

# Depression, Anxiety and Suicide

## SIGNS:

Loss of interest \* Fatigue \* Anger \* Social Withdrawal \* Crying/Mood swings \* Appetite Changes \* Memory problems \* Agitation \* Difficulty Concentrating \* Insomnia \* Irritability

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## GET HELP!

- GA Crisis and Access Line (GCAL) 800-715-4225 (APP can be used for texting) (**MyGCAL: 24/7 help for mental health support: 1-800-715-4225, Clinician will come to your home for an assessment free of charge**):
- National Suicide Prevention 800-273TALK (8255) [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 988 [www.988.org](http://www.988.org)
- Crisis Text Line Text HOME to 741741 • Specialty: 24/7 Free confidential texting service to anyone in crisis

## FAITH BASED Counseling: (online or in person)

- Summit Counseling Center [www.summitcounseling.org](http://www.summitcounseling.org) 678-893-5300
- Roswell Counseling Center, LLC Doyle Hamilton 770- 344-0310
- Tapestry Psychological Associates – Marietta 770-425-8275
- Restoration Counseling of Atlanta – Roswell 678-534-3824
- Family Renewal Counseling – Woodstock 678- 631-7639
- At His Feet Ministry - Ministry Office and PRAYERLINE 404-448-3451

## PODCASTS:

- **Roswell Teen Talk** - Listen and learn from professional mental health experts regarding the struggles of teens.
- **Be the Voice** – youtube - Bullying and depression

## Independent Counselors:

Ashley Bobo, LCSW 678.288.6221 [www.wellviewcounseling.com](http://www.wellviewcounseling.com) Specialties: Anxiety, Depression, children and adolescents

Tiffany Poke, LCSW, Ed.S 678.400.9477 [www.keycounselingatl.com](http://www.keycounselingatl.com) • Specialties: Anxiety with children and adolescent from ages 4-12; utilizes play therapy; provides multicultural counseling

Pyramid Family Behavioral Healthcare 724.814.4358 [PyramidFBH.com](http://PyramidFBH.com) • Specialties: Outpatient treatment program for mood disorders, substance use disorders, and anxiety disorder

## PROTECT YOUR KIDS ONLINE!

### The 7 Best Parental Control Apps of 2022

- Best Overall: [Qustodio](#)
- Best for Budget: [Google Family Link](#)
- Best for Older Kids: [Bark](#)
- Best for Younger Kids: [Canopy](#)
- Best for Real-Time Monitoring: [NetNanny](#)
- Best for Time Monitoring: [FamilyTime](#)
- Best for Location Tracking: [Life360](#)