



**RESOURCES  
FOR PARENTS &  
CAREGIVERS**

**OF YOUNG KIDS (BIRTH TO 5)**

# Resources for Parents and Caregivers of Young Kids (Birth to Five Years Old)



## [Georgia Crisis and Access Line \(GCAL\)](#)

**1-800-715-4225**

- Provides immediate access to crisis or routine services



### **MyGCAL app**

- Download the MyGCAL app to text, chat, or call the Georgia Crisis and Access Line
- Available on [Apple App Store](#) or [Google Play](#).



## [NAMI GA Helpline](#)

**770-408-0625**

- A non-crisis helpline operated in Georgia
- Provides information about local resources and supports
- Monday - Friday, 9am - 5pm ET



### **NAMI GA App**

- Search for various mental health resources and supports based on your location in Georgia - find the resources closest to you!
- Available on [Apple App Store](#) or [Google Play](#).

# Resources for Parents and Caregivers of Young Kids (Birth to Five Years Old)

- [Georgia's Seeds for Success](#) from DECAL — Led by the Georgia Department of Early Care and Learning (DECAL), this website contains links to various resources to support families on how to make often challenging events easier to navigate, and even enjoyable, for both caregivers and children.
- [Expert Tips](#), from Children's Healthcare of Atlanta Strong4Life — This website equips parents with resources specific to your child's age.
- [Feelings are Important!](#), from MHA GA — A puppet show for ages 3 to 12, from Mental Health America of Georgia and Kids on the Block Georgia
- [Talk With Me Baby](#) — Talking with your baby helps grow your baby's brain. Learn how early exposure to language is vital for a child's development.
- [Center on the Developing Child](#) — Explore key concepts and related resources for "serve and return", the contingent, reciprocal interactions between child and caregiver.
- [Build My Brain](#) — Free online, video-based course focused on the concept of serve and return.
- [CDC Milestone Tracker](#) — From birth to 5 years, a child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Track a child's development and act early if you have a concern.
  - Also available as an app on the [Apple Store](#) or [Google Play](#)
- [Sesame Street](#) — Content to spark playful learning, offer children comfort, and self-care for adults.
- [Training modules, videos, and chat sessions](#) — from the Center on the Social and Emotional Foundations for Early Learning

## Recognize the signs and symptoms

### From the National Alliance on Mental Illness (NAMI)

- [Learning to Help Your Child and Your Family](#)

### From Children's Healthcare of Atlanta Strong4Life:

- [Sadness vs. Depression in Children and Teens](#)
- [What Is Anxiety and How Does It Look in Kids?](#)



**RESOURCES  
FOR PARENTS &  
CAREGIVERS**

**OF SCHOOL-AGE YOUTH**



# Resources for Parents and Caregivers of School-Age Youth (Elementary, Middle, and High School)



## [Georgia Crisis and Access Line \(GCAL\)](#)

**1-800-715-4225**

- Provides immediate access to crisis or routine services

### **MyGCAL app**

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- Available on [Apple App Store](#) or [Google Play](#)



## [National Suicide Prevention Lifeline](#)

**1-800-273-8255**

- Provides support for people in distress, and prevention and crisis resources for you or your loved ones



## [NAMI GA Helpline](#)

**770-408-0625**

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- Provides information about local resources and supports
- Monday - Friday, 9am - 5pm ET

### **NAMI GA App**

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- Available on [Apple App Store](#) or [Google Play](#)



## [notOK app](#)

- Developed by teens
- Designate up to five people as your support network. The app then texts a message to them, along with your GPS coordinates, saying that you're not okay and need help (in the form of a visit, a text, or a call)
- Available on [Apple App Store](#) or [Google Play](#)



# Resources for Parents and Caregivers of School-Age Youth (Elementary, Middle, and High School)

- [Resource Pocket Guide](#), from NAMI GA — Created by NAMI Georgia, this booklet provides resources as well as tools to identify, assist, and de-escalate children or youth in crisis
- [Expert Tips by Age of Child](#), from Children's Healthcare of Atlanta Strong4Life — This website equips parents with resources specific to your child's age
- [Feelings are Important](#), from MHA GA — A puppet show for ages 3 to 12, from Mental Health America of Georgia and Kids on the Block Georgia
- [Weekly Parent Support Groups](#), from Georgia Parent Support Network — these groups meet every Tuesday with a different expert or featured speaker each week. While these meetings are geared towards parents, many agencies, professionals, and experts join to learn!
- [Federation of Families for Children's Mental Health](#) - a chapter near you can offer resources for services and supports for children with mental health needs and their families. Call or email Taylor Slade with GPSN today: (706) 853-1986 or taylor.slade@gpsn.org
- [Mental Health and Wellness Webinars](#) - access a bank of webinars for families, parents, and caregivers. Hosted by Mental Health America of Georgia.
- [American Foundation for Suicide Prevention GA Chapter](#) provides research and resources focusing on eliminating the loss of life from suicide in Georgia.

## Recognize the signs and symptoms

### From the National Alliance on Mental Illness (NAMI)

- [Learning to Help Your Child and Your Family](#)

### From Children's Healthcare of Atlanta Strong4Life:

- [Sadness vs. Depression in Children and Teens](#)
- [What Is Anxiety and How Does It Look in Kids?](#)
- [Signs of Depression and When to Seek Help](#)