

A crisis has no schedule. Help is available.

If you or someone you know:

- Threatens to or talks about hurting or killing himself
- Feels hopeless
- Feels trapped or like there is no way out
- Feels rage or uncontrolled anger
- Engages in reckless behaviors
- Increases alcohol or drug use
- Withdraws from friends and family
- Feels anxious, agitated, or unable to sleep
- Encounters dramatic mood changes
- Sees no reason for living

Georgia Crisis & Access Line

1-800-715-4225

www.mygcal.com

Help is available 24 hours a day/7 days a week for problems with mental health, drugs, and/or alcohol.

Other Area Resources:

Paul Anderson Family Strong Center
1603 McIntosh Street
Vidalia, Georgia 30474
(912) 537-2128
info@familystrongcenter.org

Truths for Life Christian Counseling
Vickie Tillery, Licensed Pastoral Counselor
144 S. Washington Street
Lyons, Georgia 30436
(912) 293-2381

Deborah Ward, LPC
310 Durden Street
www.harpfoundation.net
(478) 494-2314

Ellis Counseling Services
Kyle Ellis, LPC
500 Jackson Street
Vidalia, Georgia 30474
(912) 253-8003
JKECounseling@gmail.com

Malinda Graham and Associates, Inc.
304 Arlington Drive
Vidalia, Georgia 30474
(912) 537-1414
malinda@mgrammassoc.com

Toombs County Family Connection
Paige Williamson, Director
100 Vidalia Sweet Onion Drive
Vidalia, Georgia 30474
(912) 245-2542
www.toombs.gafcp.org

Road to Success
Thadeus Holloway
421 West Robinson Drive/Cradle Bldg
Mount Vernon, Georgia 30445
(912) 583-0100

Leigh-Anne White and Company
106 East 2nd Street
Vidalia, Georgia 30474
Phone: (912) 585-5504
Fax: (912) 525-3206

Pineland Mental Health
901 North Street West
Vidalia, Georgia 30474
(912) 537-8959