SACRED + HUMAN

Mental Health Resource Guide

Support for the inner work of becoming.

SOUTHWEST GEORGIA + NATIONAL RESOURCES

NEED SUPPORT NOW? • AVAILABLE 24/7

988 Suicide & Crisis Lifeline: Call or text 988. Free support for emotional distress, suicidal thoughts, or mental health and substance use concerns. 988lifeline.org

Georgia Crisis & Access Line: 1-800-715-4225 for crisis services and referrals in Georgia. georgiacollaborative.com

Crisis Text Line: Text HOME to 741741. crisistextline.org

For immediate danger or a medical emergency, call 911.

LOCAL CARE + COMMUNITY SUPPORT

Aspire Behavioral Health & DD

Albany-area outpatient behavioral health care and adult crisis services.

Outpatient: 229-430-4140
24/7 adult crisis: 229-430-1842
Crisis center: 601 W. 11th Ave., Albany

aspirebhdd.org/contact-us

Georgia Pines

Mental health and substance use services in Southwest Georgia.

Pelham / Mitchell: 229-294-6509
Thomasville / Thomas: 229-225-5208
24/7 crisis: 229-225-3917
Crisis center: 525 Cassidy Rd., Thomasville

georgiapines.net/mental-health

NAMI Georgia

Peer and family support groups, education, and connections to local affiliates. Support groups are not individual therapy.

namiga.org

FIND A THERAPIST

Grow Therapy

Search for therapy or medication management by location, insurance, and specialty. Online and in-person options vary by provider.

Confirm your coverage and expected cost.

growtherapy.com

Open Path Collective

Reduced-cost online or in-person therapy for people who need more affordable care.

Individual sessions: $40-$70.
One-time membership: $65.
Check eligibility and provider availability.

openpathcollective.org

Therapy for Black Girls

A therapist directory centered on the mental health needs of Black women and girls.

Contact providers directly about services, fees, insurance, and openings.

providers.therapyforblackgirls.com

WHEN YOU REACH OUT

Ask: Are you accepting new clients? Do you work with my concerns? What will I pay? Do you offer virtual visits or reduced fees? What is the next step to begin?

Resource information, not emergency care or a provider endorsement. Confirm current hours, eligibility, fees, and insurance directly. Official websites linked above are the sources; checked September 25, 2026.