



Abraham Baldwin
Agricultural College

**A SUPPORTIVE GUIDE FOR NAVIGATING
MENTAL HEALTH OPTIONS AT ABAC &
IN THE SURROUNDING COMMUNITY**

MENTAL HEALTH RESOURCE MANUAL

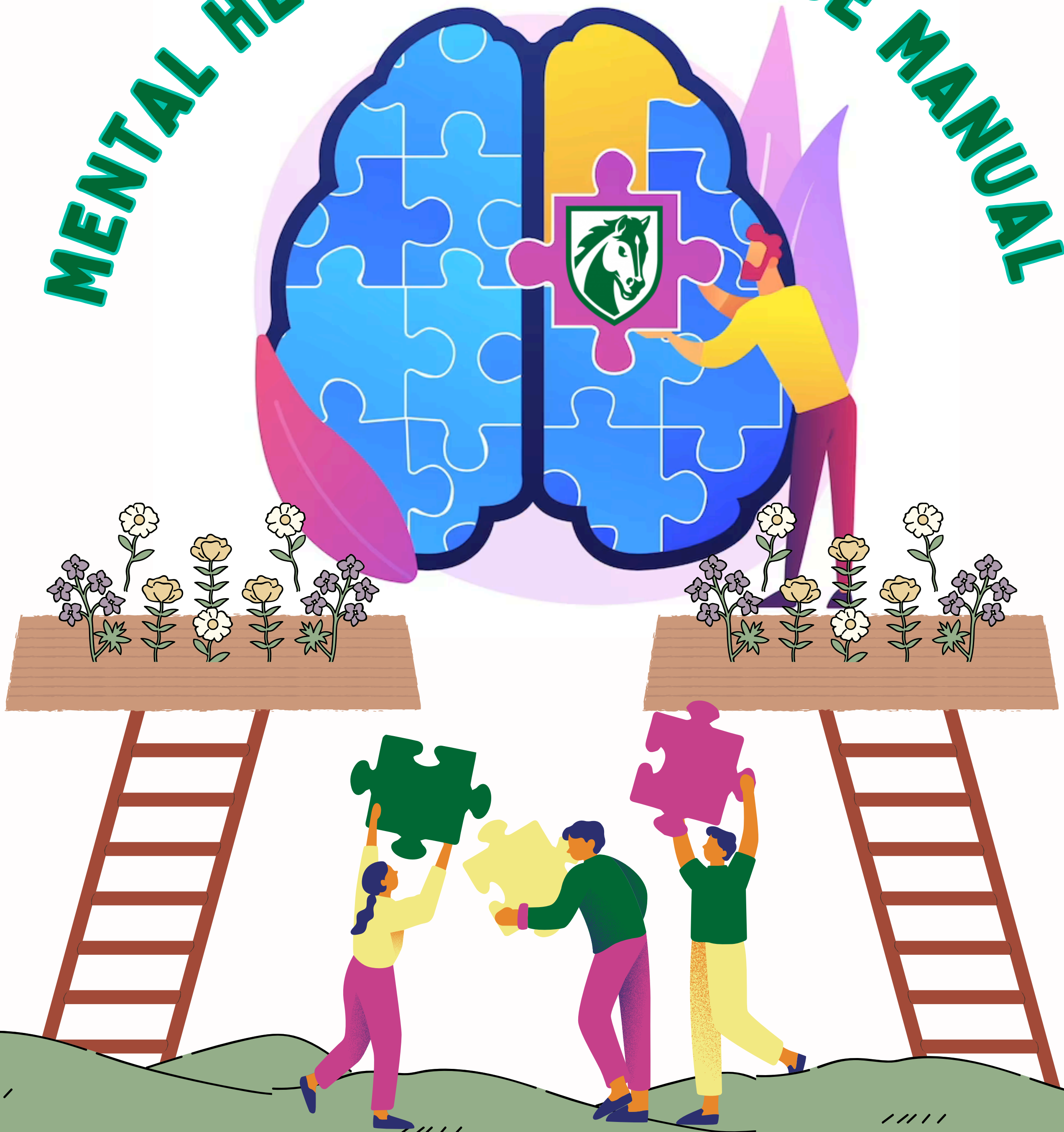


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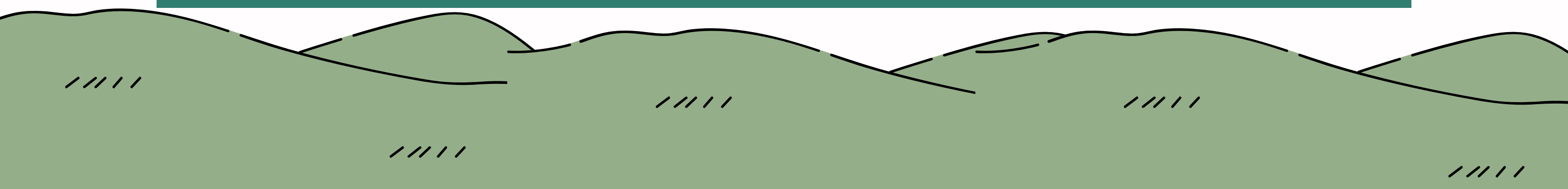
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EMERGENCY RESOURCES

EMERGENCY LINES

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- Mental Health Crisis Line: 988
- Police: 911
- ABAC Police: 229-391-5060
- Uwill 24/7 Support Line: 833-646-1526
- Georgia Crisis & Access Line: 1-800-715-4225
- 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: 988, Option #1
- Crisis Text Line (Text ‘HOME’): 741741

EMERGENCY FACILITIES

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- Tift Regional Medical Center
229-382-7120
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
866-948-3925
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
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

CAMPUS RESOURCES

CAMPUS RESOURCES

ABAC Counseling Services 229-391-5135

www.abac.edu/campus_life/wellness-safety/counseling-center.html

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

Uwill Student Mental Health & Wellness 833-646-1526

<https://app.uwill.com/>

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

ABAC Care Team

CareTeam@stallions.abac.edu
abac.edu/careteam/

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

ABAC Campus Police 229-391-5060

www.abac.edu/campus_life/wellness-safety/police-department.html

- 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

mysouthwell.com/emergency/

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

Southwell Medical Clinic - Psychiatry
229-391-4355

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

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

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

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

Advanced Behavioral Health Services of Tifton
229-396-5885

- 16 Library Lane Tifton, GA 31794
- Provides counseling and psychotherapy services to local & surrounding communities

Greenleaf Behavioral Hospital & Outpatient Counseling Center
866-948-3925

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

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)

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

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

aa.org/

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

Narcotics Anonymous

na.org/

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

VA Clinic

va.gov/

- Provides free counseling and other beneficial services for veterans

Al-Anon

al-anon.org/

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

Georgia Department of Behavioral Health and Developmental Disabilities

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

gmhcn.org/

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

Mental Health America of Georgia

mhageorgia.org/

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

**MENTAL
HEALTH
MATTERS**

NATIONAL HOTLINES & RESOURCES

ONLINE

ULifeLine
ulifeline.org

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

NAMI
nami.org

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

Seize the Awkward
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
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	988, Option #1
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 (ACENTRA HEALTH)

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.

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 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 mentalhealthfirstaid.org/ or contact counseling@abac.edu for more information.