



ABRAHAM BALDWIN AGRICULTURAL COLLEGE MENTAL HEALTH RESOURCE MANUAL

**A supportive guide for navigating mental health options
at ABAC and the surrounding community**

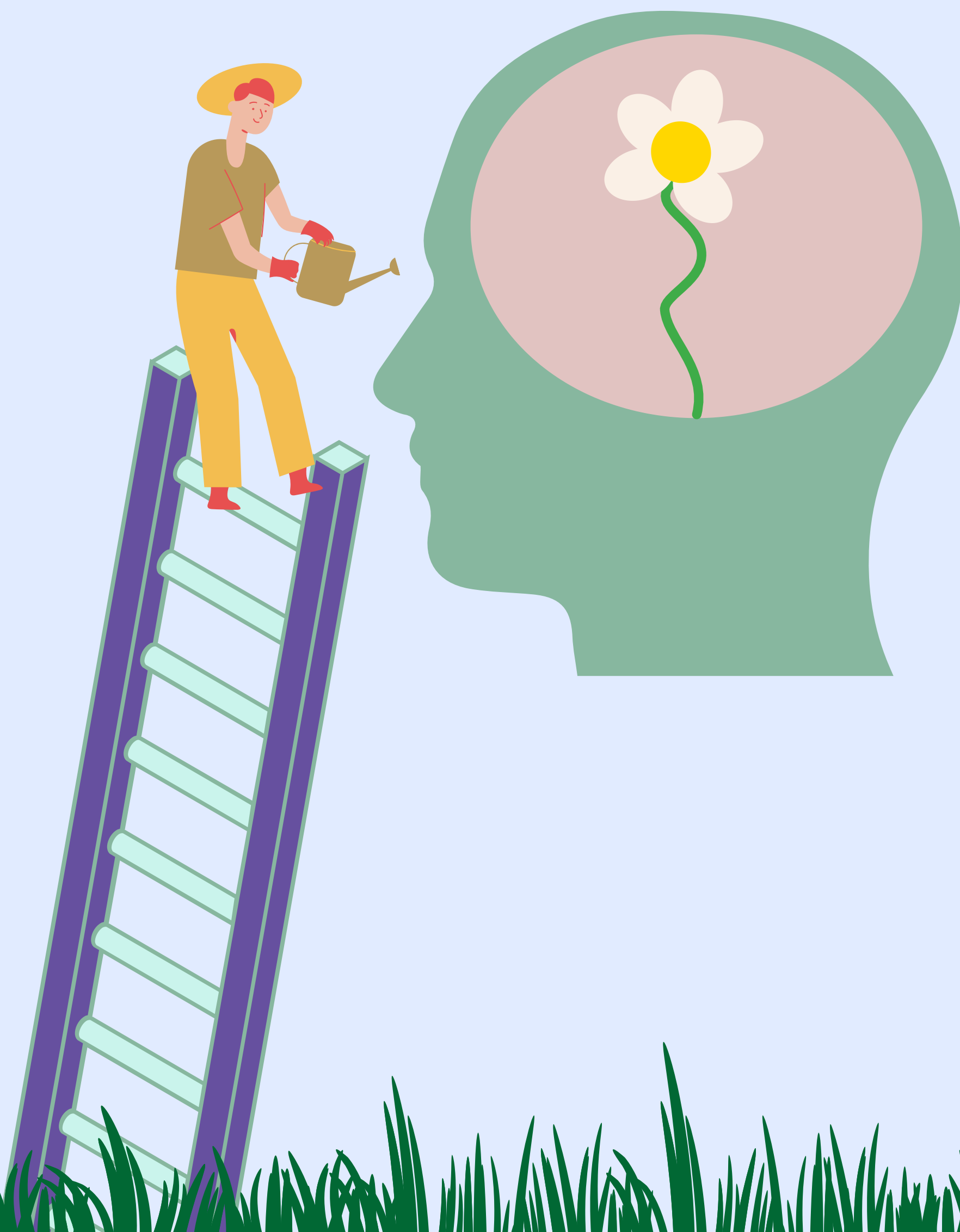
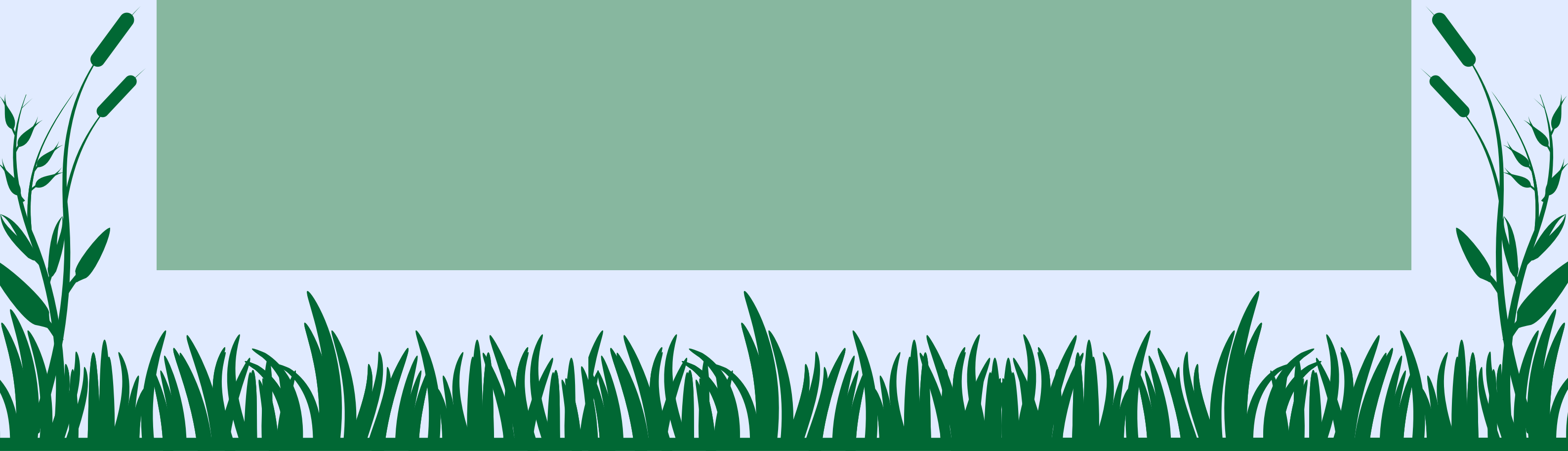


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EMERGENCY RESOURCES

EMERGENCY LINES



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Mental Health Crisis Line: 988

Police: 911

ABAC Police: 229-391-5060

**Christie Campus Health 24/7 Support Line: 229-391-5135 Option# 2
or 833-855-0079**

Georgia Crisis & Access Line: 800-715-4225

National Suicide Hotline: 988

Domestic Violence Crisis: 1-800-334-2836

Sexual Assault Situation: 1-800-656-4673

Trevor Project LGBTQ+ Support: 1-866-488-7386

Veteran's Crisis Line: 1-800-273-8255

Crisis Text Line (Text 'HOME'): 741741

EMERGENCY FACILITIES

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Tift Regional Medical Center

229-382-7120

<https://mysouthwell.com/emergency/>

- 901 E 18th Street Tifton, GA 31794
- 24-hour Emergency Center with a team of skilled emergency medicine specialists

Greenleaf Behavioral Hospital & Outpatient Counseling Center

229-588-8215

<https://www.greenleafhospital.com/>

- 2217 Pineview Drive Valdosta, GA 31602
- Behavioral health and substance abuse treatment hospital for adolescents and adults who are suffering from depression, anxiety, and other mental or behavioral health concerns

Legacy Behavioral Health Crisis Center

229-671-3500

1-800-715-4225 for 24/7 Crisis Hotline

<https://legacysga.com/crisis-stabilization/>

- 3116 N Oak Street Ext, Valdosta, GA 31602
- Provides non-hospital emergency services 24/7/365 for adults with mental health, substance abuse, and co-occurring disorders

WELLNESS RESOURCES

WELLNESS RESOURCES

ABAC Wellness Hub

229-391-5135

<https://www.abacwellness.com>

- Online self-help guide with mental and physical health resources

LetsChat@ABAC

833-855-0079

<https://www.abac.edu/letschat/>

- A program launched to expand mental health resources for USG students which include but are not limited to free individual counseling, confidential and free psychiatric services, and 24/7 support all free of charge

Headspace

info@headspace.com

<https://www.headspace.com/usgabac/member-enroll>

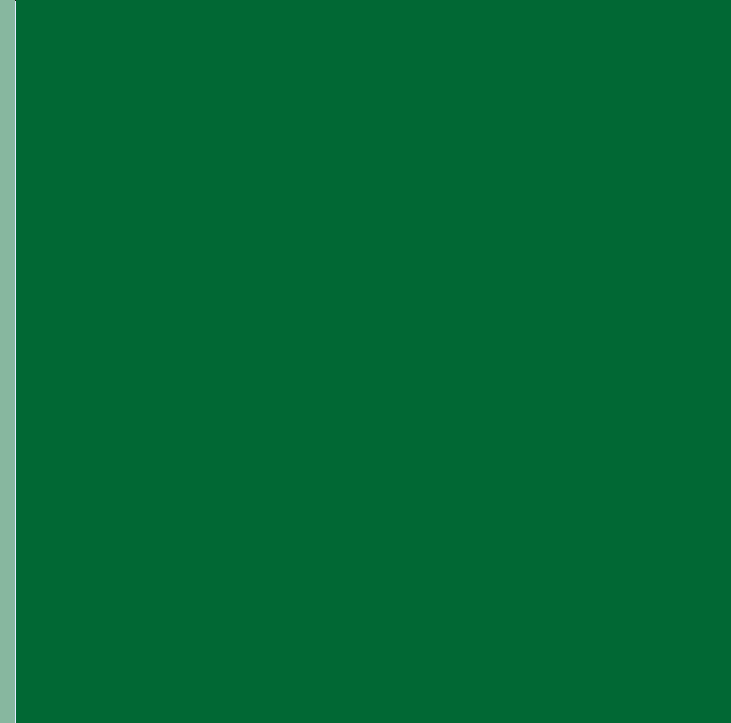
- A free app for USG students with services that aid in managing stress, sleep, and more through science-backed meditation and mindfulness tools. These tools are used to create new habits which help you lead a healthier lifestyle

SilverCloud

617-204-3500

<https://usgstudents.silvercloudhealth.com/>

- A free app for USG students that provides accessible digital behavioral healthcare to help with wellbeing, chronic conditions, substance abuse, and other behavioral and mental health issues



CAMPUS RESOURCES

CAMPUS RESOURCES

ABAC Counseling Services

229-391-5135

<https://www.abac.edu/counseling-center/>

- Personal counseling, drop-in counseling, group counseling, & crisis response

Christie Campus Health

229-391-5135 (option # 2) or

833-855-0079

<https://www.abac.edu/letschat/>

- ABAC, partnered with Christie Campus Health, provides free 24/7/365 mental health support resources for ABAC students

ABAC Care Team

CareTeam@stallions.abac.edu

<https://www.abac.edu/careteam/>

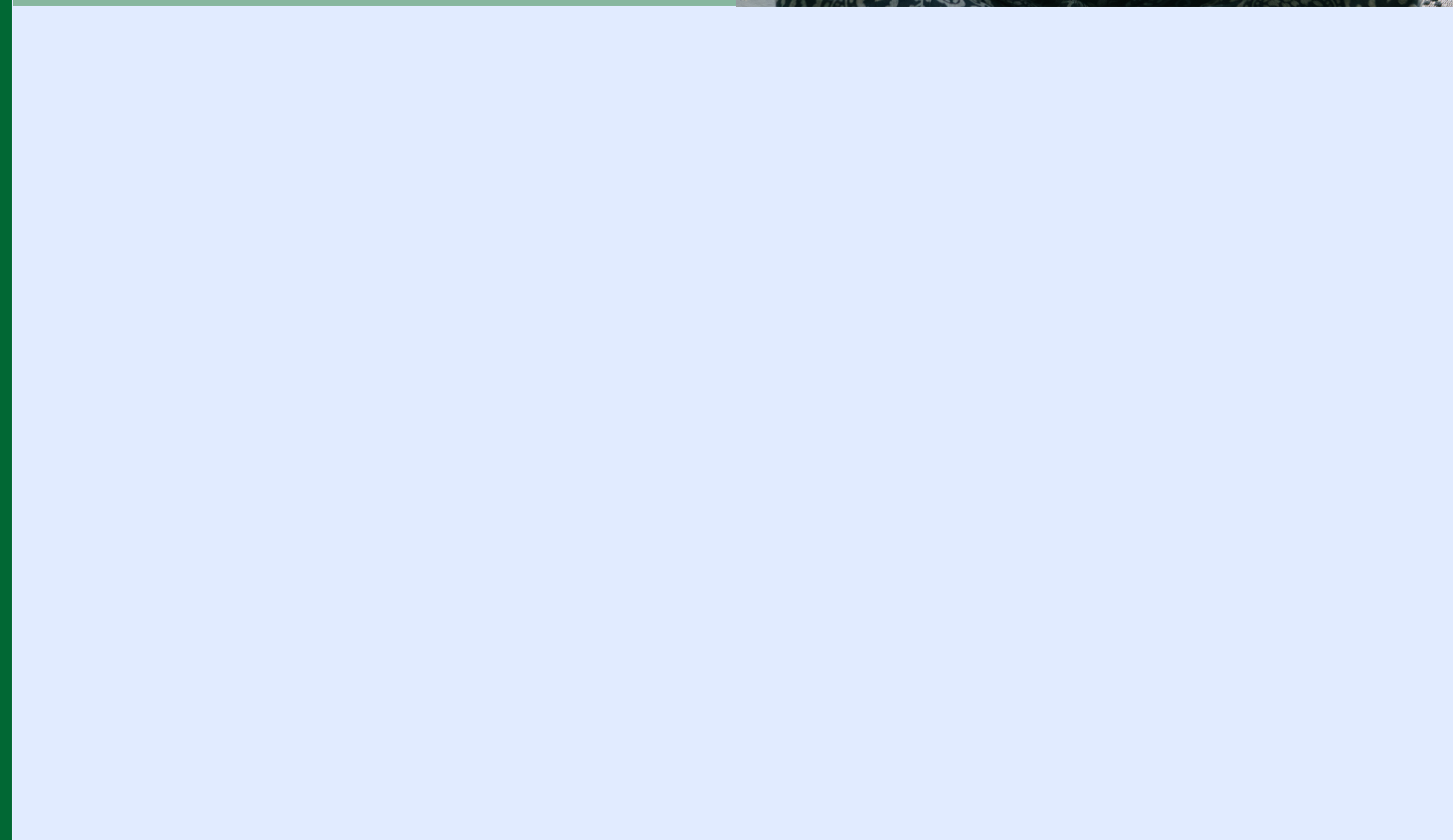
- Provides a referral system dedicated to connecting members of the ABAC community to support resources

ABAC Campus Police

229-391-5060

<https://www.abac.edu/campus-life/police-department/>

- Primary provider of law enforcement, safety, and security services to the campus community and the immediate surrounding areas



COMMUNITY



RESOURCES

Tift Regional Medical Center

229-382-7120

<https://mysouthwell.com/emergency/>

- 901 E 18th Street Tifton, GA 31794
- 24-hour Emergency Center with a team of skilled emergency medicine specialists

Southwell Psychiatric Clinic

229-391-4355

<https://mysouthwell.com>

- 2225 US Highway 41 Tifton, GA 31794
- Provides outpatient medicine management and counseling

Legacy Behavioral Health Crisis Center

229-671-3500

1-800-715-4225 for 24/7 Crisis Hotline

<https://legacysga.com/crisis-stabilization/>

- 3116 N Oak Street Ext, Valdosta, GA 31602
- Provides non-hospital emergency services 24/7/365 for adults with mental health, substance abuse, and co-occurring disorders

Legacy Behavioral Health Services

229-391-2300

<https://legacysga.com/>

- 334 Tifton Eldorado Rd, Tifton, GA 31794
- Offers an array of outpatient services to help individuals with mental health, addictive disease, and developmental disability issues

Healing Connections Therapy

229-396-5507

<http://healingconnectionstifton.com/>

- 601 Virginia Ave N #1 Tifton, GA 31794
- Provides a variety of therapeutic services in office and virtually including family, couples, and individual therapy

Greenleaf Behavioral Hospital & Outpatient Counseling Center

229-588-8215

<https://www.greenleafhospital.com/>

- 2217 Pineview Drive Valdosta, GA 31602
- Behavioral health and substance abuse treatment hospital for adolescents and adults who are suffering from depression, anxiety, and other mental or behavioral health concerns

Tiftarea Psychiatric & Counseling Services

229-339-3721

<https://tiftareapacs.com/>

- 223 2nd Street E Suite B Tifton, GA 31794
- Specializes in mental health counseling with a focus on the evaluation, prevention, diagnosis, and treatment of mental, emotional, and behavioral health issues

AR Psychiatric & Counseling Center

229-387-8878 (T) or 229-244-2030 (V)

<http://www.arpccenter.com>

- 214 Pineview Ave Tifton, GA 31794
- 3312 D North Oak Ext. St. Valdosta, GA 31605
- Offers various psychiatric and counseling services for mental and behavioral health issues for all ages

Turning Point

229-985-4815

<https://turningpointcare.com/>

- 3015 S Veterans Pkwy, Moultrie, GA 31788
- Provides inpatient and outpatient care for adults struggling with chemical dependency, acute psychiatric disorders, or a dual diagnosis of both

ADDITIONAL COMMUNITY RESOURCES

Alcoholics Anonymous

<https://www.aa.org/>

- Peer-led support groups dedicated to abstinence-based recovery from alcoholism

Narcotics Anonymous

<https://www.na.org/>

- Peer-led support groups dedicated to abstinence-based recovery from drugs other than alcohol

VA Clinic

<https://www.va.gov/>

- Provides free counseling and other beneficial services for veterans

Al-Anon

<https://al-anon.org/>

- Peer-led support groups for the families and friends of substance abusers

Georgia Department of Behavioral Health and Developmental Disabilities

<https://dbhdd.georgia.gov/>

- Provides treatment and support services to people with mental health challenges, substance use disorders, intellectual and developmental disabilities, or any combination of these

Georgia Mental Health Consumer Network

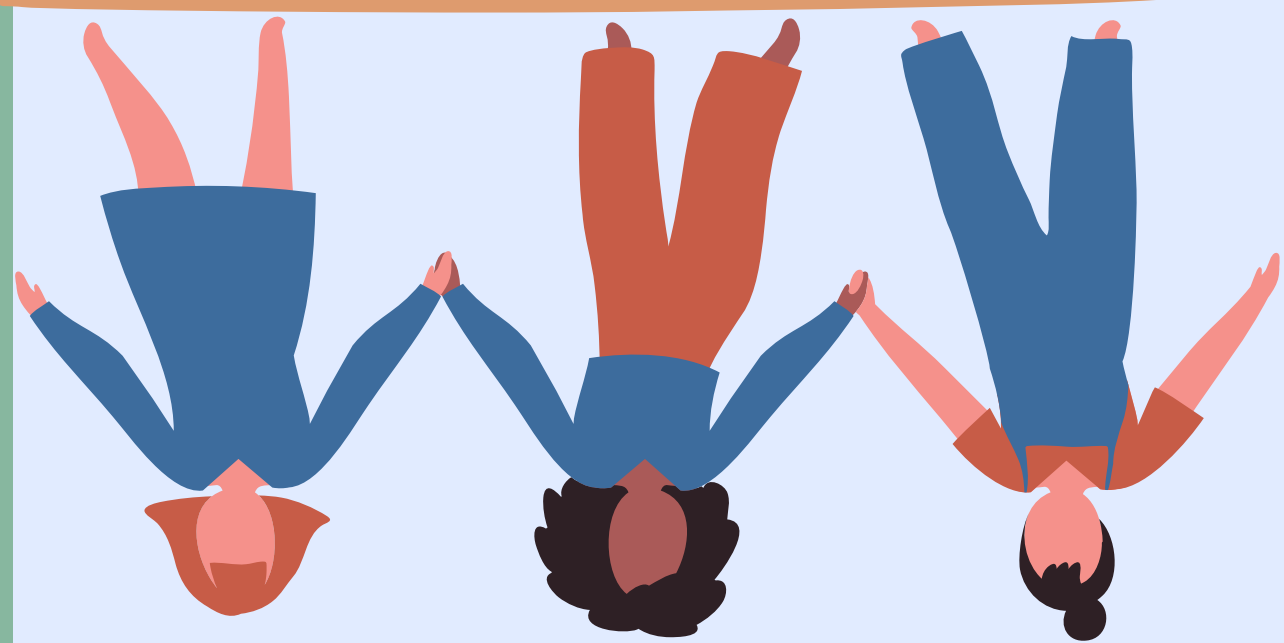
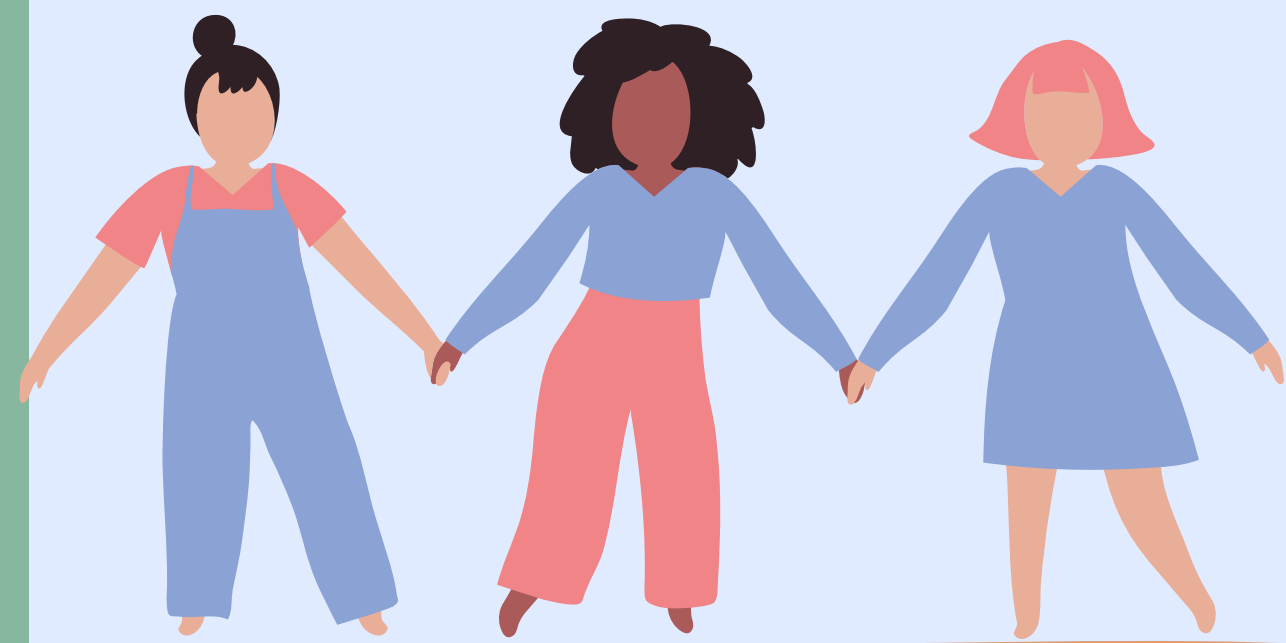
<https://www.gmhcn.org/>

- Non-profit corporation founded by consumers of state services for mental health, developmental disabilities, and addictive diseases

Mental Health America of Georgia

<https://www.mhageorgia.org/>

- Multi-faceted non-profit organization serving the residents of Georgia by promoting mental wellness



TELEHEALTH RESOURCES

ONLINE

ULifeLine

<http://www.ulifeline.org>

- An anonymous and confidential online resource center where college students can comfortably search for information regarding emotional health

NAMI

<https://nami.org>

- Provides advocacy, education, support, and public awareness for individuals and families affected by mental illness

Seize the Awkward

<https://seizetheawkward.org/>

- Provides information on warning signs that a friend is struggling, conversation starters, tips for support, and resources to get help

Now Matters Now

<https://nowmattersnow.org/>

- Offers suicide prevention stories, articles, and research-based tools for managing painful moments in life

HOTLINES

| | |
|--------------------------------|----------------|
| Mental Health Crisis Hotline | 988 |
| Suicide Prevention Hotline | 988 |
| Georgia Crisis & Access Line | 1-800-715-4225 |
| Domestic Violence Crisis | 1-800-334-2836 |
| Sexual Assault Situation | 1-800-656-4673 |
| Trevor Project LGBTQ+ Support | 1-866-488-7386 |
| Veteran's Crisis Line | 1-800-273-8255 |
| Crisis Text Line (Text 'HOME') | 741741 |

WARMLINES

| | |
|----------------------------|----------------|
| Peer to Peer Warm Line | 1-888-945-1414 |
| Cares Warm Line | 844-326-5400 |
| Colquitt Peer Support Line | 229-873-9737 |



EMPLOYEE RESOURCES

EMPLOYEE ASSISTANCE PROGRAM (KEPRO)

Free 24/7/365 counseling for employees as well as legal, financial, family caregiving, and convenience services.

usg.mylifeexpert.com

1-844-243-4440

Code: USGCares



UNIVERSITY OF GEORGIA WELLNESS

A system wide culture and environment of well-being that provides free resources and daily events to increase opportunities for employees to participate in a program that will assist them to lead happier and healthier lives.

<https://www.usg.edu/well-being>

TRAINING RESOURCES

FREE ONLINE MENTAL HEALTH TRAINING PROGRAMS FOR STAFF, FACULTY, & STUDENTS

QPR SUICIDE PREVENTION TRAINING

QPR (Question, Persuade, and Refer) Suicide Prevention Training aims to help us recognize the warning signs of a suicide crisis and how to respond. Visit <https://survey.usg.edu/s3/USG-QPR-Suicide-Prevention-Training>, <https://qprinstitute.com/>, or contact counseling@abac.edu for more information.



MENTAL HEALTH FIRST AID

Designed to aid in the understanding of mental health and substance-use issues. Training will lead to an understanding of risk factors and warning signs of mental health problems as well as strategies to help someone who is developing a mental health problem or is in crisis. Training will also provide knowledge on how to reach out and offer resources for those in need. Visit <https://survey.usg.edu/s3/USG-QPR-Suicide-Prevention-Training>, <https://www.mentalhealthfirstaid.org/>, or contact counseling@abac.edu for more information.

