultural work, either seasonally or across geographic regions. American Indian and Alaska Native (AIAN) Head
- Start programs serve children from federally recognized tribes and others in their communities.

Eligibility and Enrollment

Head Start services are for children from birth to compulsory school age, as well as pregnant people and expectant families. Eligible participants include children whose families meet the federal low-income guidelines — that is, whose incomes are at or below the federal poverty guidelines or who participate in Temporary Assistance for Needy Families, Supplemental Security Income, or Supplemental Nutrition Assistance Program public assistance services. Other eligible participants include children who are in the foster care system or experiencing homelessness. Programs may also accept a limited number of children who do not meet any of those eligibility criteria.

Program options include:

- Center-Based services provide early learning, care and enrichment experiences to children in an early care and education setting. Staff members also visit family homes at least twice per year.
- Home-Based services are provided through weekly home visits to each enrolled child and family. The home visitor provides child-focused visits that promote the parents' ability to support the child's development. Twice per month, the program offers opportunities for parents and children to come together as a group for learning, discussion, and social activity
- Family Child Care services provide care and education to children in a private home or family-like setting.
- Combination services combine both home- and center-based services.

Services:

- Aid With Nutrition
 - Nutrition Education
- Health & Safety
 - Personal Safety Health Education
- Mental Health
- Pregnancy
 - Parenting Education
- Child Development
 - Childcare
 - Navigating Head Start

Populations this program serves:

- Infants
- Children
- Pregnant
- Families w/Low-Income
- Parents w/Children

Eligibility:

- Expecting Families
- Families' w/children under the age of 3
- Families must meet income eligibility requirements

Contact Information: Sheltering Arms- Dorothy Arkwright Model Infant/Toddler Center

1192 Arkwright Place Southeast, Atlanta, GA 30317

Phone: 404-524-7490

Website: <https://www.acf.hhs.gov/ohs>

Hours of Operation: Monday – Friday – 8am -3pm



Career Works

Atlanta Center for Self Sufficiency

Career Works

For the people we serve, sustainable self-sufficiency does not happen overnight. It is a process based on commitment, consistency, and support. CareerWorks uses a four-step model to prepare, guide, and empower participants as they strive to reach their goals for economic self-sustainability.

******All services are free to participants.**

CareerWorks Steps

- **STEP 1- CB3 (CareerWorks Boot Camp)** - Our three-week onsite half-day program provides structured, hands-on life and employment workshops led by trained staff, corporate partners, and topic experts. Workshops include goal setting, life, and job skills development (interpersonal skills, team building, prioritization), job search techniques, and financial management. Participants in CB3 receive transportation vouchers, lunch, access to our computer lab and Career Closet, and other support services.
- **STEP 2 – COACHING** - After completion of CB3, each person is assigned a personal life coach for 12 months. Life coaches are assigned based on individual needs and barriers to ensure long-term success.
- **STEP 3 - CAREER PLACEMENT** - In conjunction with Coaching, we work with our employment and vocational training partners to assist individuals with attaining viable career placement or vocational training/credentialing.
- **STEP 4 - CONTINUING SUPPORT** - We support our participants beyond job attainment by providing career retention and wrap-around services. Their long-term success is important to us.

Career Works offers comprehensive services that assist homeless men and women to achieve economic self-sufficiency and their ultimate potential to thrive.

This program provides:

- Life Stabilization
- Employment Readiness
- Job Placement/Retention Services to Financially Vulnerable Individuals (homeless, imminently homeless, or low-income)
- Meals
- Clothing
- Bus Passes
- Help w/ School Financial
- Education Skills & Training
- Help Find Work
- Job Placement
- Help Pay for Work Expenses: Clothes for work, Supplies for work, Financial education & Savings program

Contact Information:

Address: 18 William Holmes Borders Senior Drive Northeast, Atlanta, GA 30312

Phone: 404-874-8001 ext. 1400

Email: info@atlantacss.org

Hours of Operation: Monday – Friday 8:30am – 4pm



Year Up is a one-year, intensive training program that provides low-income young adults, ages 18-24, with a combination of hands-on skill development, coursework eligible for college credits, corporate internships, and wraparound support.

Program:

- Coursework Eligible for College Credit Job-Ready Skills Training
- Six-Month Corporate Internship
- Educational Stipend
- Ongoing Support

Services this program provides:

- More Education
- College Readiness
- Skills & Training
- Interview Training
- Resume Development
- Supported Employment

Populations this program serves:

- Young Adults
- Teens
- Unemployed
- Low-Income

Eligibility:

- Must have a high school diploma or GED.
- Must meet income requirements.
- Must be a U.S. Citizen, permanent resident, or have an employment authorization card.
- Must be available 5 days a week (Monday-Friday) for the full year of the program.
- Must not have obtained a bachelor's degree.
- This program helps people who are 17 to 26 years old.

Contact Information:

Midtown Campus - 730 Peachtree St NW, Suite 900, Atlanta, GA 30308

Phone: 404-249-0300

Hours of Operation: Monday – Friday – 8am-5pm

Open Now: 08:00 AM - 05:00 PM EST

Alpharetta - North Fulton Campus - 2875 Old Milton Parkway, Alpharetta, GA 30009

Phone: [470-891-5171](tel:470-891-5171)

Hours of Operation: Monday – Friday – 8am-5pm



Reunification Program HOPE Atlanta

Reunification Program: Assists homeless residents and stranded travelers who need transportation assistance to return to their home communities or support systems because remaining in the Atlanta area is not in their best interest.

A housing-first approach: Stable housing is paramount to a person’s ability to thrive. For each client we serve, our priority is securing housing—both temporary and more permanent solutions.

Permanent Supportive Housing: Many clients, including those with disabilities or substance abuse issues, need ongoing support after being placed in permanent housing. We provide that support system, assisting with everything from medical appointment transportation to grocery shopping and learning to budget.

Special Needs Housing: HIV/AIDS cases have continued to spike in Atlanta, particularly among homeless communities. Our dedicated Special Needs Housing team ensures that this population’s needs are met.

Emergency Services: For many, a bit of bad luck can spell disaster. A missed paycheck. A health crisis. A violent storm. For many, hard times can easily lead to homelessness. We’re here when they need a shoulder to lean on.

Rapid Re-Housing: When someone experiencing homelessness reaches out, our goal is to get them off the streets as quickly as possible. We help cover rent, security deposits and moving costs to get them back on their feet.

This program provides:

- Help Pay for Transit
- Food Pantry
- Supportive Services for Veteran Families (SSVF)
- Prevention
- Permanent Supportive Housing
- PATH Program
- Trinity Assessment Center (TAC)
- Rental Assistance and Eviction Prevention
- Emergency Shelter Hotel/Motel Program
- Gwinnett County Shelter Plus Care Program

Contact Information:

Address: 34 Peachtree Street, Suite 700, Atlanta, GA 30303

Phone: 404-817-7070

Email: info@HOPEatlanta.org

Hours of Operation: Monday – Friday 8:30am – 5:30pm



GED and Workforce Development Services

Eckerd Connects Paxen is a GED and Workforce Development Program serving Dekalb County youth between the ages of 16 - 24. We assist our students in completing their education by earning their GED and moving forward into their next step in life. This includes assistance getting into college, career and job training and placement, certification or educational programs, and military enlistment. We do our very best to tailor the program to meet the individual needs of each student to ensure their academic success. There is no charge to students for our assistance. To join the program, students can give us a call or stop by our office.

Services:

- Job Application Training
- Resume Building Skills
- Presentation and Interview Skills
- Financial Literacy
- Life Skills Training
- GED Training
- Scheduling
- Evening Tutoring

Population:

- Young Adults
- Teens
- Dropouts

Documents Required:

- Identification: Valid GA State
 - ID with current Dekalb County address
- Social Security Card
- Birth Certificate
- Proof of Income: A recent check stub
 - the student
 - parent
 - guardian

- Food stamp verification
 - TANF verification
- Social security
 - Disability
 - Retirement Income
- Proof of Residency
 - 1st page of utility bill
- Diploma or Certification: Withdrawal form from last school attended (form needs to be signed and include date of w/d)

Contact Information: Eckerd Connects Paxen, 240 Candler Road Southeast, Education Building, Room 225, Atlanta, GA 30317

Toll Free: (800) 554-4357 or 470-553-0267

Phone: 678-553-8070

Email: info@eckerd.org

Website: <https://eckerd.org/>

Hours of Operation: Monday – Friday 8am – 5pm



DeKalb County

GEORGIA

Employment Assistance & Resources

WorkSource DeKalb provides a variety of employment services to residents of DeKalb County.

Program:

- Resource Room
- Computers
 - Printers
 - Scanners
- Workshops & Webinars
- Resume Writing
- Interviewing Techniques
- Managing Finances
- Networking Tips
- Job Search Resources
- Skill and Interest Assessments
- Information on Upcoming Job Fairs
- On-site Recruitment Events
- Access to Partner Services
- Navigating the System

Populations:

- adults 18
- unemployed individuals

Contact Information: DeKalb County Career Resource Center, 774 Jordan Lane, #4, Decatur, GA 30033

Website: <https://www.dekalbcountyga.gov/worksource-dekalb/online-customer-registration>

Phone: 404-687-3400

Hours of Operation: Monday – Friday 8am – 5pm



<https://focus-ga.org/program/>

<https://focus-ga.org/newfamily/> (INTAKE FORM)

At FOCUS, our mission is to embrace and equip families of children with disabilities to make everyday life better.

Children participating in FOCUS activities range in age from birth through 29 years old and have many types of physical and/or developmental disabilities, including rare genetic syndromes, cerebral palsy, autism, and Down syndrome. FOCUS families are racially and ethnically diverse and share the common bond of having children with significant health challenges in their lives.

FOCUS was founded in August 1983 by parents seeking support for themselves and for their children with rare genetic illnesses. It quickly grew from a small living-room support group into an organization with innovative programs for both parents and children with developmental and physical disabilities. After 39 years of growth and two mergers, FOCUS now provides services for more than 4,500 Georgia families.

- **Parent Support** - FOCUS offers a variety of supportive services to our parents and families: a shoulder to cry on, an understanding of all the acronyms, a visit when a child is hospitalized.
- **Support Groups** - Share Groups are free and meet monthly (September to May) in several locations around metro Atlanta so parents can meet other parents and share tips, fears, and joys.
- **Hospital Visits** - FOCUS Volunteers and staff visit children who are hospitalized at Children's Healthcare of Atlanta at Scottish Rite and Egleston.
- **FOCUS Recorded Workshops** - FOCUS offers many ways workshops throughout the year and an annual education conference.
- **Family Activities** - FOCUS makes outings possible for families, raising funds to offer very discounted tickets, with a time to gather and have lunch together.
- **Family Camp** - FOCUS Family Camps take families to Camp Twin Lakes in Rutledge and to Camp Twin Lakes Will-A-Way in Winder.
- **Summer Day Camps** - FOCUS Day camps offer the care children need – and the fun children should have!!
- **FOCUS Adaptive Swim Team** - FOCUS Adaptive Swim Team is for ages 5 and up!
- **Teens and Young Adults Programs** - FOCUS offers monthly activities in the community for teens and young adult with disabilities.

- **Overnight Camps** - FOCUS hosts overnight programs at Camp Twin Lakes for Teens and Young Adults in the summer and fall each year.
- **Equipment Program** - FOCUS's Equipment Program offers an opportunity for families to provide their children with equipment to improve their quality of life.
- **Loaned Equipment Library** - Check out the loaned equipment library to see what equipment we have in stock for your family to borrow.
- **Equipment Grant Program** - FOCUS provides grants for children with developmental and physical disabilities who would benefit from the equipment to support participation in daily life.

Contact Information:

Address: 3825 Presidential Parkway, Suite 103, Atlanta, GA 30340

Phone: 770-234-9111

Email: inquiry@focus-ga.org



Bloom Closet

<https://bloomouryouth.org/the-bloom-closet/>

The Bloom Closet provides Georgia's foster children with free clothing, shoes, baby gear, books, toys, and school supplies. Items are either new or gently used. The Bloom Closet exists to provide vital support to foster children and the families who care for them. The Bloom Closet is open by appointment only. Visits are scheduled on a quarterly basis or after a growth spurt. Please call to schedule an appointment.

This program provides:

- Clothing
- Shoes
- Books
- Toys
- Diapers
- Toiletries
- Baby supplies
- School supplies

Services this program provides:

- Baby Supplies
- Baby Clothes
- Diapers
- Formula
- Books
- Personal Care Items
- Supplies for School
- Toys & gifts

Contact Information:

Address: The Bloom Closet, 150 Marquis Drive, Fayetteville, GA 30214

Phone: 770-461-7020

Hours of operation: Monday – Saturday 9am – 5pm

Email: info@bloomouryouth.org



Lily's Hope Foundation

Lily's Hope Foundation Package of Hope provides free care packages to families with preemie currently in the NICU or heading home from the NICU. All care packages are customized to answer each family's specific needs by providing items that will help during this time.

Hope the Hippo

Meet Hope the Hippo, the mascot for Lily's Hope Foundation. The idea for "Hope the Hippo" came from Lily and Aidan Driscoll. When Lily was just one month old, her grandfather gave her a gray hippo, which eventually became her favorite stuffed animal. A back up Hippo we purchased became Aidan's favorite stuffed animal, whose name is "Hippo Number Two." Hope is now accompanying each Package of Hope that's given to our Lily's Hope Families!

This program provides:

- **Hospital Package of Hope** - These care packages have vital and basic items for the immediate use to allow them to focus on their little one while in the NICU. These packages are meant for those families with their preemie currently in the NICU. **(Only one Package of Hope is provided per family).**
 - **Contents:** Blankets, Hand Sanitizer, Coffee, Snacks, Cleaning Wipes, Disposable Plates, cups, and utensils
- **Sibling Package of Hope** - Keeping in mind that there might be older sibling(s) waiting for their new little brother or sister to come home, we often provide care packages with activity items and toys to help comfort them during this time.
 - **Contents:** Coloring Books, Crayons, Activity Books, Puzzles, Board Games, Stuffed Animals, Books and Magazines
- **Transition Home Package of Hope** - These care packages are important and help families feel prepared for their little one when they come home from the NICU. These packages are meant for those families transitioning home with their preemie and have been home for no more than 1 month.
 - **Contents:** Diapers, Baby Wipes, Clothing, and Baby Supplies

Populations this program serves:

- Infants
- Children
- Pregnant
- Families with Children
- Single Parents

Eligibility:

This program serves families that have a premature baby in or transitioning home (have been home for no more than 1 month) NICU.

Contact Information:

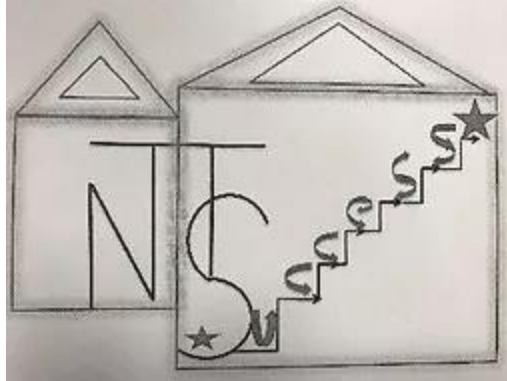
Website: <https://www.lilyshopefoundation.org/packageofhope/>

Email: Info@LilysHopeFoundation.org

Admin-Only Location

Phone: [267-776-4673](tel:267-776-4673)

Hours of Operation: 24 Hours



Parenthood Program
New Transition to Success

New Transition to Success provides Food and Baby Pampers Distribution for residents of Atlanta, GA.

South Cobb Library:

- **Parenthood Program** in which we provide assistance for Housing, Jobs, Healthcare, Education and other resources. In addition, we provide baby and youth items to the families and more. **Located at: 805 Clay Rd, Mableton, Ga 30126.**

Hapeville Library:

- **Parenthood Program** in which we provide assistance for Housing, Jobs, Healthcare, Education and other resources. In addition, we provide baby and youth items to the families and more. **Located at: 525 King Arnold Street Atlanta, Ga 30354.**

Oakhill Child, Adolescents, and Family Center:

- **Diaper and Food Distribution.** **Located at: 2805 Metropolitan Pkwy Atlanta, Ga 30315.**

All God's Children Childcare Center:

- This is a **summer and fall program** that is held at All God's Children Childcare Center **Located at: 5955 Old National Hwy College Park GA 30349.** For the youth ages 5-13. The program is held on Wednesday throughout the year. We provide fun and educational activities and workshops that stimulate creative and innovative thinking. Some of the activities and workshops are related to Reading, Technology, Nature, Arts and Craft, Community Service Projects, Etc. In addition, we provide Free lunch and in-house field trips in the summer.

Del Mar Apartments:

- This program is **Located at: 558 College Street Atlanta, GA 30354**. The program is held throughout the year. We provide educational activities and workshops to the youth ages 6-14. Some of the activities and workshops are related to Technology, Nature, Arts and Craft, Community Service Projects, Teen Violence Prevention, and Career and College Preparation. In addition, the parents are provided with various workshops, such as Finance, Career and Educational workshops. **In addition, we have a Summer Free Food Program for the Youth Monday-Friday. And a Free Fitness Program Fall-Spring.**

Burdett Recreation Center:

- Summer Field Trip Program. Our Free Youth Summer Field Trip Program. **Located at: 2945 Burdett Rd. College Park, GA 30349** in the summer.
 - Botanical Garden
 - Georgia Tech Museum
 - Backstage Chick-fil-a
 - College Football Hall of Fame,
 - Atlanta Fox Theatre
 - Emory Michael Carlos Museum
 - Georgia State University
 - Pajama Program
 - Museum of Design
 - PBS Tour
 - High Museum and Alliance Theatre
- **Services we provide for the Youth (5-13):**
 - Various Educational Workshops (Ex. Technology, Nature, Etc.)
 - Various Educational Activities (Ex. Community Service Projects)
 - The youth program consists of different organizations:
 - Apple
 - Microsoft
 -
 - Botanical Gardens
 - Fulton County Library
- **Services we provide for High School Students (14-18):**
 - Various Educational Workshops (Ex. Career Workshop, Finance Workshop, Etc.)
 - Various Resources (Ex. Internships, Scholarships, Career/Job Fairs, Etc.)
 - The High School Students workshops include different organizations that come out to speak about various topics, such as Dual Enrollment, Teen Dating Violence Prevention, Etc.

- **Services we provide for adults (18+):**
 - Various Educational Workshops (Ex. Career Workshop, Finance Workshop, Parenting, Etc.)
 - Various Resources (Ex. Career/Job Fairs, Finance Workshops, Housing, Etc.)
 - The Adult workshops include different organizations, such as Goodwill Career Center, Work Source, and other agencies)
- **Other Services Include:**
 - Healthcare
 - Allergy Screening (Food & Environmental)
 - Hereditary Cancer Screening
 - Medication Sensitivity Screening
 - Urinary Tract Infection Screening
 - Vein Disease Screening
 - Wellness Exams
 - Glucose Testing
 - Drug Testing
 - HIV Testing
 - Mental Health Screenings for Adults and children
 - STD Testing and Free medication
 - COVID Testing and Vaccinations and more...

Contact Information:

Email: newtransitiontosuccess2018@gmail.com

Coverage Area: This program covers residents of the following cities: Atlanta, GA.

Hours of Operation: Monday – Friday 8am – 5pm



Mercy Medical Angels (MMA)

[Request Assistance for Free Medical Transportation | Mercy Medical Angels](#)

Our Mission: Removing the barrier to medical care with medical transportation on the ground and in the air.

Our Vision: To ensure that no one is ever denied medical care because they don't have transportation.

Mercy Medical Angels' non-emergency ground transportation program provides financially qualifying patients with non-local medical-related treatment traveling more than 50 miles from their home. The typical trip does not exceed 300 miles.

This program provides:

- Gas cards (Provided to help off-set fuel cost for patients)
- Bus Tickets (Greyhound, Trailways, etc.)
- Train Tickets (Amtrak)
- Help paying for gas
- Help paying for transit
- Bus passes

Populations this program serves:

- Anyone in need
- All ages
- Veterans
- All Treatment phases
- Chronic illness
- Low-income

Contact Information:

Phone: 757-318-9174

Hours of Operation: Monday – Friday 9am – 5:30pm



MARTA Transit Card Program

Provided by First Presbyterian Church of Atlanta offers the MARTA Transit Card Program which provides short term public transit assistance to those in need.

This program provides:

- MARTA Transit Cards

Contact Information: First Presbyterian Church of Atlanta, 1328 Peachtree Street Northeast, Atlanta, GA 30309

Phone: 404-228-7766

Hours of Operation: Monday – Thursday 1pm – 3pm



Mobility is Freedom

Wounded Warriors Family Support (WWFS)

Wounded Warriors Family Support offers grants and modified vehicles for combat-wounded veterans. This program aims to enhance the quality of life for wounded veterans by providing freedom and independence in their everyday lives.

This program provides:

- Grants and modifies vehicles
- Help Pay for Car Financial Assistance

Populations this program serves:

- Adults 18+
- Veterans
- Physical Disable Individuals

Contact Information:

Phone: 760-405-7777

Hours of Operation: Monday – Friday 8am-5pm

Website: <https://www.wwfs.org/mobility-is-freedom-application/>



PNH Patient Travel Assistance Fund
Aplastic Anemia & MDS International Foundation (AAMDSIF)

The AAMDSIF PNH Patient Travel Assistance Fund is available to U.S.-based PNH patients for up to \$800 in travel assistance per patient, per year, to see a PNH specialist or get a second opinion from a PNH specialist. Grantees will be permitted to travel with one companion utilizing funds from the grant. Grants will be awarded based on the thorough completion of the required application form and the submission of all required documentation. Patients are required to submit verification of the PNH diagnosis, confirmation of the appointment with the PNH specialist, and to agree with the qualifying requirements regarding eligible expenses for this grant.

The AAMDSIF PNH Patient Travel Assistance Fund is administered by the PNH Patient Committee which is solely responsible for the final determination of the amount of travel funds (if any) awarded to applicant. The application form is available in Adobe PDF and Microsoft Word formats. Please download and complete the application, using the format that works best for you. The AAMDSIF PNH Patient Travel Assistance Fund application must be signed and dated, and incomplete applications will not be considered.

Applications must be submitted in advance of the appointment for consideration. To submit your completed application, please send an email to help@aamds.org. Incomplete applications will not be considered. All questions and communications regarding the AAMDSIF PNH Patient Travel Assistance Fund should be emailed to help@aamds.org or by calling (800) 747-2820 x2. Applications are reviewed regularly by the PNH Committee; however, it can take several weeks for a response.

This program provides:

- Up to \$500 in travel assistance per year
- Funds may be used toward expenses such as:
 - Airfare or train tickets
 - Ground Transportation (bus fare, rentals)
 - Car expenses such as gas, parking, tolls, or cab fare
 - Lodging/hotel
 - Meals
 - Co-pays (covers copay for Dr. visit or required medical tests not covered by your insurance)

Main Services:

- Help Pay for Healthcare
- Help Pay for Gas
- Help Pay for Transit

Serving:

- All Ages
- On-Treatment
- Chronic Illness
- Low-Income Caregivers

Eligibility:

- Must be diagnosed Paroxysmal Nocturnal Hemoglobinuria.
- Must be a financial need to supplement your travel costs in connection with your diagnosis/treatment/therapy to meet with a PNH specialist for a visit or for a second opinion.

Contact Information:

Phone: 1-(800) 747-2820

Website: <https://www.aamds.org/forms/pnh-patient-travel-assistance-fund>

Hours of Operation: Monday – Friday 9am – 5pm



Compensated Work Therapy U.S. Department of Veterans Affairs

Program Description: CWT Transitional Work (TW) and CWT Individual Placement and Support (IPS) Supported Employment (SE) are provided for Veterans by clinical consult at every VA medical center. Other CWT services that may be offered depending upon Veteran demand and program resources include Community Based Employment Services (CBES), Vocational Assistance, Supported Self-Employment (SSE) and Supported Education (SEd). Career planning and job retention are elements provided in all CWT services. VA benefits including service-connected compensation, and non-service-connected pensions cannot be reduced, denied, or discontinued based on participation in CWT.

This Program Provides:

- Help Finding Work
- Supported Employment Skills & Training
- Specialized Training
- Job Placement

Populations This Program Serves:

- Adults 18+
- Veterans
- Low-Income
- All Disabilities
- PTSD – All Mental Health

Eligibility:

- Receive VA Healthcare Services
- Have a Goal of a Return to Competitive Employment
- Have Barriers to Obtaining and/or Retaining Employment which requires the intensive supports provided by one of the CWT service components.

Contact Information: U.S. Department of Veterans Affairs, 1670 Clairmont Road, Atlanta, GA 30033

Phone: 404-321-6111 ext. 3286

Hours of Operation: Monday – Friday 7:30am – 4pm

Additional Resource / Websites

Encyclopedia on Early Childhood Development – <https://www.child-encyclopedia.com/>

Programs:

- Childcare – Early childhood education and care
- Head Start policy
- Home visiting
- Immigration
- Importance of early childhood development
- Integrated early childhood development services
- Low income and pregnancy
- Parental leave
- Preschool programs
- Welfare reform

American College of Obstetrics and Gynecologist (ACOG) - <https://www.acog.org/>

Programs:

- American Indian and Alaska Native Women's Health
- Breastfeeding
- Fetal Alcohol Spectrum Disorders Prevention
- Global Women's Health
- Immunization for Women
- Implementing Progress in Abortion Care and Training (IMPACT)
- Levels of Maternal Care
- Long-Acting Reversible Contraception (LARC)
- Optimizing Care for Pregnancy Loss
- Perinatal Mental Health
- Redesigning Prenatal Care Initiative

Georgia Perinatal Quality Collaborative (GA PQC) - <https://georgiapqc.org/>

Programs:

- Obstetric Hemorrhage
- Severe Hypertension
- Optimizing Nutrition
- Cardiac Conditions

Georgia Midwifery Association - <https://gamidwifery.org/>

- The Georgia Midwifery Association (GMA) was founded in 1985 to provide standards and guidelines for direct-entry midwives who practice in out-of-hospital settings. The association supports the premise that the entry-level midwife is a primary health care professional who independently provides care during pregnancy, birth, and the postpartum period for women and newborns within their communities. Services provided by the midwife include education and health promotion. When the care required extends beyond the midwife's abilities, the midwife has a mechanism for consultation and referral.
- We recognize and value the tradition of the midwifery learning cycle: knowledge being passed from woman to woman; experienced midwife to apprentice.
- Midwife members of GMA are certified through the North American Registry of Midwives (NARM) or are in the process of certification.

Georgia Chapter American Academy of Pediatrics - <https://www.gaaap.org/>

Programs:

- Behavioral Health
- Breast Feeding
- Child Health
- Medicaid
- Nutrition
- Peach Care
- Immunizations

Let's Be Clear Georgia A Collaborative to Prevent Marijuana Abuse - <https://clearga.org/marijuana-resource-links/>

Programs:

- Addiction
- Teen Brain
- Medicine
- Marijuana:
 - CBD
 - Hemp
 - And Other Terms

- Chronic Pain
- In the Workplace
- Driving
 - Perception of Harm
- How and Why the Marijuana Industry Targets Youth?
- Potency
- Educational Outcomes
- Pregnancy
- Mental Health
- Motivation
- Life Outcomes
- Criminal Justice System
- Treatment
- Effects on the Heart and Lungs