



# My Health Resource Guide

A helpful list of health and social services available to you and how to access them

# How to use this guide

Do you need to find a doctor and are not sure where to start? Are you or a family member trying to find mental health services and are confused about where to go? Do you need help with housing or transportation so you can stay focused on your health?

This guide is a starting point to help you find health services, insurance, and other resources so that you and your family can get healthy and stay healthy. Inside you will find information about health insurers, health care providers, community-based organizations, and other groups that offer free or low-cost services that you may want to use. You will also see references to other guides and resources published by Georgians for a Healthy Future or its partners. To the extent possible, we have tried to make it easy to find these online or provide contact information to make it easy for you.

Use this guide as your health care compass so that you can find your way to better physical and mental health.

# Table of Contents

## **HEALTH INSURANCE / PAGE 4**

*How can I get health insurance?*

## **MARKETPLACE / PAGE 9**

*How do I get health insurance through the Marketplace?*

## **HEALTH CARE PROVIDERS / PAGE 12**

*How do I find a doctor or get medical help?  
(With or without insurance?)*

## **OTHER HEALTH CARE PROVIDERS / PAGE 16**

*Are there other ways to get health services?*

## **BEHAVIORAL HEALTH / PAGE 18**

*What about behavioral health concerns?*  
**Mental health challenges, substance use disorders**

## **SOCIAL SERVICES / PAGE 25**

*What about other basic needs that affect my health?*  
**Food, clothing, legal advice, housing, transportation, prescription medications**



HEALTH INSURANCE

# How can I get health insurance?

## Through your job:

- Job-based coverage
- COBRA

- **If you are employed:** check with your human resources department or work supervisor to find out if your employer offers a health insurance plan. If they do, ask them if you qualify and how to enroll.
  - » If you can get health insurance through your employer, check out GHF's [Employer Coverage and Tax Credit Worksheet](#) to find out if their plan is affordable for you.
- **If you recently left your job or are about to:** COBRA helps workers and their families continue getting health insurance for a short time after changes in employment. If you leave your job, you may be eligible for COBRA coverage for a period of several months or longer, depending on the circumstances of your job loss.
- Check with your Human Resources department or work supervisor to see if you qualify and to get complete details.

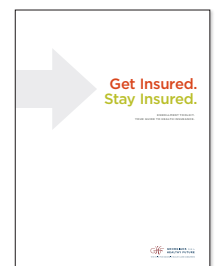
## On your own: Individual health insurance coverage

- Health Insurance Marketplace
- Financial Help

- **Health Insurance Marketplace:** You are eligible to buy coverage on the Health Insurance Marketplace if you:
  - » are a US citizen or are legally present in the US; and
  - » are not currently in jail or prison.
- **You may qualify for financial help:** You may qualify for financial assistance to lower your premiums and other costs. Financial assistance is only available to people with certain incomes and to those who are not offered insurance through their jobs (or their job-based insurance is too expensive).
- For more information about whether you qualify for financial assistance and what information you need to apply, check out our [Application Guide fact sheet](#). (Part of our *Get Insured. Stay Insured.* toolkit) ➡
- To find out what financial assistance you may qualify for and to shop for coverage:
  - » Visit [healthcare.gov](http://healthcare.gov)
  - » Call 1-800-318-259
  - » Find a free, local enrollment assister here: [localhelp.healthcare.gov](http://localhelp.healthcare.gov)
- Check with your Human Resources department or work supervisor to see if you qualify and to get complete details.



SEE PAGE 9



CHECK OUT OUR GUIDE  
TO HEALTH INSURANCE:  
[Get Insured. Stay Insured.](#)

## Through U.S. government and public programs:

- Medicaid
- PeachCare for Kids
- Medicare
- Tri-Care and the Veteran's Administration (VA)

## Medicaid

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**Medicaid** is a public health insurance program much like private health insurance. To qualify for Medicaid, you must meet certain requirements such as being a child, the parent of a child or a pregnant woman. You must meet certain income requirements for the program. In general, you should apply for Medicaid if your income is low and you match one of the descriptions below:

- You think you are pregnant
  - You have been diagnosed with breast or cervical cancer
  - You are a child or teenager age 18 or under
  - You are over the age of 65
  - You are blind
  - You have disabilities
  - You need nursing home care.
  - Other situations that may make you eligible:
    - » If you are leaving Temporary Assistance for Needy Families (TANF) and need health coverage.
    - » If you are a family with children under 19 and have very low or no income.
    - » If your income is higher than the limits and you have medical bills you owe (and you are pregnant, under 18 or over 65, blind, or disabled.)
    - » If a child is in foster care or adopted
- If you or someone in your family needs health care, you should apply for Medicaid even if you are not sure whether you qualify. Some income and resources do not count against you. For example, owning your home may not stop you from getting Medicaid. Every group has its own income limits, which increase on a yearly basis.
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- To find out if your child qualifies for Medicaid coverage, check out our [Affordable Health Care for your Children fact sheet](#).
  - If you are a parent and want to find out if you qualify for Medicaid coverage, check out our [Medicaid Income Guidelines fact sheet](#).
  - To apply for Medicaid coverage, visit [gateway.ga.gov](http://gateway.ga.gov)
  - For questions, call: 877-423-4746

## PeachCare for Kids

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- If your income is too high for your child to qualify for Medicaid, they may qualify for PeachCare for Kids. PeachCare is a public health insurance program like Medicaid but only children are eligible.
- To find out if your child qualifies for PeachCare for Kids, check out our [Affordable Health Care for your Children fact sheet](#).
- To apply for PeachCare coverage, visit [gateway.ga.gov](http://gateway.ga.gov)
- For questions, call: 877-427-3224

## Medicare

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- To get coverage through Medicare, you must be 65 years of age or older and must have worked 10 years or more while paying Medicare taxes. You may also qualify for Medicare if you have a disability.
- To find out if you qualify, visit [medicare.gov](http://medicare.gov)
- For questions or to apply, call: (866) 552-4464 (State Health Insurance Assistance)

## Tri-Care and the Veteran's Administration (VA)

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- **TRICARE** is a health program for members of the Uniformed Services and their families, National Guard/Reserve members and their families, survivors, former spouses, Medal of Honor recipients and their families, and others registered in the Defense Enrollment Eligibility Reporting System. To find out if you qualify and to apply:
  - » Visit [tricare.mil](http://tricare.mil)
  - » Call: 1-800-444-5445 or [www.humanamilitary.com](http://www.humanamilitary.com) (TRICARE South)
- The Veteran's Administration (VA) offers health care services and supports for people who served in the military on active duty, were discharged or released under conditions other than dishonorable, and meet certain other eligibility requirements. To find out if you are eligible for VA benefits, visit [vets.gov/health-care/eligibility](http://vets.gov/health-care/eligibility)
  - » Online at [vets.gov/](http://vets.gov/)
  - » By phone: 1-877-222- 8387
  - » For in-person assistance, visit one of Georgia's Department of Veteran's Services Field Offices. The personnel who staff these offices are certified to counsel and help veterans access and apply for benefits. They can help with everything from determining eligibility for earned benefits to gathering documents and information required to support benefits claims to following claims as they wind through the system. Visit [veterans.georgia.gov/field-offices](http://veterans.georgia.gov/field-offices) for a full list and map of field offices.

## Other ways to get health insurance

- You can still get health care
- Georgia's coverage gap



SEE PAGE 12

- You can still get the health care that you need even if you don't have health insurance. Check out the section, **Health Care Providers**.
- If you do not qualify for Marketplace coverage or Medicaid, you may be caught in **Georgia's coverage gap**. The coverage gap means that you do not qualify for Medicaid but you do not make enough to qualify for financial help through the Health Insurance Marketplace.



### Let's close the Coverage Gap!

The coverage gap exists because Georgia's policy makers have so far refused to expand the state's Medicaid program to cover people like you, as intended in the Affordable Care Act. Our elected officials have the power to solve this problem, but we need your help.

- **Share your story with us.** Your voice is a powerful tool to help others understand the need for Georgia to close its coverage gap. Share your story by calling Alyssa at 404-567-5016, ext. 2 or emailing [coverga@healthyfuturega.org](mailto:coverga@healthyfuturega.org).
- **Contact your state legislator** to ask them to "Close Georgia's coverage gap by putting an insurance card in the wallets of all low-income Georgians." Contact your state senator and representative at [coverga.org](http://coverga.org)





MARKETPLACE

# How do I get health insurance through the Marketplace?

## Marketplace or [healthcare.gov](https://www.healthcare.gov)

If you are not offered health insurance at work and you do not qualify for Medicaid coverage, you may be able to get health insurance from the Affordable Care Act's Marketplace (also called [healthcare.gov](https://www.healthcare.gov)). Most Georgia consumers qualify for financial help to lower the costs of their coverage.

- **Check to see if you are eligible for coverage** at [healthcare.gov](https://www.healthcare.gov) or by contacting a health insurance navigator. Navigators are local, unbiased people that can answer your health insurance questions and help you get enrolled. Find local navigators at:
  - » **Insure Georgia:**  
24/7 call center: 866-988-8246  
[Insurega.org](https://insurega.org)
  - » **Healthcare.gov Local Help:**  
[Localhelp.healthcare.gov](https://localhelp.healthcare.gov)
- For more information, check out our [Get Insured. Stay Insured. toolkit](#). The toolkit includes information for you about:
  - » **Application Guide**  
Find out if you are eligible for coverage and financial help, and what information you will need to enroll
  - » **Medicaid in Georgia**  
Find out if you or your children are eligible for Medicaid coverage and what information you will need to enroll
  - » **How much will health insurance cost you?**  
Learn the health insurance phrases that you need to know to help you figure out how much you will pay for health coverage
  - » **Special Enrollment Periods (SEP)**  
If you have experienced life changes that impact your health coverage, this fact sheet will help you figure out if you are eligible for a special enrollment period and what you need to enroll
  - » **Common Scams & Concerns**  
Learn to avoid scams and fake offers from dishonest companies that are trying to trick people into buying additional or fake coverage

» **Penalties & Exemptions**

If you do not enroll in health insurance, this resource will help you understand any potential tax penalties you may face and to determine if you may be exempt from the requirement to have health insurance

» **Enrollment Assistance Exit Form**

Record information about your new health insurance plan for later use

» **You're Covered, Now What?**

Get the most out of your health insurance and learn what to do after you have enrolled

» **Finding a Primary Care Provider**

Learn how to find a doctor that's right for you and is covered by your insurance

» **Preventive Services**

Most preventive services are free to you once you have health insurance. Learn more about what services are available to you at no extra cost.

» **Appeals & Complaints**

Sometimes you and your insurance company will disagree about who should pay for which health care services. Learn about your rights & protections as a consumer and how to file an appeal with your insurance company or the Georgia Department of Insurance

» **Health Insurance & Taxes**

Learn how health insurance impacts your taxes, including information about Form 1095-A and how to find tax preparation if you need it

» **Employer Coverage & Tax Credits Worksheet**

Use this worksheet if you are offered employer coverage but want to know if you are eligible for financial help for Marketplace coverage.

- For more information about health insurance through the ACA's health insurance Marketplace, visit [healthcare.gov](https://www.healthcare.gov) or [healthyfuturega.org](https://www.healthyfuturega.org) and click on the [Get Help With Health Insurance](#) section.



HEALTH CARE PROVIDERS

**How do I find a doctor  
or get medical help?**

With or without insurance?

## If you or your child is covered by Medicaid or PeachCare for Kids, you can find a doctor or other health care provider by:

- Searching your Medicaid provider directory
- Calling the POWERLine

### Medicaid or PeachCare for Kids provider directory

#### AMERIGROUP

» **Online:** <https://www.myamerigroup.com/ga/your-health/find-doctors-locations.html>

» **By phone:** 1-800-600-4441 (TTY 711)

» **Medical advice: Amerigroup On Call** program—free medical advice over the phone from a nurse or doctor. Available 24 hours per day, 7 days per week, in more than 170 languages.

- Call 1-866-864-2544
- Spanish: 1-866-864-2545

» **Transportation:**

If you need a free ride to an appointment or the hospital, and it is not an emergency, you may call one of the non-emergency transportation lines:

- Ambulance only, call 1-800-325-0011
- Other than ambulance, call 1-855-295-1636

#### CARESOURCE:

» **Online:** <https://www.caresource.com/providers/georgia/>

» **By phone:**  
1-855-202-0729  
(TTY: 1-800-255-0056 or 711)

» **Nurse Advice line:**  
1-844-206-5944  
(TTY: 1-800-255-0056 or 711)

» **Transportation:**

If you need a ride to a doctor visit, the WIC office, or to do Medicaid paperwork at the County Department of Jobs and Family Services, CareSource will offer you a free ride.

- To schedule a ride: 1-800-488-0134
- TTY 1-800-750-0750



MORE ON NEXT PAGE

A **provider directory** is the list of health care providers that you can visit under your health insurance plan. Remember that “providers” include many health care professionals like doctors, psychologists, or physical therapists, and health care facilities like hospitals, urgent care clinics, or pharmacies.

### PEACH STATE HEALTH PLAN:

- » **Online:**  
<https://providersearch.pshpgeorgia.com/>
- » **By phone:**  
(800) 704-1484  
(TDD/TTY (800) 255-0056)
- » **NurseWise Line:**  
(800) 704-1484
- » **Transportation:**  
If you need a free ride to a medical visit, you can call to schedule a ride at least 3 days before your appointment.  
By phone: 800-657-9965

### WELLCARE

- » **Online:** <https://www.wellcare.com/en/Georgia/Find-a-Provider#/Search>
- » **By phone:**
  - **Georgia Families and PeachCare for Kids**  
1-866-231-1821  
(TTY 1-877-247-6272)
  - **Planning for Healthy Babies**  
1-877-379-0020  
(TTY 1-877-247-6272)
- » **Nurse Advice line:** 1-800-919-8807
- » **Transportation:** WellCare offers free, unlimited non-emergency medical transportation to appointments and pharmacies.

You must call at least 48 hours before you need a ride.

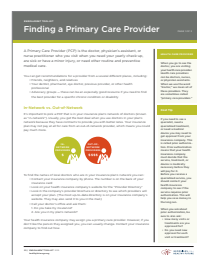
- By phone: 1-866-591-4066,
- TTY 1-800-855-2880

## POWERLine (managed by Healthy Mothers Healthy Babies)

- **Calling the POWERLine:**  
1-800-300-9003 or online at [resourcehouse.com/hmhb](http://resourcehouse.com/hmhb)
- **Spanish** speaking staff available and telephone interpreters in 170+ languages
- You can get referrals to other services from the POWERLine. Referrals include, but are not limited to:
  - Doctors
  - Dentists
  - Prenatal Care
  - Services for babies and children
  - Birth Control
  - Breast feeding support
  - STD/HIV Testing
  - Services for well-being
  - WIC/Food Services

## Private Insurance

- Find a doctor/Primary Care Provider using GHF's [Finding a Primary Care Provider](#) factsheet.
- Check your plan's provider directory.



## If you are uninsured:

Some medical providers serve people who do not have health insurance. If you need to see a doctor, these providers may be able to help you.

- Federally Qualified Health Centers (FQHCs)
- Georgia Charitable Care Network
- Local public health departments
- Community service boards (CSBs)

- **Federally Qualified Health Centers (FQHCs)**

FQHCs offer medical, pre-natal, pediatric, dental, mental health, and pharmacy services. You pay what you can afford, based on your income. Health centers are in most cities and many rural areas. To find an FQHC near you, call 404-659-2861 or go to [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov).

- **Georgia Charitable Care Network (GCCN)**

GCCN clinics offer a variety of health care services, including medical, dental, vision, mental health, and pharmacy services. Some clinics are free and some ask that you pay what you can afford, based on your income. However, not all clinics offer all services and not all areas of Georgia have a charitable clinic. To find out if there is a clinic in your area and what services it may offer, call 770-738-4651 or visit [www.charitablecarenetwork.com](http://www.charitablecarenetwork.com) and click on the “Find a Clinic” tab.

- **Local public health departments**

Public health departments are located in all 159 counties in Georgia and offer certain primary care and preventive services (like shots, family planning, or tuberculosis screenings) for residents.

» Find your public health district here: [dph.georgia.gov/public-health-districts](http://dph.georgia.gov/public-health-districts).

» The link to each health district website is available on this page: [dph.georgia.gov/district-health-directors](http://dph.georgia.gov/district-health-directors)

- **Community service boards (CSBs)**

CSBs provide community-based mental health, substance abuse, and developmental disability services for people who are uninsured or underinsured.

» You can find your local CSB here: [dbhdd.georgia.gov/locations/community-service-board](http://dbhdd.georgia.gov/locations/community-service-board). Type the name of your county into the search box for the best results.

» You can also call the Georgia Crisis and Access Line at 1-800-715-4225 to find your local CSB and other available behavioral health services.



OTHER HEALTH CARE PROVIDERS

**Are there other ways to  
get health services?**



## Other health care providers

- The Health Initiative
- Center for Pan Asian Community Services (CPACS)

- **The Health Initiative** provides support for the health and wellness of Georgia's LGBTQ community. The Health Initiative helps members of the community find providers who understand their health care needs, and helps uninsured/underinsured LGBTQ Georgians afford access to the care that they need.
  - » For provider referrals: email [info@thehealthinitiative.org](mailto:info@thehealthinitiative.org) or call 404-688-2524, ext 116.
  - » If you would like to apply for financial support for your health care needs, you can find more information and a link to the Health Initiative's Health Fund here: [thehealthinitiative.org/programs-resources/health-fund/](https://thehealthinitiative.org/programs-resources/health-fund/)
- **Center for Pan Asian Community Services (CPACS)** The Center for Pan Asian Community Services provides health and social services for immigrants, refugees, and others. CPACS offers a wide range of services, including health care services at its COSMOS Health Center.
  - » For appointments and more information, call 770-446-0929 or visit [cpacscosmo.org](https://cpacscosmo.org)
  - » CPACS also runs a health navigation program for people who need assistance in navigating health systems. Trained, bilingual health navigators help link clients to services, assist with understanding their treatment, and provide them with a support system. Available languages include:
    - Chinese
    - Korean
    - Vietnamese
    - Spanish
    - Burmese
    - Nepalese
  - » CPACS Mobility offers transportation services for persons above the age of 65 years old, disabled persons 19 years old or older, and transportation disadvantaged people in DeKalb County and Gwinnett County. Language assistance is available (see above).

You must fill out an application and waiver form and must reserve transportation at least 48 hours in advance. Services provided based on availability.

To download the application and waiver forms, please visit: [cpacs.org/transportation](https://cpacs.org/transportation)

To learn more about the routes, services, or to schedule a ride, please call the CPACS Transportation Department at 770-936-0969 ext. 187 or email [eugene.rhee@cpacs.org](mailto:eugene.rhee@cpacs.org).



BEHAVIORAL HEALTH

# What about behavioral health concerns?

- mental health challenges
- substance use disorders

## Pathways to behavioral health services for Georgia children and adults

### FOR CHILDREN who need mental health or substance use services

	The agency that will help you find the services you need	How to locate the behavioral health services that you need
<b>Children with who are covered by Georgia Families Medicaid</b> (through Amerigroup, Peach State, WellCare or CareSource)	Your Medicaid provider (Amerigroup, Peach State, WellCare or CareSource)	Call or go online to your Medicaid provider directory (see pages 13-14 for more information)
<b>Children with disabilities</b> who are covered by SSI Medicaid	Georgia Department of Behavioral Health & Developmental Disabilities	Call or visit the Georgia Crisis & Access Line at: 1-800-715-4225 (available 24/7) or <a href="http://mygcal.com">mygcal.com</a>
<b>Children in foster care</b> (covered by Georgia Families 360 through Amerigroup)	Amerigroup	Call 1-800-600-4441 (TTY 711) or visit <a href="http://myamerigroup.com/ga/your-health/find-doctors-locations.html">myamerigroup.com/ga/your-health/find-doctors-locations.html</a>
<b>Children who are covered by PeachCare for Kids</b>	Your PeachCare for Kids insurance provider (Amerigroup, Peach State, WellCare or CareSource)	Call or go online to your provider directory (see pages 13-14 for more information) or <a href="http://mygcal.com">mygcal.com</a>
<b>Children with private health insurance coverage</b> (through a parent's job or an individual health insurance plan)	The child's health insurance company	Call or go online to find your provider directory
<b>Uninsured children</b>	Georgia Department of Behavioral Health & Developmental Disabilities	Call or visit the Georgia Crisis & Access Line at: 1-800-715-4225 (available 24/7) or <a href="http://mygcal.com">mygcal.com</a>

## FOR ADULTS who need mental health or substance use services

	The agency that will help you find the services you need	How to locate the behavioral health services that you need
<b>Uninsured adults</b>	Georgia Department of Behavioral Health & Developmental Disabilities	Call or visit the Georgia Crisis & Access Line at: 1-800-715-4225 (available 24/7) or <a href="http://mygcal.com">mygcal.com</a>
<b>Parents who have Medicaid coverage who are covered by Georgia Families Medicaid</b> (through Amerigroup, Peach State, WellCare or CareSource)	Your Medicaid provider (Amerigroup, Peach State, WellCare or CareSource)	Call or go online to your Medicaid provider directory (see pages 13-14 for more information)
<b>Adults with disabilities and some seniors who have SSI Medicaid</b>	Georgia Department of Behavioral Health & Developmental Disabilities	Call or visit the Georgia Crisis & Access Line at: 1-800-715-4225 (available 24/7) or <a href="http://mygcal.com">mygcal.com</a>
<b>Adults with private health insurance coverage</b>	Your job or an individual health insurance plan	Call or go online to find your provider directory.

## Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD)

The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) provides treatment and support services to individuals with mental health challenges and substance use disorders, and assists individuals who live with intellectual and developmental disabilities.

- **Georgia Crisis and Access Line** provides information statewide for individuals seeking community-based service providers in their area. You can call GCAL for information at anytime and do not need to be in a crisis to call.
  - By Phone: 1-800-715-4225. Available 24/7
  - Website: [www.mygcal.com](http://www.mygcal.com)
- **Regional Offices:** DBHDD consists of 6 regional offices within the state that coordinate a network of public mental health, developmental disabilities, addictive disease and prevention services. Call your regional field office to find out more about the behavioral health services available in your area.
- **Community Service Boards (CSB)** provide support for those that need help accessing mental health services, developmental disability services, and services for substance abuse disorders. They provide a wide-range of outpatient services and community support. Each location serves people from a specific region, below are telephone numbers of community service boards within the state.



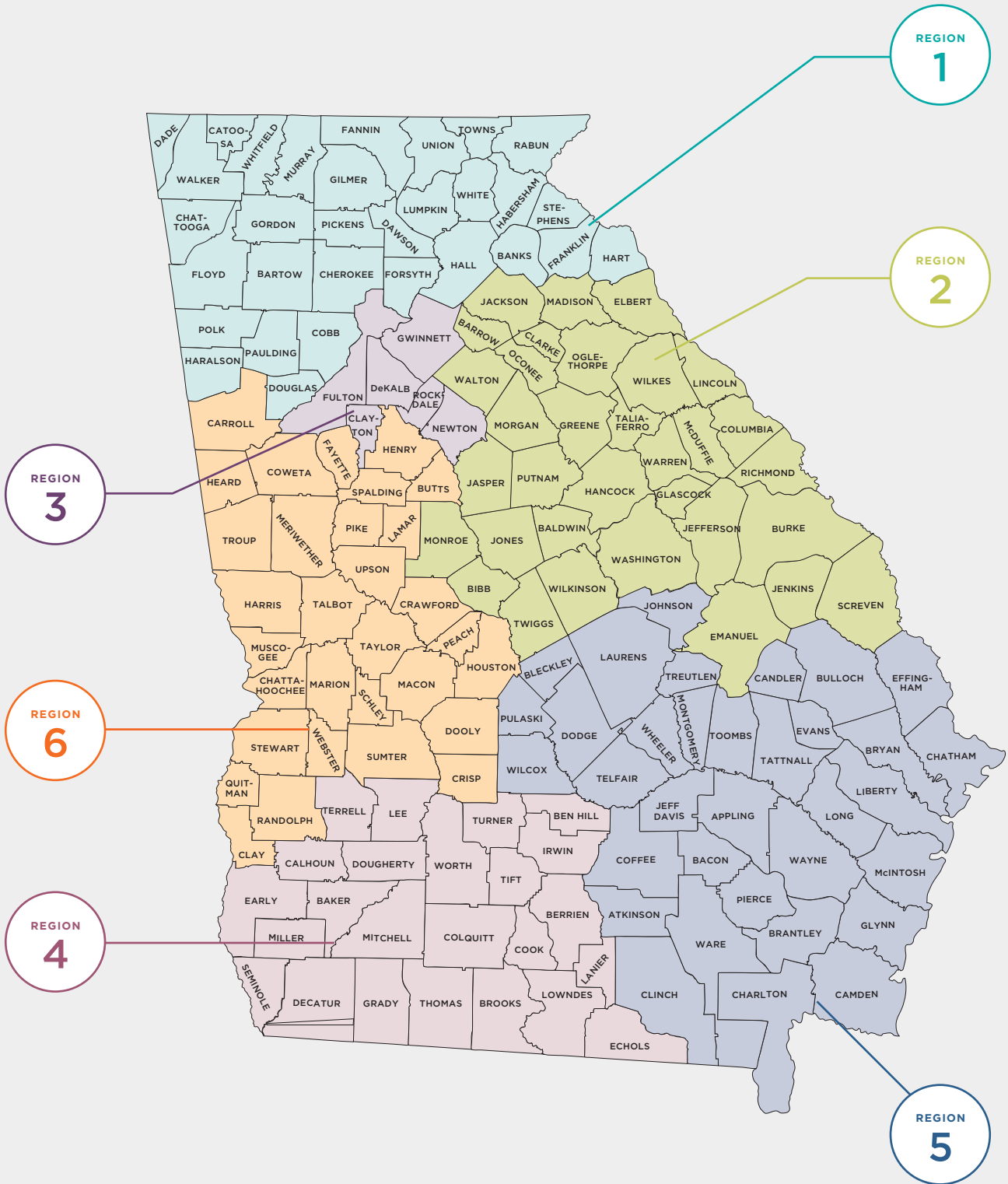
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SEE PAGE 31

# Map of Regions: DBHDD and CSB

Department of Behavioral Health and Developmental Disabilities (DBHDD) Offices  
Community Service Boards Offices



	<b>DBHDD</b> REGIONAL FIELD OFFICE	<b>CSB</b> REGIONAL OFFICE
<b>REGION 1</b>	<p><b>PHONE</b> 678-947-2818</p> <p><b>TOLL FREE</b> 1-877-217-4462</p> <p>The toll-free number is for non-emergency mental health, addictive diseases, and developmental disability services.</p>	<p><b>Lookout Mountain</b> 706-638-5584</p> <p><b>Highland Rivers</b> 404-808-7740</p> <p><b>Haralson Behavioral Health Services</b> 770-537-2367</p> <p><b>Avita Community Partners</b> 678-513-5700</p> <p><b>Cobb-Douglas</b> 770-429-5000</p>
<b>REGION 2</b>	<p><b>PHONE</b> 706-792-7733</p> <p><b>TOLL FREE</b> 1-866-380-4835</p> <p>For non-emergency, developmental disability services:</p> <ul style="list-style-type: none"> <li>• Intake &amp; Evaluation Team 706-792-7741</li> <li>• Toll Free: 1-877-551-4897</li> </ul>	<p><b>Advantage Behavioral Health Systems</b> 1-855-333-9544</p> <p><b>CSB of East Central Georgia (Serenity Behavioral Health)</b> 706-432-7800</p> <p><b>River Edge Behavioral Health Center</b> 478-803-7646</p> <p><b>Oconee Center</b> 478-445-4817</p> <p><b>Ogeechee Behavioral Health Services</b> 478-289-2741</p>
<b>REGION 3</b>	<p><b>PHONE</b> 404-244-5050 404-244-5056</p>	<p><b>Fulton County MHDDAD</b> 404-613-3675</p> <p><b>Clayton Center</b> 770-473-2416</p> <p><b>DeKalb</b> 404-508-7963</p> <p><b>View Point Health</b> 678-209-2376</p>
<b>REGION 4</b>	<p><b>PHONE</b> 229-225-5099</p> <p><b>TOLL FREE</b> 1-877-683-8557</p>	<p><b>Albany Area</b> 229-430-4042</p> <p><b>Georgia Pines Community MHMRSA Services</b> 229-225-4370</p> <p><b>Behavioral Health Services of South Georgia</b> 229-671-6101</p>
<b>REGION 5</b>	<p><b>PHONE</b> 912-303-1670</p> <p>For non-emergency, developmental disability services</p> <ul style="list-style-type: none"> <li>• Intake &amp; Evaluation Team 912-351-6309</li> </ul>	<p><b>Community Service Board of Middle Georgia</b> 478-272-1190</p> <p><b>Pineland Area</b> 912-764-6906</p> <p><b>Unison Behavioral Health</b> 912-449-7103</p> <p><b>Gateway Behavioral Health Services</b> 912-554-8490</p>
<b>REGION 6</b>	<p><b>PHONE</b> 706-565-7835</p>	<p><b>Pathways Center for Behavioral &amp; Developmental Growth</b> 706-845-4045</p> <p><b>McIntosh Trail</b> 770-358-8250</p> <p><b>New Horizons</b> 706-596-5582</p> <p><b>Middle Flint</b> 229-931-2470</p> <p><b>Phoenix Center Behavioral Health Services</b> 478-988-1002 ext. 116</p>

## Mental Health of Georgia (MHA)

Mental Health America of Georgia is an education, outreach and advocacy organization that supports people to live mentally well in their communities. This is accomplished through system navigation, community trainings, and legislative engagement.

- For more information: <http://www.mhageorgia.org>
- Education and training opportunities:
  - » **Mental Health First Aid training**  
This training helps individuals who do not have clinical training assist someone experiencing a mental health crisis.  
[www.mhageorgia.org/mental-health-first-aid/](http://www.mhageorgia.org/mental-health-first-aid/)
  - » **Project Healthy Moms**  
This initiative includes a variety of programs to increase awareness, identification, treatment and support of mood and anxiety disorders in expecting and new mothers in Georgia and to reduce the stigma associated with these illnesses. These include Screening and Identification training for providers, a peer support Warmline, a continually updated Resource List, an Online Toolkit, and resources for moms, friends and family. [www.mhageorgia.org/project-healthy-moms/](http://www.mhageorgia.org/project-healthy-moms/)
  - » **RESPECT Institute**  
This program which provides people living with a mental illness with the skills and coaching necessary to transform their mental illness, treatment, and recovery experiences into educational and inspirational presentations. The program helps participants organize and articulate their personal stories so they can be delivered in diverse venues. [www.mhageorgia.org/respect-institute-of-georgia/](http://www.mhageorgia.org/respect-institute-of-georgia/)

## Georgia Council on Substance Abuse

- **CARES Recovery warm line**  
The CARES Recovery warm line is a peer-operated, non-emergency telephone support service staffed by people with lived experience of substance use recovery. Telephone lines are open 8:30 a.m. until 11:00 p.m. Call or text 1-844-326-5400.





## SOCIAL SERVICES

# What about other basic needs that affect my health?

- food
- clothing
- legal advice
- housing
- transportation
- prescription medications



## United Way

United Way's 2-1-1 Contact Center connects families with community resources that enables them to thrive — resources like food pantries, job search and placement agencies, and emergency financial assistance agencies. 2-1-1 is free, confidential, and available 24 hours a day, 365 days a year, in over 140 different languages.

- Call 211
- Online: [211online.unitedwayatlanta.org/](https://211online.unitedwayatlanta.org/)
- Resources include:
  - » Clothing, food, personal goods
  - » Education & training
  - » Crisis services, counseling, & human trafficking
  - » Employment assistance services
  - » Financial services & assistance
  - » Disaster services
  - » Health, medical, mental health,
  - » Transportation
  - » Housing & shelter
  - » Legal services & immigration
  - » And more



## Legal Services

These organizations provide free legal services and legal education to low-income people in Georgia. They handle cases that help people meet their needs such as housing, food, health, education, protection from fraud, and safety.

- Atlanta Legal Aid
- Georgia Legal Services Program

### Atlanta Legal Aid:

- Serving Clayton, Cobb, DeKalb, Fulton, and Gwinnett County residents
- Address and phone number by location:

#### Clayton/South Fulton

777 Cleveland Avenue, SW, Suite 410  
Atlanta, GA 30315  
(404) 669-0233

#### Cobb

30 South Park Square  
Marietta, GA 30090  
(770) 528-2565

#### DeKalb

246 Sycamore Street  
Decatur, GA 30030-3434  
(404) 377-0701

#### Fulton

54 Ellis Street NE  
Atlanta, GA 30303  
(404) 524-5811

*This office also serves seniors throughout Georgia (age 60 or older), relative caregivers throughout Georgia, and applicants with AIDS/HIV, cancer, or ALS.*

#### Gwinnett

324 West Pike Street Suite 200  
Lawrenceville, GA 30046  
(678) 376-4545

- Online: <https://www.atlantalegalaid.org/get-help/>
- For Spanish-speaking applicants, call: 404-377-5381

### Georgia Legal Services Program:

- Serving all other counties not served by Atlanta Legal Aid
- By phone: 1-800-498-9469
- Online: [www.glsp.org/get-help-now/](http://www.glsp.org/get-help-now/)



## Food Assistance

If you need help buying food for your family, these resources may be helpful.

- Food Banks
- SNAP (Supplemental Nutrition Assistance Program)

- **Food Banks**

Food banks or food pantries provide meals for people in need. Listed below are websites to help you find your local food bank:

**Georgia Food Bank Association:**

Find your food bank:

- » Online: [georgiafoodbankassociation.org/find-your-food-bank/](https://georgiafoodbankassociation.org/find-your-food-bank/)
- » Phone: 211

**Atlanta Community Food Bank**

Map Locator:

[acfb.org/local-impact-map](https://acfb.org/local-impact-map)

- **SNAP** (Supplemental Nutrition Assistance Program) or the Georgia Food Stamp Program, provides monthly benefits to low-income families that help pay for the cost of food. You can find out if you are eligible for SNAP benefit and apply here:

- » Online at [gateway.ga.gov](https://gateway.ga.gov)
- » Over the phone at 877-423-4746



## Housing & Utilities

Housing and utility assistance programs can help you find affordable local housing and get discounts for your utility payments based on income, your location, and other factors. These programs can help you figure out if you qualify for housing vouchers or subsidized rent.

- Georgia Department of Community Affairs
- Public Housing Assistance through Department of Housing and Urban Development
- Low-Income Home Energy Assistance Program (LIHEAP)

- **Georgia Department of Community Affairs** The search section helps you find housing using certain qualifying information and special mapping. It also provides a link to a housing affordability calculator, rental checklist, and information about renter rights and responsibilities.
  - » Online: <http://www.socialserve.com/tenant/GA/index.html?ch=GA>
  - » By phone: 888-858-6085
- **Public Housing Assistance through Department of Housing and Urban Development:**
  - » Online: [https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/public\\_indian\\_housing/pha/contacts/ga](https://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/pha/contacts/ga)
  - » By phone: Each phone number is listed by location on website
- **Low-Income Home Energy Assistance Program (LIHEAP)** is a federally-funded program that helps low-income households pay their home heating and cooling bills.
  - » For more information and to apply call 406-494-8662 or visit [liheapch.acf.hhs.gov/db/index.php](http://liheapch.acf.hhs.gov/db/index.php)



## Transportation

- Medicaid Non-Emergency Medical Transportation (NEMT)
- MARTA

If you have **Medicaid coverage**, you may qualify for **Non-Emergency Medical Transportation (NEMT)**. To be eligible for these services, Medicaid enrollees must have no other means of transportation available. You will only be transported to those medical services covered under the Medicaid program.

- **CareSource:** If you need a ride to a doctor visit, the WIC office, or to do Medicaid paperwork at the County Department of Jobs and Family Services, CareSource will offer you a free ride.

To schedule a ride: 1-800-488-0134  
(TTY 1-800-750-0750)

- **WellCare** offers free, unlimited non-emergency medical transportation to appointments and pharmacies.

You must call at least 48 hours before you need a ride.

By phone: 1-866-591-4066  
(TTY 1-800-855-2880)

- **Amerigroup:** If you need a free ride to an appointment or the hospital, and it is not an emergency, you may call one of the non-emergency transportation lines:

- » Ambulance only, call:  
1-800-325-0011
- » Other than ambulance, call:  
1-855-295-1636

**MARTA** Provides rail and bus service throughout metro Atlanta.

- For information about routes and schedules, and for customer service, call: 404-848-5000
- Online: [itsmarta.com/](https://itsmarta.com/)

- **MARTA Mobility**  
Provides transportation for anyone unable to ride on the regular MARTA transit services due to disability. The buses operate in Fulton, DeKalb, and Clayton Counties and the City of Atlanta.

Users must reserve transportation in advance.

To schedule a ride call 404-848-5826  
(TTY 1-800-255-0135) up to seven days in advance.



## Prescription Drug Assistance Programs

Prescription assistance programs help patients who are under insured or uninsured access medications that they need. Medications are typically low-cost or free.

- Partnership for Prescription Assistance
- United Way Prescription Discount Card
- Georgia Drug Card

- **Partnership for Prescription Assistance:**
  - » Online: <https://www.pparx.org/gethelp>
  - » For individuals with HIV/AIDS: [https://www.pparx.org/hiv\\_aids\\_programs](https://www.pparx.org/hiv_aids_programs)
- **United Way Prescription Drug Patient Assistance:** Call 211 or visit [familywize.org](http://familywize.org)

- **Georgia Drug Card** provides discount prescription drug cards with up to 75% off at certain pharmacies. For more information and to download, text, or print a prescription discount card, go to [georgiadrugcard.com](http://georgiadrugcard.com)

Disclaimer: This is a prescription discount program provided through a retail organization. It does NOT cover all prescriptions.



50 Hurt Plaza SE, Suite 806  
Atlanta, GA 30303  
(404) 890-5804

[healthyfuturega.org](http://healthyfuturega.org)